

MENU

BISTROT

WHAT5APP +39 392 972 7202

BASIC DISHES

- green mix, tomatoes, carrots and cucumber with e.v.o. oil € 5,00
- + mozzarella cheese € 6,00
- + spicy chicken* € 8,00
- + bresaola € 8,00
- + mozzarella cheese and Parma ham € 8,50
- + natural tuna € 7,50
- + natural tuna and mozzarella cheese € 8,50

VEGAN DISHES

- STUFFED RICE PAPER WITH GINGER AND VENUS RICE** € 7,50
with vegetables (soy beans, carrots, peppers, zucchini), soy beans, bean sprouts with soy mayonnaise with dried tomato and olive, sesame seeds and soy sauce
- SALAD OF MARINATED ZUCCHINI NOODLES WITH CHERRY TOMATOES** € 7,50
songino, basil leaves, tomato dressing and almond gomasio
- SOMOSA WITH POTATO, ZUCCHINI, TURMERIC AND SESAME SEEDS*** € 8,50
with salad, cherry tomato, mint eggplant and tofu mayonnaise
- BIO GREEK TABULÉ** € 8,50
(celery, artichokes, tomatoes, red onion, basil, olives, origin) on cold soup of yellow peach and raspberry

VEGETARIAN DISHES

- TOMATO TRIO WITH FETA CHEESE** € 7,50
watermelon, pumpkin seeds, mint, fior di sale cheese, mango and siriacha dressing
- TORTILLA WITH MELTED SCAMORZA CHEESE, AVOCADO AND DRIED TOMATOES** € 9,00
roasted peppers, songino, basil and red onion marinated with raspberry vinegar
- BURRITOS STUFFED WITH SICILIAN VEGETABLE CAPONATA** € 9,00
eggplant, peppers, zucchini, onion, olives, capers, raisin and tomato sauce with ceddar cheese, pachino tomato salad, rocket salad and siracha
- *no cheddar

FISH DISHES*

- CAESAR SALAD WITH SHRIMPS AND AVOCADO** € 10,00
parmigiano cheese flakes with paprika, pomegranate, bread croutons with herb dressing and anchovy dressing*
- *no bread croutons
- MEDITERRANEAN SALAD WITH TUNA IN OIL** € 10,00
hard-boiled eggs, boiled potatoes, tomato, green beans, capers, misticanza, cucumber and Italian dressing
- DOME OF SALMON WITH BASMATI RICE AND VENUS RICE** € 11,00
mix green salad, bitter-sweet vegetables and ginger, sesame seeds and sesame oil vinaigrette*
- MARINATED SALMON WITH ORANGES** € 11,00
and carrots, bean sprouts, mix green salad, pistachios, orange teriaki sauce*
- BROWNED SALMON WITH MANGO AND PAPAYA** € 13,00
carrots, misticanza, teriyaki sauce, nori seaweeds and coconut milk sauce and green curry*
- SALAD WITH SEARED TUNA** € 13,00
mozzarella cheese, tomatoes, marinated anchovies, misticanza, basil, fior di sale and roasted tomatoes dressing and Italian dressing*
- STEAMED SEA BASS FILLET** € 13,00
with julienne grilled vegetables, rocket salad, tomatoes, capers, olives, e.v.o. oil

MEAT DISHES

- SLICED SPICY CHICKEN WITH BAKED POTATOES** € 9,00
mix green salad and vinaigrette with herbs*
- VEAL WITH TUNA SAUCE WITH VEGETABLE SALAD** € 9,50
(daikon, cucumber, carrot, onions and cauliflower), misticanza, rocket salad and rainbow tomatoes
- DEVILED CHICKEN SPIT WITH HERB PANURE** € 10,00
with roasted vegetables (eggplant, zucchini, peppers and potato), misticanza and agave syrup vinaigrette and chili sauce
- STRIPS OF BEEF WITH EGGPLANT MOUSSE** € 12,00
in our tagliolini with basil pesto with vegetables (zucchini, carrot, spinach) datteri tomato and almond flakes and lime

HAWAIIAN POKE

- POKE FISH** € 12,00
White rice with orange teriyaki, marinated salmon and tuna, mango, avocado, cucumber, tomato, sweet and sour ginger, spring onion, pomegranate grains, sesame seeds, nori seaweeds and spicy mango dressing
- POKE CHICKEN** € 11,00
Brown rice with orange teriyaki, chicken, marinated vegetables (mushrooms, carrots, cucumbers, daikon), spinaches, cashews, pumpkin and sunflower seeds with Korean dressing
- POKE VEGAN** € 11,00
Venus rice with orange teriyaki, marinated tofu, pineapple, edamame, cucumbers, red cabbage, muesli, nori seaweeds and vegan wasabi mayonnaise

FRULEZ RICE-BURGER*

- * no oyster sauce
- SALMON** Rice burger lacquered with oyster sauce, with marinated salmon, misticanza, zucchini, teriaki sauce, sesame seeds and nori seaweeds € 9,00
- TUNA** Rice burger lacquered with oyster sauce, misticanza, tuna, bean sprouts, sesame seeds, nori seaweeds, dried tomatoes, olives, capers, e.v.o. oil and lemon € 9,00

SUSHI

- VEGGY SUSHI** € 7,50
rolls of sushi rice with nori seaweeds, lactose-free soft cheese, mango, cucumber, daikon, carrots, bitter-sweet ginger, mix green salad, cherry tomatoes, soy and orange sauce
- SUSHI VEG + SALMON** € 11,00
- SUSHI VEG + TUNA** € 11,00
- SUSHI VEG + SALMON + TUNA** € 13,00

CHOPPING BOARD

- CHOPPING BOARD WITH CHEESES** € 8,00
Brie cheese, Parmigiano Reggiano cheese, mozzarella cheese and Pecorino d'Angio cheese
- CHOPPING BOARD WITH SALAMI** € 8,00
Capocollo of Martina Salami, Parma ham, roast cooked ham, Felino salami

APULIAN FRISE

- APULIAN FRISA** with tomato, rocket salad and e.v.o. oil € 6,50
- APULIAN FRISA** with tomato, mozzarella cheese, tuna, capers, anchovies and e.v.o. oil

WRAPS

- CAPOCOLLO** with olive oil piadina and mix green salad € 8,00
Lactose free cream cheese, melon, rocket salad
- VEGETARIAN** € 7,50
Chickpea hummus, apple vinegar raisins, grilled vegetables, misticanza and tahina

CLUB SANDWICH

- CHICKEN** € 8,00
wholemeal tin loaf with chicken, lattuce, yogurt, mayonnaise, herbs omelette, tomato, cream cheese and crispy bacon*
- VEGGY** € 8,00
Wholemeal tin loaf, zucchini and mint omelette, chickpeas hummus, philadelphia cheese, tomato, vegan frankfurter salad, lettuce, mayonnaise, yogurt, curry and paprika

FRULEZ BURGER*

- VEG BURGER** with cereals bread € 9,00
vegan burger (beans, spelled, potatoes, courgettes, barley, cornstarch, spices and aromatic herbs), with daikon marinated in raspberry vinegar, songino, cream of smoked tofu and olives
- SALMON FISH-BURGER** € 9,00
(salmon, zucchini, barley, maizena, beans, spices and herbs) with sweet and sour cucumber, tomato misticanza and miso mayonnaise

BREAD TO ADD THE SALADS

- SMALL ROLLS 30GR*/BIG 60GR*** € 0,50 / € 1,00
- BREAD GLUTEN FREE** € 2,00

DRINKS

- LEVICO WATER 50CL** € 1,50
- BIO FRUIT JUICES** € 2,50
pear, pineapple, apricot, peach, ace
- GALVANINA BIO DRINK** € 3,00
gazzosa, tonic water, coke, orange juice, lemonade, citron juice, fizzy lemon, chinotto
- BIO FRUIT JUICES** € 3,00
blueberry

WINE

- RED, ROSE, WHITE** (glass) € 3-4 (bottle) € 15-20
(ask the staff for the labels available)

ENERGIZING / PROBIOTIC DRINKS

- SUCCHI MALEE** € 3,50
guava, mango, litchi, coconut water
- BIO GRAPE DRINKS** € 3,50
with spirulina / ginger and lemongrass / orange and tumeric
- KOMBUCHA FERVERE** € 4,50
ginger noir / wild spring

CRAFT BEER

- 33CL BOTTLE**
- BIRRA MORENA - BALVANO (PZ)** € 3,00
EKO* BIO - bionda - 4,6%
- BIRIFICIO MELCHIORI - PREDADA (TN)** € 4,00
BIRRA HELL - bionda - 4,7%
- BIRIFICIO CAPUT URSI - CELLAMARE (BA)** € 5,00
CRAB - Blanche - 4,7%
GRUS - Golden Ale - 5%
MARKIK - Pale Ale ambrata - 5,6%
RIKU - Dubble ambrata - 6,6%
BELLATRIX - Tripple dorata - 7,6%

MENU

CAFFÈ E FRUIT BAR

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COFFEE

- ESPRESSO** € 0,90
- ESPRESSO WITH A DASH OF MILK** € 0,90
- DECAFF** € 1,20
- ORZO IN SMALL MUG** € 1,20
- ORZO IN BIG MUG** € 1,40
- GINGER IN SMALL MUG** € 1,20
- GINGER IN BIG MUG** € 1,40
- AMERICAN** € 1,20
- HOT MILK** € 1,00
- HOT MILK WITH A DROP OF COFFEE** € 1,30
- Decaff with skimmed or soya or oat or rice or almond milk € 1,50
- CAPPUCCINO** € 1,20
- Decaff with skimmed or soya or oat or rice or almond milk € 1,40
- ESPRESSINO** € 1,10
- Decaff with skimmed or soya or oat or rice or almond milk € 1,30
- COFFEE ON THE ROCKS** € 1,10
- ICED COFFEE** € 1,30
- ESPRESSO WITH A TEASPOON OF ICE CREAM** € 1,30
- COFFEE SHAKE** € 1,70
- GINGER COFFEE SHAKE** € 2,00
- FRESH MINT COFFEE** ESPRESSO, MINT, LIME, CANE SUGAR, TONIC WATER AND ICE € 3,00
- FRULEZ-INO** ICED ESPRESSINO WITH CHOICE OF ICE CREAM € 2,50

FLAVOURED CAPPUCCINO AND SUPERFOOD

- € 2,00
- MATCHA CAPPUCCINO**
- GOLDEN MILK CAPPUCCINO**
- CAPPUCCINO WITH ORANGE PEEL AND CINNAMON**
- CAPPUCCINO WITH VANILLA AND CHOCOLATE FLAKES**
- CAPPUCCINO WITH CLOVES AND DRIED FRUIT**

BREAKFAST

- CROISSANT* AND PASTRIES** € 1,20
- CROISSANT* AND PASTRIES MINI** € 0,60
- BISCUITS** € 0,50
- BISCUITS GLUTEN FREE** € 1,00
- MINI MUFFINS* AND DONUTS** € 1,50
- MUFFINS*** € 2,50
- SLICE OF CAKE** € 2,00 - € 2,50

VEGAN BREAKFAST

- BRIOCHEs** € 1,50
- COOKIES** € 1,00
- TARTUFINI** lactose-free chocolate and coconut pralines € 1,00

APPETIZER

- LIGHT** € 3,00
crudité, crispy fava beans, olives and puffed chickpeas
- DI GUSTO** € 7,00
mini sesto of salmon and veg burger, samosa, millet croquette, broad beans falafel with yogurt and Italian sauces and sweet and sour vegetables

TEA, HERBAL TEAS AND INFUSIONS

- € 3,50
black tea, green tea, red tea, fruit teas and infusions

BREAK-LAST

FROM 9.30 TO 12 A.M. / FROM 4 TO 7 P.M.

SWEET SUGGESTIONS

- BANANA AND MAPLE SYRUP TOASTIE** € 5,00
with wholemeal tin loaf, peanut butter and apple
- RICOTTA CHEESE, SUGAR AND CINNAMON TOASTIE** € 5,00
with Senatore Cappelli bread
- MARMALADE AND GINGER TOASTIE** € 5,00
with wholemeal tin loaf
- PANCAKE** with honey/ maple syrup/ agave syrup € 4,50
- PANCAKE** with fruit € 5,50

SAVOURY SUGGESTIONS

- APPLE, WALNUTS AND BRIE CHEESE TOASTIE** € 5,00
with wholemeal tin loaf
- MEGGHI BREAD** € 5,00
carrot bread with cooked ham and cheese
- PROVENZALE CROQUE MONSIEUR** € 6,00
wholemeal bread with herbs cream cheese, swizzero cheese, grilled ham and tomato
- OMELETTE** € 6,00
with mushrooms and cheese
- VEGAN TOAST** € 6,00
wholemeal tin loaf with chickpea hummus, tomato, mixed salad and pumpkin seeds

FRULEZ RINFRESCA

- € 3,50
- ORGANIC ALMOND MILK WITH ICE**
- MILK AND MINT - MILK AND CHERRY** with soy, oat, rice or almond milk

NON-ALCOHOLIC COCKTAIL

- € 4,00
- CRUSHED WATERMELON AND MINT** apple juice and tonic water
- CRUSHED PINEAPPLE AND MINT** lime, brown sugar and tonic water
- CRUSHED PEACH, POMEGRANATE EXTRACT** passion fruit and tonic water

FROZEN

- TEA-BASED GRANITE OR CENTRIFUGED WITH CRUSHED ICE € 4,00
- PINEAPPLE, COCONUT SYRUP AND APPLE CENTRIFUGED**
- APPLE, KIWI, MINT SYRUP AND GREEN TEA**
- WATERMELON, MELON, WATERMELON CENTRIFUGE AND BLACK CHERRY SYRUP**

FRULEZ SPRITZ

- € 6,00
- GRANATA SPRITZ** pomegranate with Aperol, prosecco and tonic water
- FRULEZ SPRITZ** diced citrus fruits with Aperol, prosecco and tonic water
- GINGER ORANGE SPRITZ** ginger, Aperol, orange centrifuged and prosecco

ICE TEA COCKTAIL

- NON-ALCOLIC DRINK WITH TEA € 4,00
- POMEGRANATE AND LIME EXTRACT** orange juice, black cherry syrup and lemon tea
- CRUSHED PESCA AND MELON** passion fruit, pineapple centrifuged and peach tea

CENTRIFUGED JUICES

- € 3,50
- with addition of ice cream € 4,50
- with addition of aloe € 4,50
- PINEAPPLE OR KIWI ONLY** € 4,50
- LELLA** orange, carrot and apple
- TONIFICANTE** carrot, apple, fennel, lemon and ginger
- BRUCIAGRASSI** pineapple, lemon, apple, fennel and ginger
- VITAMINIC** kiwi, orange, basil, apple and lemon
- TUTTARANCIA** orange
- SOLO AGRUMI** orange and grapefruit
- DEPURATIVO** kiwi, prunes, apples and ginger
- DOPOSOLE** Watermelon, melon, mint and apple
- ABBRONZANTE** carrot, peach, melon and basil
- INFINITY GREEN** cucumber, pineapple, celery, fennel and lemon
- ENERGETICO** Beet, red cabbage and apple
- BRITISH** Tomato, orange and basil
- RAVANAS** Radish, carrot, fennel, apple and lemon

CENTRIFUGED JUICES WITH ALOE VERA

- € 4,50
- PELLE DI PESCA** Aloe, peach, apricot and orange
- PUREZZA** Aloe, watermelon, grapefruit and melon
- RALPH** kiwi, pineapple, apple and aloe

COLD FRUIT EXTRACTS*

- POMEGRANATE** € 5,00
- PERSONALIZED** € 4,50

SMOOTHIES

- € 3,50
- AEA** watermelon and black cherry
- BANANA CIOK** Banana, apple and extra-dark chocolate
- BUNO PROSEGUMENTO** Banana, peach, passion fruit and cinnamon
- GENNY** banana, kiwi, yogurt and muesli
- HELLO PINK** Aloe vera, plum, watermelon and apple
- SUPERSMOOTHIES WITH SUPERFOOD** € 5,00
- MATCHA GREEN** matcha, pineapple, kiwi and apple centrifuged
- RAINBOW** Chia seeds, banana, strawberry, beet, apple centrifuged, edible flowers
- BOBBY** turmeric, pineapple, banana and milk
- LIBERTY** beet, orange centrifuged, apple and goji berries
- DYLAN** aloe, green tea, apple, kiwi and ginger

FRESH FRUIT

- € 3,00
- + Yogurt € 3,50
- + Yogurt and muesli € 4,00
- + Yogurt and Goji berries € 4,50

SPECIAL HOT COFFEE

- € 4,50
- YELLOW COFFEE** zabov, espresso, black cherry, cream, chocolate flakes and dried fruit
- BIRD COFFEE** chocolate, espresso, dark rum, orange peel, cinnamon, ginger and cream
- STORM COFFEE** chocolate, espresso, almond milk, pear, walnuts and cream
- MINT COFFEE** chocolate, espresso, vodka, mint, coconut syrup, chocolate flakes and milk

SPOON DESSERTS

- € 3,00
- CREAM AND CHOCOLATE MOUSSE AND/OR RICOTTA CHEESE WITH FRUIT AND CEREALS**

COPERTO / SERVIZIO

- € 1,00

PACK TAKE AWAY

- € 0,50 CAD

VEGANO **VEGETARIANO** **SENZA GLUTINE** **SENZA LATTOSIO**

*Alcuni prodotti potrebbero essere surgelati o sottoposti a processo di abbattimento di temperatura

Non possiamo garantire l'assenza di tracce di noci o altri allergeni nei nostri piatti da menu. Si prega di comunicare al vostro cameriere eventuali allergie alimentari e chiedere la ricetta con la specifica degli allergeni.

Le pietanze di questo menù segnatate come vegane sono conformi al disciplinare VeganOK consultabile su www.veganok.com

rete Wi-Fi **VodafoneFORFRULEZ** password **Frulez4me**

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