

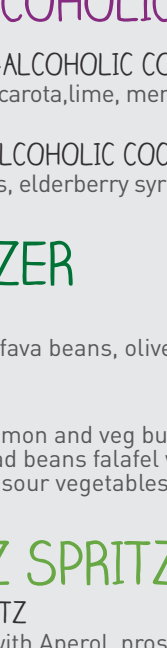
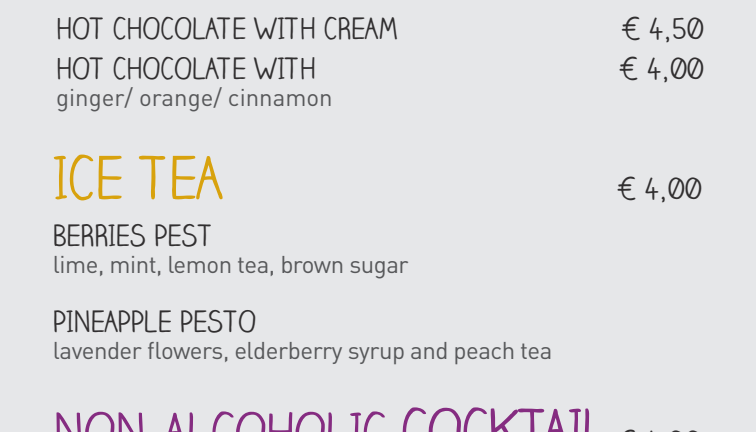


MENU

BISTROT

WHATSAPP +39 392 972 7202

- COVER CHARGE** € 1,50
- HAWAIIAN POKE** € 13,50
 POKE FISH - SALMON AND TUNA
 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
 [COTOPUS, 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
- FRULEZ RICE-BURGER*** € 10,00
 * no oyster sauce
- SALMON Rice burger lacquered with oyster sauce, misticanza, 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** € 8,00
 VEGGY SUSHI
 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
- MACKEREL FILLET MARINATED WITH SWEET AND SOUR VEGETABLE GARDEN € 11,00
 [carrots, cucumbers, peppers, onions, celery, celeriac, ginger], nori seaweed, mixed salad, lime and miso dressing*
- SHRIMPS MARINATED WITH SWEET AND SOUR SAUCE WITH SOBA € 12,00
 (Japanese buckwheat noodles), salad, marinated courgettes, lettuce, sesame seeds and Umeboshi sour vinaigrette and orange
- DOVE OF SALMON WITH BASMATI RICE AND VENUS RICE € 12,00
 mix green salad, bitter-sweet vegetables and ginger, sesame seeds and miso e.v.o. vinaigrette*
- MARINATED SALMON WITH ORANGES € 12,50
 and carrots, bean sprouts, mix green salad, pistachios, orange teriyaki sauce*
- SALAD WITH COD CUBES STEAM, GRAPES AND BARATTIERI € 12,50
 mixed salad, ginger, green pepper and lemon and agave dressing*
- STEAMED SEA BASS FILLET WITH JULIENNE GRILLED VEGETABLES € 13,50
 rocket salad, tomatoes, capers, olives, e.v.o. oil
- SALAD WITH MARINATED SEPIA WITH RED BEET € 13,50
 avocado, tomato, wakame seaweed, tartar sauce and lemon and agave dressing on mixed salad with Italian dressing*
- MEDITERRANEAN SWORDFISH € 14,00
 with sautéed courgettes on baked aubergine, red and yellow cherry tomatoes, sliced almonds, basil and roasted tomato 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
- GREEK SALAD WITH CHICKEN € 12,00
 feta, tomato, yellow tomato, cucumber, mixed salad, olives, yogurt and lemon dressing
- STRIPS OF BEEF WITH EGGPLANT MOUSSE € 13,00
 on soy tagliolini with basil pesto with vegetables (zucchini, carrot, spinach) datteri 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
- BUFFALO CAPRESE WITH ZUCCHINI PESTO € 10,00
 tomato, wakame seaweed with rocket and pumpkin seeds
- VEGAN DISHES**
- SALAD WITH FENNEL, GRAPEFRUIT AND ORANGES € 8,00
 olives, endive, mixed salad, raisins and dressing with the sour of umeboshi and oranges
- BEET CARPACCIO WITH AVOCADO € 8,50
 mixed salad, cherry tomatoes, pumpkin seeds, smoked salt, Italian dressing and white almond dressing
- SALAD WITH QUINOA, CHICKPEAS AND FRIGGITELLI € 9,00
 with soy yogurt and tahini dressing with songino, cherry tomatoes, lemons in brine, mint and lemon and agave dressing
- POTATO SOMOSA, ZUCCHINI, TURMERIC AND SESAME SEEDS* € 9,00
 with mixed salad, cherry tomatoes, mint eggplant with creamy tofu mayonnaise
- TOMATO GAZPACHO € 10,00
 yellow tomato, almonds, capers, lemon in brine, parsley and Italian dressing
- WRAPS** € 8,50
 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, cream 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 loaf bread with avocado foam, marinated salmon, shrimp in American sauce, hard-boiled egg, lettuce, cream cheese and tomato
- FRULEZ BURGER*** € 10,00
 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
- TORTILLA** € 9,00
 STRACCIATELLA CHEESE, PEARS AND CALABRIAN SARDELLA VEGETABLE CAPONATA, MELTED CHEDDAR, OLIVES, OREGANO AND BASIL
- 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** € 3,50
Manduria - PRODUTTORI DI MANDURIA
 ROSSO - SALICE SALENTO - Adora
 BIANCO - VERDECA - Alice
 ROSATO - NEGRAMARO - Garnet
- RED WINE - BOTTLE**
- SALICE SALENTO € 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 / ALEATICO / 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 BOLLA ROSÈ METODO CLASSICO € 25,00
 Biocantina Giannattasio
- CRAFT BEER**
- 33CL BOTTLE
- BIRRA MORENA - BALVANO (PZ) € 3,00
 EKO* BIO - bionda - 4,6%
- BIRIFICIO MELLCHIORI - PREDAIA (TN) € 4,00
 BIRRA HELL - bionda - 4,7%
- BIRIFICIO CAPUT URSI - CELLAMARE (BA) € 5,00
 CRAB - Blanche - 4,7%
 MARUS - Golden Ale - 5%
 MARFIK - Pale Ale ambrata - 5,6%
 RIKU - Dubble ambrata - 6,6%
 BELLATRIX - Triple dorata - 7,6%



MENU

CAFFÈ E FRUIT BAR

ORDINI WHATSAPP +39 392 972 7202

- COVER CHARGE** € 1,00
- 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** € 2,00
 MATCHA CAPPUCCINO
 GOLDEN MILK CAPPUCCINO
 CAPPUCCINO WITH ORANGE PEEL AND CINNAMON
 CAPPUCCINO WITH VANILLA AND CHOCOLATE FLAKES
 CAPPUCCINO WITH EDULOUS FLOWERS AND ELDER SYRUP
- 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-FAST FROM 9.30 TO 12 AM / FROM 4 TO 7 PM.**
- 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, switzer 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** € 4,00
 PEAR AND CHOCOLATE HOT JUICE
 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 € 4,50
 HOT CHOCOLATE WITH CREAM € 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, broad 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
- ANTI-OSSIDANTE
 Pineapple, beetroot, lime and apple
- BRUCIAGRASSI
 Pineapple, lemon, apple, fennel and ginger
- DISSETANTE
 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
- SOLO AGRUMI
 Grapefruit and orange
- TONIFICANTE
 Carrot, apple, fennel, lemon and ginger
- TUTTARANCIA
 Orange
- VITAMINIC
 Kiwi, orange, basil, apple and lemon
- JUST PINEAPPLE OR KIWI € 4,50
- CENTRIFUGED JUICES WITH ALOE VERA** € 5,00
- AFTER WORK-OUT
 Aloe vera, cucumber, melon, celery and apple
- LIKE MARY
 Aloe vera, lemon, apple, tomato and celery
- GIOVINEZZA
 Aloe vera, apple and mint
- RALPH
 Kiwi, pineapple, apple and aloe vera
- COLD FRUIT EXTRACTS***
- POMEGRANATE € 6,00
 PERSONALIZED € 5,00
- SMOOTHIES** € 4,00
- BANANA CIOK
 Banana, apple, milk and chocolate flakes
- MONAMI
 Orange, banana, cinnamon, milk and passion fruit
- CRUMBLE JUMBLE
 Banana, muesli crumble, red fruits and yogurt
- GENNY
 Kiwi, banana, yogurt and muesli
- SUPERSMOOTHIES WITH SUPERFOOD** € 5,00
- BEFORE WORK-OUT
 PEANUT BUTTER, banana, grains of hazelnut, oat milk and apple
- LIBERTY
 GOJI BERRIES, beetroot, orange and apple juice
- MATCHA GREEN
 MATCHA, pineapple, kiwi and apple juice
- SPRING FLOWERS
 pineapple, apple juice,
 LAVENDER FLOWERS, MARIGOLD FLOWERS,
 melon, elderberry syrup
- FRESH FRUIT**
- + Yogurt € 3,00
 + 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
- SPOON DESSERTS** € 3,00
 CREAM AND CHOCOLATE MOUSSE AND/OR RICOTTA CHEESE WITH FRUIT AND CEREALS
- TIRAMISU ESPRESSO
 cold milk cream, almond biscuit with vanilla barbaoun soaked with hot espresso and cocoa powder
- CRUNCHY BLACK CHERRY
 cold milk cream, black cherry in syrup, chocolate topping and chopped hazelnuts

PACK TAKE AWAY € 0,50 CAD

*Some products may be frozen or subjected to a blast chilling process
 We cannot guarantee the absence of traces of allergens in our menu dishes. Please inform your waiter of any food allergies and ask for the recipe with the allergen specification.

The dishes on this menu marked as vegans comply with the VeganOK standard available on www.veganok.com

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