

## STARTERS

### HUMMUS ALLO Z'ATAR WITH CROUTONS 6,00 €

*CHICKPEAS, SESAME SEEDS, EXTRA VIRGIN OLIVE OIL, GARLIC, SALT, LEMON, Z'ATAR (SUMAC, SESAME SEEDS, THYME). GLUTEN FREE ON REQUEST*

### SPELT SAVOURY CREPE WITH SPINACH AND TOFU 6,00 €

*ORGANIC SPELT FLOUR, SOY MILK, SPINACH, TOFU, BLACK PEPPER, NUTMEG, TOMATO SAUCE, ONION, CARROT, CELERY, SALT, EXTRA VIRGIN OLIVE OIL*

### ORGANIC POLENTA CUBES WITH VALERIAN SALAD PESTO 4,50 €

*ORGANIC POLENTA WITH BUCKWHEAT, HOME-MADE VEGGIE STOCK, CARROTS, CASHEWS, VALERIAN SALAD, SALT, EXTRA VIRGIN OLIVE OIL. GLUTEN FREE*

## PASTA & RICE

### FETTUCCINE PASTA WITH SAGE AND CASHEW PESTO 8,50 €

*PASTA, SAGE, CASHEWS, GARLIC, BLACK PEPPER, EXTRA VIRGIN OLIVE OIL*

### ORGANIC SHORT PASTA WITH BROCCOLI AND PORCINI MUSHROOMS 8,50 €

*WHOLEMEAL ORGANIC PASTA, BROCCOLI, PORCINI MUSHROOMS\*, GARLIC, HOT PEPPER, SOY CREAM, WHITE WINE, PARSLEY, SALT AND EXTRA VIRGIN OLIVE OIL*

### SEDANINI WITH SEITAN BOLOGNESE SAUCE 8,50 €

*SHORT PASTA, ORGANIC SEITAN, PEELED TOMATOES, CELERY, CARROT, ONION, BLACK PEPPER, PARSLEY, SALT, EXTRA VIRGIN OLIVE OIL*

### WHOLEMEAL RICE WITH ZUCCHINI (COURGETTES) AND RAS EL HANUT 8,00 €

*WHOLEMEAL RICE, CELERY, CARROT, ONION, ZUCCHINI, RAS EL HANUT, SOY SAUCE, SUNFLOWER SEEDS, SALT, PARSLEY, EXTRA VIRGIN OIL GLUTEN FREE*

**ALL PASTA (EXCEPT FOR THE SEDANINI WITH BOLOGNESE SAUCE) CAN BE MADE GLUTEN FREE UPON REQUEST, FOR AN ADDITIONAL COST OF 1 EURO**

## SECONDI

### BURRITO WITH TEX-MEX SAUCE

8,50 €

*BLACK BEANS, WHOLEMEAL RICE, ONION, HOT PEPPER, PEPPERS, TOMATOES, HOT SAUCE, VEGGIE STOCK, WHITE FLOUR, SALT, EXTRA VIRGIN OLIVE OIL*

### RED LENTILS VEGAN SOUFFLÉ WITH A MEDITERRANEAN TASTE

8,00 €

*RED LENTILS, VEGGIE STOCK, CORN FLOUR, CAPERS, PARSLEY, BLACK OLIVES, SALT, EXTRA VIRGIN OLIVE OIL. **GLUTEN FREE***

### VEGGIE BALLS WITH TOMATO SAUCE

8,00 €

*BREAD, MINCED SOY, PARSLEY, CELERY, CARROTS, ONION, LOUAGE, BLACK PEPPER, HOME-MADE VEGGIE STOCK, PEANUT OIL, TOMATO SAUCE, SALT, EXTRA VIRGIN OLIVE OIL*

### SEITAN- LUPIN GULASH

8,50 €

*ORGANIC SEITAN (MADE WITH PLAIN FLOUR AND LUPIN FLOUR), TOMATO SAUCE, POTATOES, STRONG PAPRIKA, CUMIN, RED WINE, MARJORAM, SALT, EXTRA VIRGIN OLIVE OIL*

## SIDE DISHES

### SEASONAL GREENS

4,50 €

*SAUTÉ GREENS, GARLIC, HOT PEPPER, SALT, EXTRA VIRGIN OLIVE OIL **GLUTEN FREE***

### TRE SALTI IN PADELLA, WARM SIDE DISH OF SAUTÉED GREENS, BLACK OLIVES AND POTATOES

5,00 €

**GLUTEN FREE**

## DESSERT

### ROLLERBALL CAKE WITH SOY YOGURT AND CHANTILLY CREAM

4,50 €

*TROPICAL FRUIT AND PEACH SOY YOGURT, CORN STARCH,  
WHITE FLOUR, SUNFLOWER OIL, SUGAR, SOY MILK, VEGGIE  
MARGARINE, WHIPPING CREAM, BAKING POWDER*

### SUGAR FREE CREPE

4,00 €

*WHITE FLOUR, SOY MILK, SUGAR FREE STRAWBERRY JAM, AGAVE  
NECTAR*

### NO FUTURE CREPE

4,50 €

*WHITE FLOUR, SOY MILK, PEANUT BUTTER, PLAIN CHOCOLATE,  
VEGAN WHIPPING CREAM*

### CHESTNUT MOUSSE

4,50 €

*CHESTNUT CREAM, VEGAN WHIPPING CREAM, CHOCOLATE  
BISCUITS, SOY MILK **GLUTEN FREE***

### COPPA COBRAM (CHOCOLATE MOUSSE)

4,50 €

*VEGAN WHIPPING CREAM, PLAIN CHOCOLATE, COCOA, BISCUITS,  
COFFEE, ITALIAN COFFEE LIQUOR*

## BREAD 1€

**N.B. WHEN IT IS POSSIBLE, AT SO WHAT?!?  
WE USE ORGANIC PRODUCTS AND VEGETABLES  
FROM OUR VEGETABLE GARDEN  
PLEASE INFORM YOUR SERVER IF YOU  
OR ANY OF YOUR PARTY HAS ANY FOOD  
ALLERGY**