## Tasting Menu

## Appetizer duo

I Tomini RF GF I Fiori GF NF

## First course of choice

L'Evoluzione RF GF Il Mito Afrodisiaco GF NF Nel Bosco NF Gli Sfizi

## Second course of choice

Il Piatto Novak RF GF La Vendemmia GF NF La Profumata NF

## Dessert duo

La Golosa RF GF La Lussuria

# Glass of Wine of choice Water & Coffee

Minimum for 2 people 55€ 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

## appetizers 12 € I Tomini RF GF 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 12 € I Sapori Mediterranei NF Flatbread of ancient Sicilian grains served with chickpea hummus with tahin and sweet paprika, iiulienne of baked peppers and sautéed catalonia flavored with thyme. accompanied with fresh salad

## 12 € La Piemontese NF Breaded and baked seitan frayed, served with sautéed vegetables with sage, bay leaf and golden onion, shaded with chardonnay from Langhe and apple cider vinegar

I FIOTI GENE
Baked zucchini flowers stuffed with smoked
tofu cream, leeks, potatoes, millet and
turmeric, served with mint tomato coulis

# 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). Expocaccer (Brazil), Wottona Bultuma (Ethiopia). Robusta: Phalada Ágroeco (India), Coocaram (Brazil)

## Deca L'Albero del caffè - Arabica 100%

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€

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)

**RF** Raw Food

## Assorted tea and herbal teas

3 €

12 €

## desserts | | | | | | | | | | |

All our desserts are free of refined sugars

### La Golosa RF GF

8€

Raw hazelnut and date cake, soft cream of gianduia, cashews and cocoa, covered with pear jelly, served with dried pear slices at 42°C for 12 hours

#### La Lussuria

8€

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

## L'Eleganza GF NF

8€

Soft gluten-free sponge cake ring with vanilla and turmeric scent, served in marron glacé cream, Christmas coconut foam, custard pearls and pomegranate grains

# first course



#### L'Evoluzione RF GF

12 €.

Lime marinated zucchini spaghetti, served with cashew and fennel cream, extra virgin olive oil and fresh sprouts \*Plate served at room temperature

## Il Mito Afrodisiaco GF NF

13 €

Brown rice creamed with artichoke cream. potatoes and leeks, served with a nest of sautéed artichokes and its base

## Nel Bosco NF

14 €

Nido di scialatielli of durum wheat (typical fresh Amalfi pasta) served with sautéed fresh porcini mushrooms, its cream and chopped parsley

## Gli Sfizi

13 €

Artisanal potato and beetroot gnocchi served in a bed of pumpkin cream, fermented almond mousse and chicory of catalonia cimata

## second course

### Il Piatto Novak RF GF

15 €.

Three soft raw carrots, almonds, dried tomatoes and olives burgers with flax and sunflower seeds, breaded in sesame seeds, dried for 6 hours at 42°C served with cashew and turmeric cream, Jerusalem artichoke chips, fresh salad and marinated purple cabbage \*Plate served at room temperature

#### La Vendemmia GFNF

15 €

Carpaccio of Tempeh (fermented soy) shaded with Nebbiolo wine, baked with barbecue spices, served in a bed of caramelized onions, taragna polenta wafer and broccoli mousse

## 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

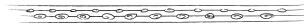
## **Beyond Burger**

15 €

Wholemeal cereal buns stuffed with Beyond Burger\*, baked cabbage, stewed onions, salad leaf, L'Orto dark rice cheese elaborated with smoked salt and vegetable mayonnaise with chives

\*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 GENE

6€

Mantuan pumpkin cooked in the oven flavored with thyme

### Side Trio

10€