



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
FOCTOPUS, 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, chickpeas, 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 SALMON € 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*

* no oyster source
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

DOMES 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

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

SEARED TUNA ON BURRATA CREAM € 14,00
chopped olives, capers in bloom, cherry tomatoes and mixed salad

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

MUSTARD SAUCE SALMON WITH HAZELNUT AND TRALLI 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 SALAD € 12,00
with tomato salad, mixed salad and dressing with capers, black garlic mayonnaise and katsuobushi

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) datterti 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*

BURRATA 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 ZUCCHINI SPAGHETTI WITH PESTO € 10,00
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 APULIAN FREGULA € 10,00
yellow tomato, almonds, capers, lemon, parsley and Italian dressing

WRAPS

Rolls of olive oil piadina with mix green salad € 8,50
CAPOCCOLLO Lactose free cream cheese, melon, rocket salad

VEGETARIAN 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, veggie frankfurter salad, lettuce, mayonnaise, yogurt, curry and paprika

DOUBLE FISH € 11,00
Wholemeal loaf bread with avocado, 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, maize, 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 MELTED SCAMORZA, AVOCADO AND DRIED TOMATOES € 9,00
roasted peppers, 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

FRONTE 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 TE € 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 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

ROSÈ WINE - BOTTLE

NEGRAMARO € 15,00
Garnet - Produttori di Manduria

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

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

BIRIFICIO CAPUT URSI - CELLAMARE (BA) € 5,00
CRAB - Bianche - 4,7%

GRUS - Golden Ale - 5,6%

MARFIK - Pale Ale ambrata - 5,6%

RIKA - Dubble ambrata - 6,6%

CELLAMARA - IPA - 6,8%

BELLATRIX - Tripple 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

€ 2,00
MATCHA CAPPUCCINO
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-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 Capelli 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, svizzero 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 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

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

€ 4,00
with addition of aloe € 5,00

ABBONZANTE Carrot, peach, melon and basil

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

DOPOSOLE Watermelon, melon, mint and apple

INFINITY 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

TUTTARANCIA 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

BUNO 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

€ 3,00
+ Yogurt € 3,50
+ 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 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 available on www.veganok.com

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