



# MENU

## BISTROT

WHATSAAPP +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  
(TOCTOPUS, SEPIA)  
White rice with orange teriyaki, steamed octopus, natural cuttlefish, potatoes, 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 MARINATED TOFU € 13,50  
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 € 13,50  
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

DOMBURI WITH STEAMED SHRIMPS € 14,50  
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 € 14,50  
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

### FRULEZ RICE-BURGER\*

\* no oyster sauce

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 Umeshio 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\*

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

SEARED TUNA ON BURRATA CREAM € 14,00  
chopped olives, flowering capers, cherry tomatoes and songino

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

SALAD WITH MARINATED CUTTLEFISH WITH RED BEET € 14,00  
avocado, tomato, wakame seaweed, tartar sauce and lemon and agave dressing on mixed salad with Italian 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\*

VEAL WITH TUNA SAUCE WITH SALAD OF TOMATOES € 12,50  
mixed salad and caper dressing, mayonnaise with black garlic and katsuobushi

GREEK CHICKEN SALAD € 12,50  
feta, cherry tomato, cucumber, mixed salad, olives and 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\*

BURRITO 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

BURRATA ON COURGETTE SPAGHETTI WITH PESTO € 11,00  
tomato gazpacho and sesame pecorino wafers

### VEGAN DISHES

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

BEET CARPACCIO WITH AVOCADO € 8,50  
mixed salad, cherry tomatoes, pumpkin seeds, smoked salt, 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

TOMATO GAZPACHO WITH FREGOLA IN THE APULIAN STYLE € 10,50  
red and yellow cherry tomatoes, almonds, capers, lemon, parsley and Italian dressing

### WRAPS

Rolls of olive oil piadina with mix green salad € 8,50

CAPOCCOLLO € 9,00  
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, lattuce, 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\*

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

TORTILLA WITH AVOCADO, ROASTED PEPPERS AND DRIED TOMATOES € 9,00  
melted scamorza, songino, basil and red onion marinated in raspberry vinegar

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 / lemon tea / peach tea / green tea

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 / pomegranate and grapefruit

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

### WINE BY THE GLASS

€ 3,50  
Manduria - PRODUTTORI DI MANDURIA  
ROSSO - SALICE SALENTO - Adora  
BIANCO - VERDECA - Alicie  
ROSATO - NEGRAMARO - Garnet

### RED WINE - BOTTLE

SALICE SALENTO € 15,00  
Adora - Produttori di Manduria

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

### ROSÈ WINE - BOTTLE

NEGRAMARO € 15,00  
Garnet - Produttori di Manduria

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

### WHITE WINE - BOTTLE

FIANO € 15,00  
Zin - Produttori di Manduria

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

### CRAFT BEER

33CL BOTTLE  
BIRIFICIO MELCHIORI - PREDAA (TN) € 3,50  
BREWITFUL - lager - 4,5%

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

BIRIFICIO CAPUT URSI - CELLAMARE (BA) € 5,00  
ARTURO - IPA - 0,5% low alcohol  
CRAB - Blanco - 4,7%

GRUS - Golden Ale - 5%  
MARFUK - Pale Ale ambrata - 5,6%  
RIKU - Dubble ambrata - 6,6%

CELLAMARA - IPA - 6,8%  
BELLATRIX - Tripple dorata - 7,6%

### COFFEE

ESPRESSO € 1,20  
ESPRESSO WITH A DASH OF MILK € 1,30  
Decaff with skimmed or soya or oat or rice or almond milk € 1,50

DECAFF € 1,50  
ORZO IN SMALL MUG € 1,40  
ORZO IN BIG MUG € 1,80

GINGER IN SMALL MUG € 1,40  
GINGER IN BIG MUG € 1,80  
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 € 1,90  
CAPPUCCINO € 1,50  
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 € 1,50  
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 € 2,50  
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

### FLAVOURED CAPPUCCINO AND SUPERFOOD

Decaff with skimmed or soya or oat or rice or almond milk € 2,50  
MATCHA CAPPUCCINO € 2,80  
GOLDEN MILK CAPPUCCINO  
CAPPUCCINO WITH ORANGE PEEL AND CINNAMON  
CAPPUCCINO WITH VANILLA AND CHOCOLATE FLAKES  
RUM FLAVORED CAPPUCCINO  
espresso, rum, milk, orange zest and cocoa

### BREAKFAST

BISCUITS € 1,00  
BISCUITS GLUTEN FREE € 1,00  
PLUMCAKE € 2,00  
MUFFINS\* € 2,50  
SLICE OF CAKE € 2,50

### VEGAN BREAKFAST

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 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 Senatori 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, swissere 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

### ICE TEA

€ 4,00  
BERRIES PESTO lime, mint, lemon tea, brown sugar  
PINEAPPLE PESTO lavender flowers, elderberry syrup and peach tea

### NON-ALCOHOLIC COCKTAIL

€ 4,00  
CARROT NON-ALCOHOLIC COCKTAIL centrifuged carrot, lime, mint, salt and tonic water  
ELDER NON-ALCOHOLIC COCKTAIL muddled berries, elderberry syrup and tonic water

### APPETIZER

LIGHT € 4,00  
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

### FROZEN

€ 4,00  
GRANITE MADE WITH TEA OR CENTRIFUGED WITH CRUSHED ICE  
PINEAPPLE, COCONUT SYRUP AND APPLE CENTRIFUGATE  
WATERMELON, MELON, WATERMELON CENTRIFUGATE AND CHERRY SYRUP

### CENTRIFUGED JUICES

With addition of aloe € 4,00  
€ 5,00  
ABBROZZANTE Carrot, peach, melon and basil  
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  
DOPOSOLE Watermelon, melon, mint and apple  
INFINITO GREEN Pineapple, cucumber, lemon and celery  
LELLA Orange, carrot and apple  
LONGER Daikon, carrot, fennel and apple  
SOLO AGRUMI Grapefruit and orange  
TONIFICANTE Carrot, apple, fennel, lemon and ginger  
TUTTARANICA Orange  
VITAMINIC Kiwi, orange, basil, apple and lemon  
JUST PINEAPPLE € 5,00

### 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  
PUREZZA Aloe vera, watermelon, melon and grapefruit  
RALPH Kiwi, pineapple, apple and aloe vera

### COLD FRUIT EXTRACTS\*

POMEGRANATE € 6,00  
PERSONALIZED € 5,00

### SMOOTHIES

€ 4,00  
AEA Watermelon, black cherry and milk  
BUON PROSEGUMENTO Banana, peach, passion fruit, cinnamon and milk  
CRUMBLE BUMBLE Banana, muesli crumble, red fruits and yogurt

FRUIT SALAD SHAKE Apricot, banana, peach, kiwi and orange juice

### 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

€ 3,50  
+ Yogurt € 4,00  
+ Yogurt and muesli / Goji berries € 4,50  
+ Yogurt and cereals € 3,00  
Yogurt only € 2,00

### 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 MOUSSE AND/OR RICOTTA CHEESE WITH FRUIT AND CEREALS  
TIRAMISÙ ESPRESSO cold milk cream, almond biscuit with vanilla barbour 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  
VEGAN, VEGETARIAN, GLUTEN FREE, LACTOSE FREE

\*Some products may be frozen or subjected to a blast chilling process  
We cannot guarantee the absence of traces of nuts or other 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 Vegan UK standard available on www.vegan.org.uk

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