



Lunch at **L'ORTO**  
from 12:30 till 14:30 già salsamentario

06.03.2019

## Appetizers

**\* I Tomini** RF GF 10 €

Cauliflower and cashew nut tomini served with parsley sauce, served with raw crackers of flax, sunflower and chia seed, desiccated for 12 hours at 42°C

**\* L'Hummus** NF 8 €

Chickpea hummus with sweet paprika served with rosemary focaccia and fresh salad

**\* La Russa dell'Orto** GF NF 9 €

Russian salad with vegetable turmeric mayonnaise, served with rosemary corn crackers and fresh salad

**\* Appetizer Duo** 10 €

**\* Appetizer Trio** 11 €

## First Course

**La Vellutata** RF GF 8 €

Cream of Mantuan pumpkin, potatoes and leeks flavored with rosemary, served with toasted pumpkin seeds

**L' Evoluzione** RF GF 9 €

Raw pumpkin and daikon spaghetti marinated with lemon, served with cashew nut cream, nutritional yeast flakes and black pepper

**Le Trofie** NF 10 €

Whole fresh pasta trofie served with cream of chickpeas, sesame and vegetable cream

**Le Orecchiette** NF 11 €

Wholemeal orecchiette fresh pasta sauteed with artichoke cream and olive powder

**Il Risotto** GF 10 €

Wholemeal risotto creamed with pumpkin cream, served with diced rosemary pumpkin and rice cream spumini

## Second Course

**La Tagliata** NF 13 €

Sliced seitan with balsamic vinegar sauce, served with fresh salad, baked pumpkin and chive vegetable mayonnaise

**Le Polpette** GF NF 12 €

Baked lentil, millet, carrot and leek balls breaded with linseed, served with potato wedges, and ginger mousse and fresh salad

**Le Scaloppine** NF 13 €

Pizzaiola style soy scallops, cooked with tomato and oregano served with cream of rice and baked potatoes

**Insalatone** 8 € RF GF

Green leaf salad with fennel, radish, carrot, walnut, pumpkin seeds and sprouts, seasoned with extra virgin olive oil, salt and sauce of choice

**Sauce of choice**

Cashew nut cream RF GF

Mustard Vinaigrette GF NF

Chive Mayonnaise GF NF

Merken Mayonnaise GF NF

(Chilean smoked Chili Pepper)

## Sides 5 €

**Fiori d'Inverno** GF NF

Cauliflower sautéed with taggiasca olives flavored with oregano

**Il Sedano Rapa** RF GF NF

Celeriac marinated with lemon, extra virgin olive oil and black pepper

**Le Patate** GF NF

Baked potatoes wedges scented with rosemary and sage served with ketchup and vegetable chive mayonnaise

**La Mantovana** GF NF

Baked mantua pumpkin flavored with rosemary and sage

**I Fiori Cinesi** GF NF

Chinese cabbage "bok choy" stewed with herbs of Provence

**Duo of Sides** 7 €

**Trio of Sides** 8 €

**RF:** Raw food **GF:** Gluten free **NF:** Nut free

**Bread and service charge included**

For allergen ingredients, consult the information provided at the entrance of our restaurant or contact the staff