

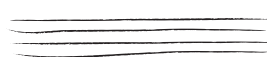
sides

- Il Sedano Rapa** RF GF NF 6 €
Celeriac marinated with lemon, extra virgin olive oil and black pepper
- I Cavoli a Colori** GF NF 6 €
Colorful cauliflower stir-fried with olives and capers
- Le Patate** GF NF 6 €
Wedges of baked potatoes scented with rosemary and sage served with ketchup and vegetable chive mayonnaise
- La Mantovana** GF NF 6 €
Baked Mantua pumpkin with the scent of thyme
- I Fiori Cinesi** GF NF 6 €
Chinese cabbage "bok choy" stewed with herbs of Provence
- Trio of Sides of choice** 8 €
- L'Insalata Invernale** GF NF 9 €
Green salad, radicchio, fennel, celery, julienne carrots, fresh sprouts, pumpkin seeds, topped with citronette sauce, served with almond grains and raw crackers of chia, flax, sunflower seeds and dried tomatoes desiccated 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 Tomini** RF GF 12 €
Cauliflower and cashew nut tomini served with cream of tomatoes and capers, parsley sauce and radish marinated in apple vinegar and extra virgin olive oil, accompanied with raw crackers of flax, sunflower and chia seed, desiccated for 12 hours at 42°C
- L'Oriente** NF 11 €
Tasting of black chickpea hummus and pea hummus, served with crunchy legumes and fragrant sheets of semi-wholemeal flour and turmeric, black cabbage and poppy seeds
- La Tartare** NF 13 €
Tartlet of seitan and beetroot, marinated with extra virgin olive oil, lemon and black pepper, served with songino salad, fresh celery
- La Russa dell'Orto** GF NF 12 €
Russian salad with vegetable turmeric mayonnaise, served with corn triangles and fresh salad
- La Tempura** GF NF 11 €
Cornet of seasonal vegetables marinated in soy sauce, tempeh and apple tiles, all dip fried in crisp and light batter of chickpea and cornmeal, served with chives and turmeric mayonnaise
- Appetizer Trio** 13 €
• **I Tomini** RF GF
• **La Tartare** NF
• **La Russa dell'Orto** GF NF

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 **first course****L' Evoluzione RF GF** 12 €

Raw pumpkin and daikon spaghetti marinated in lemon, served with cashew and walnut cream, taggiasca olive powder and extra virgin olive oil with fresh parsley

La Fresca NF 12 €

Wholemeal orecchiette of fresh pasta seasoned with turnip tops, filaments of sweet pepper and nori seaweed powder

La Ricchezza GF 13 €

Brown rice with artichoke cream, served with seared artichoke, creamed with cashew cream and nutritional yeast flakes

Gli Sfizi 12 €

Fresh artisan gnocchi of white potato and beetroot, served with cream of Jerusalem artichoke and cashew, nutritional yeast flakes and powder of purple cabbage

 **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 Taragna GF 15 €

Polenta Taragna with truffle perfume, cooked in almond milk, served with braised tempeh in white wine with its bottom

La Profumata 15 €

Seitan marinated in soy sauce, cooked with white wine and leeks, served in spinach nest with salted hazelnut fondue

La Mediterranea GF 14 €

Organic quinoa pizza, yeast free, stuffed with tomato sauce with olive, caper and nori seaweed, served with walnut, spinach and dark rice cream

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