

WhatsApp +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

- BEETROOT CARPACCIO WITH AVOCADO € 8,00
mix green, tomatoes, pumpkin seeds, smoked salt, Italian dressing and white almond dressing
- COUS COUS WITH VEGETABLE RAGOUT € 8,00
[zucchini, aubergines, peppers, chickpeas, celery, carrots, onion] Mediterranean style
- SOMOSA WITH POTATO, ZUCCHINI, TURMERIC AND SESAME SEEDS* € 8,50
with salad, cherry tomato, mint eggplant and tofu mayonnaise
- AUTUMN MIX (PUMPKIN, ARTICHOKE, CELERY, SWEET POTATOES, TOPINAMBUR AND APPLES) € 9,00
with mix green salad, dressing of agave and mustard

VEGETARIAN DISHES

- TORTILLA WITH MELTED SMOKED SCAMORZA CHEESE, PUMPKIN, GRILLED MUSHROOMS AND CARROTS € 9,00
pumpkin seeds and almond fillets
- BURRITOS STUFFED WITH SICILIAN VEGETABLE CAPONATA € 9,00
[eggplant, peppers, zucchini, onion, olives, capers, raisin and tomato sauce] with cedar cheese, pachino tomato salad, rocket salad and siracha
- *no cheddar
- SALAD WITH SPELLED, MUSHROOMS AND CHESTNUTS € 9,00
mixed salad, parmesan cheese wafers with paprika, pomegranate and Italian dressing
- *no parmesan cheese wafers
- RAMEN WITH VEGETABLES (ZUCCHINI, CARROTS, SPINACH) € 9,50
udon, miso, mushrooms, seaweed, hard-boiled egg, and sesame seeds

FISH DISHES*

- MEDITERRANEAN SALAD WITH TUNA IN OIL € 10,00
hard-boiled eggs, boiled potatoes, tomato, green beans, capers, misticanza, cucumber and Italian dressing
- SHRIMPS MARINATED WITH SWEET AND SOUR SAUCE WITH SOBA € 11,00
[Japanese buckwheat noodles], salad, courgettes, lettuce, sesame seeds and Umeshi sour vinaigrette and orange
- 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, tuna, bean sprouts, mix green salad, pistachios, orange teriaki sauce*
- MUSTARD SAUCE SALMON WITH HAZELNUT AND TARALLI CRUMBLE € 13,00
on a variety of roasted potatoes (potato, sweet potato and purple potato), songino and yoghurt and tahini dressing
- SEARED TUNA WITH BUTTER CREAM AND BEATEN OLIVES € 13,00
tomatoes, songino, capers in bloom and dressing with lime juice
- 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*
- BEEF BURGER AND VEGETABLES € 11,00
[beetroot, zucchini, celeriac, onion and cream] with cheddar, grilled autumn vegetables, roasted apples and herb cheese sauce
- 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
on soy 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'Angiò cheese
- CHOPPING BOARD WITH SALAMI € 8,00
Capocollo di Martina Franca, Parma ham, roast cooked ham, Felino salami
- WRAPS Rolls of olive oil piadina with mix green salad € 8,00
- CAPOCCOLLO € 8,00
Lactose free cream cheese, melon, rocket salad
- VEGETARIAN € 8,00
Chickpea hummus, apple vinegar raisins, grilled vegetables, misticanza and tahina

CLUB SANDWICH

- CHICKEN € 8,00
wholemeal tin loaf with chicken, lettuce, 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* with cereals bread € 9,00
VEG 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

DRINKS

- LEVICO WATER SØCL € 1,50
- BIO FRUIT JUICES € 2,50
pear, pineapple, apricot, peach, ace
- GALVANINA BIO DRINK gazzosa, tonic water, coke, orange juice, lemonade, citron juice, fizzy lemon, chinotto € 3,00
- BIO FRUIT JUICES blueberry € 3,00
- RED WINE € 15,00
PRIMITIVO soc. agr. POLVANERA [Puglia] - BIO
- NEGRAMARO € 18,00
ICQRF [Puglia] - BIO
- SUSSUMANIELLO VERSO SUD € 18,00
I PASTINI [Puglia] - IGP
- ROSE WINE € 15,00
ROSATO soc. agr. POLVANERA [Puglia] - BIO
- ROSATO DA NEGRAMARO € 15,00
Cantine PAOLO LEO [Puglia] - BIO
- WHITE WINE € 15,00
FALANGHINA soc. agr. POLVANERA [Puglia] - BIO
- GRECO € 18,00
L'ARCHETIPO [Puglia] - BIO

ENERGIZING / PROBIOTIC DRINKS

- SUCCHI MALLE € 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 € 3,00
33CL BOTTLE
BIRRA MORENA - BALVANO (PZ) EKO' BIO - bionda - 4,6%
- BIRIFICIO MELCHIORI - PREDAJA (TN) € 4,00
BIRRA HELL - bionda - 4,7%
- BIRIFICIO CAPUT URSI - CELLAMARE (BA) € 5,00
CRAB - Bianche - 4,7%
- MARFIS - Golden Ale - 5%
- MARIK - Pale Ale ambrata - 5,6%
- RIKU - Dubble ambrata - 6,6%
- BELLATRIX - Tripple dorata - 7,6%

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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
- CAPPUCCINO € 1,20
Decaff with skimmed or soya or oat or rice or almond milk
- ESPRESSINO € 1,10
Decaff with skimmed or soya or oat or rice or almond milk
- COFFEE ON THE ROCKS € 1,10
- ICED COFFEE € 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
- ICED ESPRESSINO € 2,50

FLAVOURED CAPPUCCINO AND SUPERFOOD

- MATCHA CAPPUCCINO € 2,00
- 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
- DONUTS € 1,50
- MUFFINS* € 2,50
- SLICE OF CAKE € 2,50

VEGAN BREAKFAST

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

TEA, HERBAL TEAS AND INFUSIONS

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

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, svizzero 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 AL CALDO

- PEAR AND CHOCOLATE HOT JUICE € 4,00
- APPLE AND CINNAMON HOT JUICE
- ORANGE, GINGER AND APPLE HOT JUICE
- LEMON AND GINGER PESTO with honey and rosemary in hot water
- ORANGE PEEL PESTO WITH KIWI basil and brown sugar in hot water
- GRAPEFRUIT RIND PESTO WITH GINGER, MINT and honey in hot water
- HOT CHOCOLATE
- HOT CHOCOLATE WITH CREAM € 4,50
- HOT CHOCOLATE WITH ginger/ orange/ cinnamon € 4,00

NON-ALCOHOLIC COCKTAIL

- POMEGRANATE AND LIME PESTO € 4,00
orange juice and tonic water
- KIWI AND GRAPEFRUIT PESTO € 4,00
apple juice and tonic water

APPETIZER

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

FRULEZ SPRITZ

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

CENTRIFUGED JUICES

- with addition of ice cream € 3,50
- 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
- TUTTARANCA
orange
- SOLO AGRUMI
orange and grapefruit
- DEPURATIVO
kiwi, prunes, apples and ginger
- PURIFICANTE
Kiwi, pineapple, grapefruit and apple
- RIGENERANTE
melon, kiwi, apple and pear
- 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

- GIOVINEZZA € 4,50
Aloe vera, apple, mint
- POMELO PLUS
Aloe vera, grapefruit, apple, pineapple and turmeric
- RALPH
kiwi, pineapple, apple and aloe

COLD FRUIT EXTRACTS*

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

SMOOTHIES

- REWIND € 3,50
Milk, almond syrup, pear, grains of hazelnuts
- BANANA CIOK
Banana, apple and extra-dark chocolate
- MONAMI
orange, banana and cinnamon
- GENNY
banana, kiwi, yogurt and muesli
- 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

FRESH FRUIT

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

SPECIAL HOT COFFEE

- YELLOW COFFEE € 4,50
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

SPOON DESSERTS

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

PACK TAKE AWAY

- € 0,50 CAD

VEGANO VEGETARIANO SENZA GLUTINE SENZA LATTOSI

*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 segnalate come vegane sono conformi al disciplinare VeganOK consultabile su www.veganok.com

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

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