



MENU

BISTROT

WHATSAPP +39 392 972 7202

COVER CHARGE € 1,50

HAWAIIAN POKE

POKE FISH - SALMON AND TUNA € 13,50
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 € 13,50
TOPTOPUS, SEPIA AND SQUID
White rice with orange teriyaki, steamed octopus, seared squid, natural cuttlefish, tomatoes, cherry tomatoes in oil, pitted olives, baked potatoes and lemon and caper dressing

POKE FISH - WHITE FISH AND CRUSTACEANS € 13,50
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

POKE CHICKEN € 12,50
Brown rice with orange teriyaki, chicken, marinated vegetables (mushrooms, carrots, cucumbers, daikon), spinaches, cashews, pumpkin and sunflower seeds with Korean dressing

JAPANESE DOMBURI

(brown rice sauteed with vegetables and proteins)

DOMBURI WITH STEAMED SHRIMPS € 13,00
Brown rice with orange teriyaki sautéed with mixed vegetables (ledamame, 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 CURRY BBQ CHICKEN € 13,00
Brown rice with orange teriyaki sautéed with mixed vegetables (ledamame, 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

DOMBURI WITH MARINATED TOFU € 13,00
Brown rice with orange teriyaki sautéed with mixed vegetables (ledamame, carrots, zucchini, green beans, bean sprouts, baby spinach, sweet and sour ginger) and marinated tofu

DOMBURI WITH STEAMED TUNA € 14,50
Brown rice with orange teriyaki sautéed with mixed vegetables (ledamame, 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

FRULEZ RICE-BURGER*

SALMON Rice burger lacquered with oyster sauce, with marinated salmon, misticanza, marinated zucchini, teriyaki sauce, sesame seeds and nori seaweeds € 10,00

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 € 10,00

SUSHI

VEGGY SUSHI € 8,00
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 € 11,50

SUSHI VEG + TUNA € 11,50

SUSHI VEG + SALMON + TUNA € 13,00

FISH DISHES*

MEDITERRANEAN SALAD WITH TUNA IN OIL € 11,00
hard-boiled eggs, boiled potatoes, tomato, green beans, capers, misticanza, cucumber and Italian dressing

SHRIMPS MARINATED WITH SWEET AND SOUR SAUCE WITH SOBA € 12,00
(Japanese buckwheat noodles), salad, marinated courgettes, lettuce, sesame seeds and Umeshoshi sour vinaigrette and orange

DOMO OF SALMON WITH BASMATI RICE AND VENUS RICE € 12,00
mix green salad, bitter-sweet vegetables and ginger, sesame seeds and sesame oil vinaigrette*

MARINATED SALMON WITH ORANGES € 12,50
and carrots, bean sprouts, mix green salad, pistachios, orange teriyaki sauce*

MOSCARDINI IN SPICY TOMATO SOUP WITH FREGOLA AND WINTER VEGETABLES € 12,50
(pumpkin, potato, purple potato) and parsley

STEAMED SEA BASS FILLET WITH JULIENNE GRILLED VEGETABLES € 13,50
rocket salad, tomatoes, capers, olives, e.v.o. oil

MEDITERRANEAN SWORDFISH € 14,00
with sautéed courgettes on baked aubergine, red and yellow cherry tomatoes, sliced almonds, basil and roasted tomato dressing*

STEAM COD WITH MARINATED CAULIFLOWER SALAD € 14,50
grapefruit, oranges, olives, mixed salad and spicy clementine jam dressing

MUSTARD SAUCE SALMON WITH HAZELNUT AND TARALLI CRUMBLE € 14,50
on a variety of roasted potatoes (potato, sweet potato and purple potato), songino and yoghurt and tahini dressing

MEAT DISHES

SLICED SPICY CHICKEN WITH BAKED POTATOES € 11,00
mix green salad and vinaigrette with herbs*

VIEL BARESE € 11,00
veal marinated in beer (gluten-free) with pickled lemons, olives, lupins, taralli (gluten-free), peanuts, mixed salad and beer dressing

DEVILED CHICKEN SPIT WITH HERB PANURE € 12,00
with roasted vegetables (eggplant, zucchini, peppers and potato), misticanza and agave syrup vinaigrette and chili sauce

STRIPS OF BEEF WITH EGGPLANT MOUSSE € 13,00
on soy tagliolini with basil pesto with vegetables (zucchini, carrot, spinach) datterio tomato and almond flakes and lime

VEGETARIAN DISHES

AVOCADO TARTARE, PRIMOSALE AND APPLES € 8,50
potatoes, lactose-free cream cheese, olives, tomatoes, mayonnaise, chili sauce, hazelnuts and rocket

VEGETARIAN MOUSSAKA € 9,00
eggplant, potatoes, vegetarian bolognese, extra virgin olive oil, mornay sauce and dark cheese*

BURRITOS STUFFED WITH SICILIAN VEGETABLE CAPONATA € 9,50
eggplant, peppers, zucchini, onion, olives, capers, raisin and tomato sauce) with cheddar cheese, pachino tomato salad, rocket salad and siracha

RAMEN WITH VEGETABLES (ZUCCHINI, CARROTS, SPINACH) € 11,00
udon, miso, mushrooms, seaweed, hard-boiled egg, and sesame seeds

VEGAN DISHES

SALAD WITH FENNEL, GRAPEFRUIT AND ORANGES € 8,00
olives, endive, mixed salad, raisins and dressing with the sour of umeshoshi and oranges

BEET CARPACCIO WITH AVOCADO € 8,50
smoked salad, cherry tomatoes, pumpkin seeds, mixed oil, Italian dressing and white almond dressing

COUS COUS WITH VEGETABLE RAGOUT € 9,00
[zucchini, aubergines, peppers, chickpeas, celery, carrots, onion] Mediterranean style

POTATO SOMOSA, ZUCCHINI, TURMERIC AND SESAME SEEDS* € 9,00
with mixed salad, cherry tomatoes, mint eggplant with creamy tofu mayonnaise

WINTER MIX (PUMPKIN, ARTICHOKE, CELERIAC, SWEET POTATOES, JERUSALEM ARTICHOKE AND APPLES) € 10,00
salad with dressing of agave and mustard

WRAPS

Rolls of olive oil piadina with mix green salad

CAPOCCOLLO € 8,50
Lactose free cream cheese, melon, rocket salad

VEGETARIAN € 9,00
Chickpea hummus, apple vinegar raisins, grilled vegetables, misticanza and tahina

CLUB SANDWICH

CHICKEN € 9,00
wholemeal tin loaf with chicken, lettuce, yogurt, mayonnaise, herbs omelette, tomato cheese and crispy bacon*

VEGGY € 9,00
Wholemeal tin loaf, zucchini and mint omelette, chickpeas hummus, philadelphia cheese, tomato, vegan frankfurter salad, lettuce, mayonnaise, yogurt, curry and paprika

DOUBLE FISH € 11,00
Wholemeal fish bread with avocado foam, marinated salmon, shrimp in American sauce, hard-boiled egg, lettuce, cream cheese and tomato

FRULEZ BURGER*

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
with cheddar, salad, roasted apple, grilled mushrooms and herb cheese sauce

TORTILLA

MELTED SCAMORZA, PUMPKIN, ROASTED MUSHROOMS AND CARROTS, PUMPKIN SEEDS AND ALMOND FILLETS € 9,00

VEGETABLE CAPONATA, MELTED CHEDDAR, OLIVES, OREGANO AND BASIL € 9,00

BASIC DISHES MIXED SALAD

green mix, tomatoes, carrots and cucumber with e.v.o. oil € 5,00

+ mozzarella cheese € 6,00

+ spicy chicken* € 9,00

+ bresaola € 8,00

+ mozzarella cheese and Parma ham € 8,50

+ tuna in extra virgin olive oil € 7,50

+ tuna in extra virgin olive oil and mozzarella € 8,50

+ marinated salmon € 10,00

DRINKS

FONTE MARGHERITA WATER € 2,00
still / sparkling 44CL

GALVANINA BIO DRINKS € 3,00
orangeade / chinotto / cola / zero cola / citron / soda / tonic water / lemonade / ginger

AMA_TÈ € 3,50
spice black tea / matcha green tea / orange white tea

AMA_TISANA € 3,50
Chamomile star anise / mint ginger / licorice fennel

BIO "DI FRUTTA" JUICES € 2,50
pear, pineapple, apricot, peach, ace

BIO "DI FRUTTA" JUICES € 3,00
blueberry

ENERGIZING / PROBIOTIC DRINKS

BIO GRAPE DRINKS € 3,50
with spirulina / ginger and lemon

KOMBUCHA KARMA € 5,00
pomegranate / green tea / ginger

WINE BY THE GLASS

Manduria - PRODUTTORI DI MANDURIA € 3,50

ROSSO - SALICE SALENTINO - Adora

BIANCO - VERDECA - Alice

ROSATO - NEGRAMARO - Garnet

RED WINE - BOTTLE

SALICE SALENTINO € 15,00
Adora - Produttori di Manduria

PRIMITIVO € 18,00
soc. agr. Polvanera - BIO

NERO DI TROIA IGP € 20,00
Biocantina Giannattasio

ROSÈ WINE - BOTTLE

NEGRAMARO € 15,00
Garnet - Produttori di Manduria

AGLIANICO / ALETICO / PRIMITIVO € 18,00
soc. agr. Polvanera - BIO

NERO DI TROIA ROSÈ IGP € 20,00
Biocantina Giannattasio

WHITE WINE - BOTTLE

VERDECA € 15,00
Alice - Produttori di Manduria

FALANGHINA € 18,00
soc. agr. Polvanera - BIO

FUNAMBOLO IGP - BIANCO DA NERO DI TROIA € 20,00
Biocantina Giannattasio

SPARKLING WINE

PROSECCO DOC EXTRA DRY TREVISO € 15,00
Cantina Bacio Della Luna

RAMPOLLO BOLLAROSÉ METODO CLASSICO € 25,00
Biocantina Giannattasio

CRAFT BEER

33CL BOTTLE

BIRRA MORENA - BALVANO (PZ) € 3,00
EKO* BIO - bionda - 4,6%

BIRIFICIO MELCHIORI - PREDAJA (TN) € 4,00
BIRRA HELL - bionda - 4,7%

BIRIFICIO CAPUT URSI - CELLAMARE (BA) € 5,00

CRAB - Blanche - 4,7%

GRUS - Golden Ale - 5%

MARFIK - Pale Ale ambrata - 5,6%

RIKU - Dubble ambrata - 6,6%

BELLATRIX - Triple dorata - 7,6%

COFFEE

ESPRESSO € 1,00

ESPRESSO WITH A DASH OF MILK € 1,00

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 € 1,50

HOT MILK € 1,20

HOT MILK WITH A DROP OF COFFEE € 1,50

Decaff with skimmed or soya or oat or rice or almond milk € 1,70

CAPPUCCINO € 1,40

Decaff with skimmed or soya or oat or rice or almond milk € 1,60

ESPRESSINO € 1,30

Decaff with skimmed or soya or oat or rice or almond milk € 1,50

COFFEE ON THE ROCKS € 1,20

ICED COFFEE cold milk, espresso and ice € 2,00

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

PUM FLAVORED CAPPUCCINO

espresso, rum, milk, orange zest and cocoa

BREAKFAST

CROISSANT* AND PASTRIES € 1,20

BISCUITS € 1,00

BISCUITS - GLUTEN FREE € 1,00

DONUTS € 2,00

MUFFINS* € 2,50

SLICE OF CAKE € 2,50

VEGAN BREAKFAST

BRIOCHEs € 1,50

COOKIES € 1,00

TARTUFINI lactose-free chocolate pralines € 1,00

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 € 6,00
with wholemeal tin loaf, peanut butter and apple

RICOTTA CHEESE, SUGAR AND CINNAMON TOASTIE € 6,00
with Senatore Cappelli bread

MARMALADE AND GINGER TOASTIE € 6,00
with wholemeal tin loaf

PANCAKE with honey/ maple syrup/ agave syrup € 5,00

PANCAKE with fruit € 6,00

SAVOURY SUGGESTIONS

APPLE, WALNUTS AND BRIE CHEESE TOASTIE € 6,00
with wholemeal tin loaf

MEGGHI BREAD € 6,00
carrot bread with cooked ham and cheese

PROVENZALE CROQUE MONSIEUR € 7,00
wholemeal bread with herbs cream cheese, swizzer cheese, grilled ham and tomato

OMELETTE € 7,00
with mushrooms and cheese

VEGAN TOAST € 7,00
wholemeal tin loaf with chickpea hummus, tomato, mixed salad and pumpkin seeds

AVOCADO TOAST € 9,00
Wholemeal loaf bread with avocado, marinated salmon, cream cheese, tomato, cucumber and lime juice

FRULEZ AL CALDO HOMEMADE

PEAR AND CHOCOLATE HOT JUICE € 4,00

APPLE AND CINNAMON HOT JUICE

ORANGE, GINGER AND HONEY HOT JUICE

LEMON AND GINGER PESTO

with honey and rosemary in hot water

ORANGE / MANDARIN PEEL AND LEMON PEEL PESTO

honey, fennel seeds and star anise

GRAPEFRUIT RIND PESTO WITH GINGER, MINT and honey in hot water

HOT CHOCOLATE

HOT CHOCOLATE WITH CREAM € 4,50

HOT CHOCOLATE WITH € 4,00
ginger/ orange/ cinnamon

ICE TEA

€ 4,00

BERRIES PEST

lime, mint, lemon tea, brown sugar

PINEAPPLE PESTO

lavender flowers, elderberry syrup and peach tea

NON-ALCOHOLIC COCKTAIL

€ 4,00

CARROT NON-ALCOHOLIC COCKTAIL

centrifugato di carota, lime, menta, sale e acqua tonica

ELDER NON-ALCOHOLIC COCKTAIL

crushed berries, elderberry syrup 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, bread beans falafel with yogurt and Italian sauces and sweet and sour vegetables

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

CENTRIFUGED JUICES

€ 4,00

with addition of aloe € 5,00

PURIFICANTE

Kiwi, pineapple, grapefruit and apple

ANTIOSSIDANTE

Pineapple, beetroot, lime and apple

BRUCIAGRASSI

Pineapple, lemon, apple, fennel and ginger

DISSETTANTE

Orange, melon and ginger

DRENANTE

Cucumber, kiwi, mint, pear and grapefruit

RIGENERANTE

Kiwi, melon, apple and pear

SOFT GREEN

Apple, cucumber, courgette and fennel

LELLA

Orange, carrot and apple

LONGER

Daikon, carrot, fennel and apple</