

We host the exhibition
“La vita intorno alla vite”
(Life around the vine)

by **Luca Appiotti**
Photographer

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Tasting Menu

Appetizer of choice

I Tomini RF GF
La Tempura GF
La Lingua del L'Orto NF GF*

First course of choice

L'Evoluzione RF GF
La Primavera a tavola GF NF
Gli Sfizi NF
I Ravioli

Second course of choice

Il Piatto Novak RF GF
La Semenza GF
La Profumata NF

Dessert of choice

La Fragraria RF GF
La Lussuria

Glass of Wine of choice Water & Coffee

Minimum for 2 people

50€ per person

Tasting Menu with Wine Tasting Route

Franciacorta Brut Boccadoro
Nebbiolo Rosè Camparo
Nero D'Avola Nicosia
Erbaluce Passito

Minimum for 2 people

65€ per person

RF Raw Food

GF Gluten Free

NF Nut Free

For allergenic ingredients, consult the information displayed at the entrance to our restaurant or contact the staff

appetizers

I Tomini RF GF 12 €

Cauliflower and cashew nut tomini served with 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

**Plate served at room temperature*

La Tempura GF 11 €

Cornet of seasonal vegetables marinated in soy sauce, tempeh tiles and nori seaweed, all deep fried in a crisp and light chickpea and cornmeal batter, served with chives mayonnaise

Il Re GF NF 11 €

Artichoke flan, leeks, tofu, potatoes and smoked salt, served with dried tomato mayonnaise, sweet pepper strings and leek chips dried for 6 hours at 42°C

La Lingua del L'Orto NF GF* 12 €

Fresh Russian salad of potatoes, carrots and peas, dressed with vegetable mayonnaise with turmeric, served with artisan flatbread of ancient Sicilian grains and fresh salad with sprouts

**Gluten Free alternative served with corn snacks*

fair trade coffee

FROM ORGANIC FARMING

The coffees of the PUNTO EQUO cooperative are selected from the best varieties in the fair trade circuit.

We believe that every aroma is born not only from the balance between the quality of the bean and the wisdom in its processing, but also from its history. This is why each cup speaks of justice, dignity and respect for Earth.

L'Albero del caffè 2 €

Composed of five fine organic coffees, 60% Arabica and 40% Robusta, from South and Central America, Africa and India. Each of the coffees is roasted individually and slowly in the social roasting L'Albero del caffè, a project that offers new job opportunities to prisoners or people in conditions of social disadvantage.

Producers of Arabica: Coop 5 de Junio (Nicaragua), Expocacer (Brazil), Wottona Bultuma (Ethiopia).
Robusta: Phalada Agroeco (India), Cooacaram (Brazil)

Deca L'Albero del caffè - Arabica 100% 2 €

Grown in the forests of the Andean mountain range, it comes from ancient Typica and Caturra varieties. Natural decaffeination uses only water vapor and carbon dioxide, without the use of solvents. It is characterized in the cup by the aroma of dark chocolate and small berries.

Producer Arabica: Norandino (Peru)

Orzo Altromercato 2 €

Barley coffee comes from Ecuador, where small farmers are engaged in cultivation, harvesting and hulling through artisanal and manual systems and without the use of chemical agents. Cultivation takes place in the sierra at over 2000 meters above sea level, where mainly mestizo or indigenous communities integrate the production with that of lentils, potatoes, beans and cocho.

Producer: Tienda Camari (Ecuador)

Assorted tea and herbal teas 3 €

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desserts

All our desserts are free of refined sugars

La Fragraria RF GF 8 €

Raw-food cake with fresh strawberries, cashew and coconut cream based on almonds and dehydrated figs, served with strawberry jelly, basil leaves and coconut foam with rum*

* Alcohol free version available

Al Cafè GF NF 8 €

Sponge cake of Italian legume flour, soaked in coffee, served in layers of Chantilly cream and rain of cocoa powder and coconut

La Lussuria 8 €

Soft chocolate cake, served with apricot jam, black cocoa foam and almond brittle

first course

L'Evoluzione RF GF 12 €

Daikon spaghetti (Japanese radish) and carrots, marinated with lime, served with broccoli and walnut pesto, lemon pepper, dried Taggiasca olives and dried tomato powder

*Plate served at room temperature

La Primavera a tavola GF NF 14 €

Brown rice cooked with cream of leeks, asparagus and its broth, served with slices of fresh asparagus marinated with lime and dried tomato powder

Gli Sfizi NF 13 €

Potato and beetroot gnocchi, served in a bed of pumpkin cream, leeks and sage, desiccated pumpkin slices at 42°C and its toasted seeds

I Ravioli 13 €

Artisan ravioli* of durum wheat, soft wheat and turmeric powder, stuffed with late radicchio, leeks and new potatoes, seasoned with roast seitan sauce and its vegetables

* Blast chilled and frozen product

second course

Il Piatto Novak RF GF 15 €

Three soft raw burger with carrots, almonds, 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 mayonnaise

**Plate served at room temperature*

La Semenza GF 15 €

Taragna polenta wafer served with tempeh goulash, sautéed cabbage and kale and almond cream with kale desiccated for 6 hours at 42°C

La Profumata NF 15 €

Handmade seitan marinated in Langarola Barbera baked with leeks and carrots and with its stock, served with its vegetables, accompanied with mayonnaise with chives and spiced potatoes according to the L'Orto recipe

Beyond Burger NF 14 €

Whole grain cereal sandwich stuffed with fresh salad leaves, Beyond Burger*, dark rice cheese with smoked salt, caramelized onions, sun-dried tomatoes and caper-flavored vegetable mayonnaise

**Frozen product*

sides

Il Viola RF GF NF 6 €

Purple cabbage julienne marinated in apple vinegar and extra virgin olive oil

Le Patate GF NF 6 €

Baked potato wedges au gratin with thyme and sage served with ketchup and vegetable chive mayonnaise

La Mantovana GF NF 6 €

Baked Mantua pumpkin with the scent of thyme

Side Trio 10 €

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