

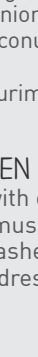

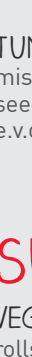
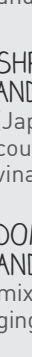
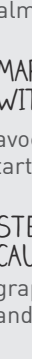
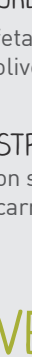
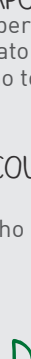
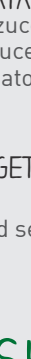
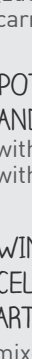
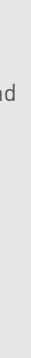
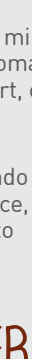
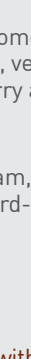
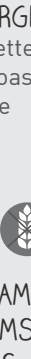
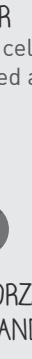
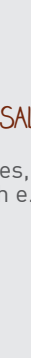
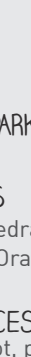
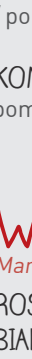
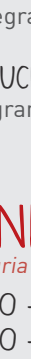


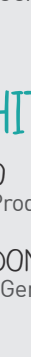
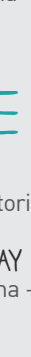
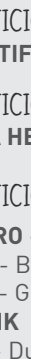
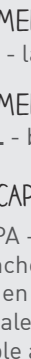





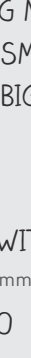
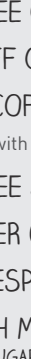


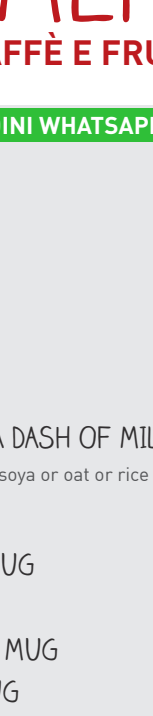



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<div> <b>WHATSAPP +39 392 972 7202</b></div>	
COVER CHARGE	€ 2,00
<div><b>HAWAIIAN POKE</b> </div>	
POKE FISH - SALMON AND TUNA	€ 14,00
White rice with orange teriyaki, marinated salmon and tuna, mango, avocado, cucumber, tomato, sweet and sour ginger, spring onion, pomegranate grains, sesame seeds, nori seaweeds and spicy mango dressing	
POKE FISH - MEDITERRANEAN	€ 14,00
[OCTOPUS, SEPIA] White rice with orange teriyaki, steamed octopus, natural cuttlefish tomatoes, cherry tomatoes in oil, pitted olives, baked potatoes and lemon and caper dressing	
POKE FISH - WHITE FISH AND CRUSTACEANS	€ 14,00
White rice with orange teriyaki, white fish, prawns, surimi, avocado, mango, tomatoes, cucumbers, ginger and sweet and sour spring onion, pomegranate, wakame seaweed, sesame seeds and coconut milk and mirin dressing	
 * no surimi	
POKE CHICKEN	€ 14,00
Brown rice with orange teriyaki, chicken, marinated vegetables ( mushrooms, carrots, cucumbers, daikon), spinaches, cashews, pumpkin and sunflower seeds with Korean dressing	
<div><b>JAPANESE DOMBURI</b> </div>	
(brown rice sauteed with vegetables and proteins)	
DOMBURI WITH MARINATED TOFU	€ 14,00
Brown rice with orange teriyaki sautéed with mixed vegetables (edamame, carrots, zucchini, green beans, bean sprouts, baby spinach, sweet and sour ginger) and marinated tofu	
DOMBURI WITH CURRY BBQ CHICKEN	€ 14,00
Brown rice with orange teriyaki sautéed with mixed vegetables (edamame, carrots, zucchini, green beans, bean sprouts, baby spinach, sweet and sour ginger), and with chicken cooked at low temperature, chopped pistachios, yogurt and curry bbq sauce	
 *no yogurt	
DOMBURI WITH STEAMED SHRIMPS	€ 15,00
Brown rice with orange teriyaki sautéed with mixed vegetables (edamame, carrots, zucchini, green beans, bean sprouts, baby spinach, sweet and sour ginger) and with steamed shrimps, almond fillets and coconut milk and mirin sauce	
DOMBURI WITH STEAMED SALMON	€ 15,00
Brown rice with orange teriyaki sautéed with mixed vegetables (edamame, carrots, zucchini, green beans, bean sprouts, baby spinach, sweet and sour ginger) and with steamed salmon cubes, almond fillets and coconut milk and mirin sauce	
<div><b>FRULEZ RICE-BURGER*</b> </div>	
* no oyster sauce	
SALMON Rice burger lacquered with oyster sauce, with marinated salmon, misticanza, marinated zucchini, teriaki sauce, sesame seeds and nori seaweeds	€ 11,00
TUNA Rice burger lacquered with oyster sauce, misticanza, marinated tuna, bean sprouts, sesame seeds, nori seaweeds, dried tomatoes, olives, capers, e.v.o. oil and lemon	€ 11,00
<div><b>SUSHI</b>  </div>	
VEGGY SUSHI	€ 8,50
rolls of sushi rice with nori seaweeds, lactose-free soft cheese, cucumber, daikon, carrots, bitter-sweet ginger, mix green salad, cherry tomatoes, soy and orange sauce	
SUSHI VEG + SALMON	€ 12,00
SUSHI VEG + TUNA	€ 12,00
SUSHI VEG + SALMON + TUNA	€ 13,50
<div><b>FISH DISHES*</b> </div>	
MEDITERRANEAN SALAD WITH TUNA IN OIL	€ 11,50
hard-boiled eggs, boiled potatoes, tomato, green beans, capers, misticanza, cucumber and Italian dressing	
SHRIMPS MARINATED WITH SWEET AND SOUR SAUCE WITH SOBA	€ 12,50
(Japanese buckwheat noodles), salad, marinated courgettes, lettuce, sesame seeds and Umeboshi sour vinaigrette and orange	
DOMO OF SALMON WITH BASMATI RICE AND VENUS RICE	€ 12,50
mix green salad, bitter-sweet vegetables and ginger, sesame seeds and sesame oil vinaigrette*	
MARINATED SALMON WITH ORANGES	€ 13,00
and carrots, bean sprouts, mix green salad, pistachios, orange teriaki sauce*	
STEAMED SEA BASS FILLET WITH JULIENNE GRILLED VEGETABLES	€ 14,00
rocket salad, tomatoes, capers, olives, e.v.o. oil	
MEDITERRANEAN SWORDFISH	€ 14,50
with sautéed courgettes on baked aubergine, red and yellow cherry tomatoes, sliced almonds, basil and roasted tomato dressing*	
MARINATED CUTLEFISH SALAD WITH BEETS	€ 14,50
avocado, tomato, mixed salad, wakame seaweed, tartar sauce, lemon and agave dressing	
STEAM COD WITH MARINATED CAULIFLOWER SALAD	€ 15,00
grapefruit, oranges, olives, mixed salad and spicy clementine jam dressing	
MUSTARD SAUCE SALMON WITH HAZELNUT AND TABALI CRUMBLE	€ 15,00
on a variety of roasted potatoes (potato, sweet potato and purple potato), songino and yoghurt and tahini dressing	
<div><b>MEAT DISHES</b></div>	
SLICED SPICY CHICKEN WITH BAKED POTATOES	€ 12,00
mix green salad and vinaigrette with herbs*	
VEAL WITH TUNA SAUCE WITH SALAD OF TOMATOES	€ 13,00
mixed salad and caper dressing, mayonnaise with black garlic and katsuobushi	
GREEK CHICKEN SALAD	€ 13,00
feta, cherry tomato, cucumber, mixed salad, olives and yogurt and lemon dressing	
STRIPS OF BEEF WITH EGGPLANT MOUSSE	€ 14,00
on soy tagliolini with basil pesto with vegetables( zucchini, carrot, spinach) datterii tomato and almond flakes and lime	
<div><b>VEGETARIAN DISHES</b> </div>	
AVOCADO TARTARE, PRIMOSALE AND APPLES	€ 9,50
potatoes, lactose-free cream cheese, olives, tomatoes, mayonnaise, chili sauce, hazelnuts and rocket	
VEGETARIAN MOUSSAKA	€ 9,50
eggplant, potatoes, vegetarian bolognese, extra virgin olive oil, mornay sauce and dark cheese*	
BURRITOS STUFFED WITH SICILIAN VEGETABLE CAPONATA	€ 10,00
(eggplant, peppers, zucchini, onion, olives, capers, raisin and tomato sauce) with lactose free cheddar cheese, pachino tomato salad, rocket salad and siracha	
BURRITA ON COURGETTE SPAGHETTI WITH PESTO	€ 12,00
tomato gazpacho and sesame pecorino wafers	
<div><b>VEGAN DISHES</b>  </div>	
SALAD WITH FENNEL, GRAPEFRUIT AND ORANGES	€ 9,00
olives, endive, mixed salad, raisins and dressing with the sour of umeboshi and oranges	
BEET CARPACCIO WITH AVOCADO	€ 9,50
mixed salad, cherry tomatoes, pumpkin seeds, smoked salt, Italian dressing and white almond dressing	
COUS COUS WITH VEGETABLE RAGOUT	€ 9,50
[zucchini, aubergines, peppers, chickpeas, celery, carrots, onion] Mediterranean style	
POTATO SOMOSA, ZUCCHINI, TURMERIC AND SESAME SEEDS*	€ 9,50
with mixed salad, tomatoes, mint eggplant with creamy tofu mayonnaise	
WINTER MIX (PUMPKIN, ARTICHOKES, CELERIC, SWEET POTATOES, JERUSALEM ARTICHOKES AND APPLES)	€ 10,50
mixed salad and agave and mustard dressing	
<div><b>WRAPS</b>  </div>	
Rolls of olive oil piadina with mix green salad	
CAPOCCOLLO	€ 9,50
Lactose free cream cheese, melon, rocket salad	
VEGETARIAN	€ 9,50
Chickpea hummus, apple vinegar raisins, grilled vegetables, misticanza and tahina	
<div><b>CLUB SANDWICH</b></div>	
CHICKEN	€ 10,00
wholemeal tin loaf with chicken, lattuce, yogurt, mayonnaise, herbs omelette, tomato, cream cheese and crispy bacon*	
VEGGY	€ 10,00
Wholemeal tin loaf, zucchini and mint omelette, chickpeas hummus, philadelphia cheese, tomato, vegan frankfurter salad, lettuce, mayonnaise, yogurt, curry and paprika	
DOUBLE FISH	€ 12,00
Wholemeal loaf bread with avocado foam, marinated salmon, shrimp in American sauce, hard-boiled egg, lettuce, cream cheese and tomato	
<div><b>FRULEZ BURGER*</b> </div>	
with cereals bread	
VEG BURGER	€ 10,00
vegan burger (beans, spelled, potatoes, courgettes, barley, cornstarch, spices and aromatic herbs) with braised red cabbage, mixed salad, cream of smoked tofu and olives	
SALMON FISH-BURGER	€ 11,00
[salmon, zucchini, barley, maizena, beans, spices and herbs] with sweet and sour cucumber, tomato misticanza and miso mayonnaise	
GREEN AND BEEF BURGER	€ 11,00
[beef, beetroot, courgette, celeriac, onion and cream] with cheddar, salad, roasted apple, grilled mushrooms and herb cheese sauce	
<div><b>TORTILLA</b> </div>	
€ 10,00	
SMOKED MELTED SCAMORZA CHEESE, PUMPKIN, ROASTED MUSHROOMS AND CARROTS, PUMPKIN SEEDS, AND ALMOND FILLETS	
VEGETABLE CAPONATA, MELTED CHEDDAR, OLIVES, OREGANO AND BASIL	
<div><b>BASIC DISHES MIXED SALAD</b></div>	
  green mix, tomatoes, carrots and cucumber with e.v.o. oil	€ 5,50
  + mozzarella cheese	€ 6,50
  + spicy chicken*	€ 10,00
  + bresaola	€ 8,50
  + mozzarella cheese and Parma ham	€ 9,50
  + tuna in extra virgin olive oil	€ 8,00
  + tuna in extra virgin olive oil and mozzarella	€ 9,50
  + marinated salmon	€ 11,00
<div><b>DRINKS</b></div>	
PANNA - STILL 50 CL	€ 2,00
SAN PELLEGRINO - SPARKLING 50 CL	€ 2,00
CORTESE BIO DRINKS	€ 3,50
Gazzosa / Chinotto / Cedrata / Lemonade / Red Orange /Cola / Tonic / Blonde Orange /Peach Tea / Lemon Tea	
BIO "DI FRUTTA" JUICES	€ 3,00
pear, pineapple, apricot, peach, ace	
BIO "DI FRUTTA" JUICES	€ 3,50
blueberry	
<div><b>ENERGIZING / PROBIOTIC DRINKS</b></div>	
BIO GIAPANESE DRINKS	€ 4,00
with spirulina and lemon / ginger and lemon / pomegranate and grapefruit / blueberry and mandarin	
KOMBUCHA KARMA	€ 5,50
pomegranate / green tea / ginger	
<div><b>WINE BY THE GLASS</b></div>	
€ 3,50	
Manduria - PRODUTTORI DI MANDURIA	
ROSSO - SALICE SALENTINO - Adora	€ 1,50
BIANCO - VERDECA - Alice	€ 1,50
ROSATO - NEGRAMARO - Garnet	€ 1,50
<div><b>RED WINE - BOTTLE</b></div>	
SALICE SALENTINO	€ 15,00
Adora - Produttori di Manduria	
SUSUMANIELLO	€ 20,00
Santa Gemma - Produttori di Manduria	
<div><b>ROSÈ WINE - BOTTLE</b></div>	
NEGRAMARO	€ 15,00
Garnet - Produttori di Manduria	
SUSUMANIELLO	€ 20,00
Santa Gemma - Produttori di Manduria	
<div><b>WHITE WINE - BOTTLE</b></div>	
FIANO	€ 15,00
Zin - Produttori di Manduria	
CHARDONNAY	€ 20,00
Santa Gemma - Produttori di Manduria	
<div><b>CRAFT BEER</b></div>	
33CL BOTTLE	
BIRIFICIO MELCHIORI - PREDABA (TN)	€ 4,00
BREWITFUL - lager - 4,5%	€ 4,50
BIRIFICIO MELCHIORI - PREDABA (TN)	€ 4,50
BIRRA HELL - bionda - 4,7%	
BIRIFICIO CAPUT URSI - CELLAMARE (BN)	€ 6,00
ARTURO - IPA - 0,5% low alcohol	€ 6,00
CRAB - Blanche - 4,7%	€ 6,00
GRUS - Golden Ale - 5%	€ 6,00
MARFIK - Pale Ale ambrata - 5,6%	€ 6,00
RIKU - Dubble ambrata - 6,6%	€ 6,00
CELLAMARA - IPA - 6,8%	€ 6,00
BELLATRIX - Tripple dorata - 7,6%	€ 6,00





**MENU**

**CAFFÈ E FRUIT BAR**

 **ORDINI WHATSAPP +39 392 972 7202**

COVER CHARGE	€ 1,00
<div><b>COFFEE</b></div>	
ESPRESSO	€ 1,20
ESPRESSO WITH A DASH OF MILK	€ 1,20
Decaff with skimmed or soya or oat or rice or almond milk	
DECAFF	€ 1,30
ORZO IN SMALL MUG	€ 1,40
ORZO IN BIG MUG	€ 1,60
GINGER IN SMALL MUG	€ 1,40
GINGER IN BIG MUG	€ 1,60
AMERICAN	€ 1,50
HOT MILK	€ 1,20
HOT MILK WITH A DROP OF COFFEE	€ 1,70
Decaff with skimmed or soya or oat or rice or almond milk	
CAPPUCCINO	€ 1,40
Decaff with skimmed or soya or oat or rice or almond milk	
ESPRESSINO	€ 1,50
Decaff with skimmed or soya or oat or rice or almond milk	
COFFEE ON THE ROCKS	€ 1,50
DECAFF ON THE ROCKS	€ 1,80
ICED COFFEE cold milk, espresso and ice	€ 2,00
Decaff with skimmed or soya or oat or rice or almond milk	
COFFEE SHAKE	€ 1,70
GINGER COFFEE SHAKE	€ 2,00
ICED ESPRESSINO	€ 2,50
FRESH MINT COFFEE ESPRESSO, MINT, LIME, CANE SUGAR, TONIC WATER AND ICE	€ 3,00
<div><b>FLAVOURED CAPPUCCINO AND SUPERFOOD</b></div>	
Decaff with skimmed or soya or oat or rice or almond milk	
MATCHA CAPPUCCINO	€ 2,50
GOLDEN MILK CAPPUCCINO	€ 2,80
CAPPUCCINO WITH ORANGE PEEL AND CINNAMON	€ 2,50
CAPPUCCINO WITH VANILLA AND CHOCOLATE FLAKES	€ 2,80
RUM FLAVORED CAPPUCCINO	€ 2,50
espresso, rum, milk, orange zest and cocoa	
<div><b>BREAKFAST</b></div>	
BISCUITS	€ 1,00
BISCUITS GLUTEN FREE	€ 1,00
PLUMCAKE	€ 2,00
MUFFINS*	€ 2,50
SLICE OF CAKE	€ 2,50
<div><b>VEGAN BREAKFAST</b></div>	
COOKIES	€ 1,00
TARTUFINI lactose- free chocolate pralines	€ 1,00
<div><b>TEA, HERBAL TEAS AND INFUSIONS</b></div>	
black tea, green tea, red tea, fruit teas and infusions	
€ 3,50	
<div><b>BREAK-LAST</b></div>	
FROM 9.30 TO 12 A.M. / FROM 4 TO 7 PM.	
<div><b>SWEET SUGGESTIONS</b></div>	
BANANA AND MAPLE SYRUP TOASTIE	€ 7,00
with wholemeal tin loaf, peanut butter and apple	
APPLE, WALNUTS AND BRIE CHEESE TOASTIE	€ 7,00
with wholemeal tin loaf	
MARMALADE AND GINGER TOASTIE	€ 6,50
with wholemeal tin loaf	
MARMALADE AND GINGER TOASTIE	€ 7,50
with gluten free bread	
PANCAKE with honey/ maple syrup/ agave syrup / fruit	€ 6,50
<div><b>SAVOURY SUGGESTIONS</b></div>	