sides

Il Sedano Rapa RF GF NF — 6 €
Celeriac marinated with lemon, extra virgin olive oil and black pepper

Le Trifolate GF NF — 6 €
Sautéed courgettes with the scent of chives

Le Patate GF NF — 6 €
Wedges of baked potatoes scented with rosemary and sage served with ketchup and vegetable chive mayonnaise

Il Radicchio GF NF — 6 €
Baked radicchio with a scent of brandy

I Fiori Cinesi GF NF — 6 €
Chinese cabbage "bok choy" stewed with herbs of Provence

Trio of Sides — 8 €

L'Insalata del L'Orto GF NF — 9 €
Green salad with celery, cherry tomatoes, julienne carrots, sprouts, pumpkin seeds and tempeh marinated with lemon and dill , seasoned with tzatziki sauce, served with raw seed crackers of chia, flax, sunflower and dried tomatoes dried for 12 hours at 42°C

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

Bread and service charge included

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

appetizers

*** I Fichi** RF GF — 11 €
Fresh figs served with cashew, mint and lime cream, accompanied with valerian salad and fragrant raw cracker with linseed, chia and sunflower seeds dried for 12 hours at 42°C

*** La Cecina Farcita** GF NF — 10 €
Triangles of baked farinata served with stir-fried peppers, tofu and parsley mousse, carrot ginger cream and purple cabbage marinated in apple vinegar

*** I Fiori** GF NF — 11 €
Baked pumpkin flowers stuffed with cream of tofu, leek, millet potato and turmeric, served with plum culis

La Russa dell'Orto GF NF — 12 €
Russian salad with vegetable turmeric mayonnaise, served with corn triangles and fresh salad

La Melanzana a Corte NF — 10 €
Aubergine flan, cherry tomato sauce and rice cream, served with fresh valerian, basil pesto and baked wholemeal crouton with a Provence aroma

*** Appetizer Trio** — 13 €

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first course

L' Evoluzione RF GF 12 €
Raw zucchini and daikon spaghetti marinated in lemon, served with rocket pesto, sun-dried tomatoes and cashew cream, served with flake food, pine nuts and black pepper

L'Erborinato NF 14 €
Fresh white potato gnocchi served with marinated tempeh cream

Il Bosco Incantato NF 15 €
Fresh wholemeal fettuccine pasta with porcini mushroom served with a pan-fried spinach nest

I Sapori Mediterranei GF 13 €
Fragrant whole wheat rice with dried tomato powder, capers and Taggiasca olives, creamed with cashew nut cream and nutritional yeast flakes

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second course

Le Meraviglie RF GF 15 €
Soft burger with raw carrots, sun-dried tomatoes and olives with flax and sunflower seeds, breaded in sesame seeds desiccated for 6 hours at 42°C, served with marinated purple cabbage, marinated radish and raw nut mayonnaise

La Moussaka GF 15 €
Aubergine flan baked au gratin, in layers of vegetable ragu, bechamel sauce of rice flavored with nutmeg and cinnamon, served with fresh basil pesto and confit cherry tomato

Il Bronte Croccante 15 €
Seitan marinated in soy sauce and spices, breaded in chickpea batter and chopped pistachio, served with sautéed zucchini and beetroot mayonnaise

La Suprema GF 14 €
Organic quinoa pizza, yeast free, stuffed with tomato sauce, baked eggplant, basil pesto and dark rice cream

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