



MENU

BISTROT

WHATSAPP +39 392 972 7202

COVER CHARGE € 2,00

WORLD CUISINE

- AFRO-LATIN SUMMER MIX** € 12,00
Roasted sweet potato, celeriac, Jerusalem artichoke, carrot and pineapple, served with mixed dressing, friggitelto peppers, peanut, hisa greens, sweet-and-sour ginger, peanut sauce and pappadums
*no pappadums
- LEBANESE-STYLE STUFFED EGGPLANT** € 12,00
Baked eggplant stuffed with brown rice, soy granules, feta cheese, Lebanese seven-spice blend, mint, parsley and grated cheese, lebanese roasted tomato sauce, yogurt sauce and slivered almonds
- PERUVIAN-STYLE CORNOVA** € 12,00
Royal quinoa with quorn, red beans, tomato and lime, set on sweet potato purée with baby spinach, avocado mousse, boiled egg and kalia namak salt
- ORIENTAL TABBOULEH** € 12,50
Bulgur tabbouleh with chickpeas, Beluga lentils, dried apricots, preserved lemon, turmeric, mint, parsley and lemon juice, served with Omanli black lime vegan cream, Italian dressing, pomegranate and slivered almonds
- AFRICAN-STYLE CHICKEN YASSA** € 14,00
Chicken thigh served with brown rice cooked in red sorghum infusion and siracha sauce, with peppers, pineapple, mango, pickled onion and cashews
- ARGENTINIAN-STYLE VEAL** € 15,00
SouS-vine veal eye round with Argentinian marinade, served with grilled vegetables (tomato, zucchini, friggitelto peppers and eggplant), cirolla tucchi and arugula
- HAWAIIAN POKE WITH SALMON AND TUNA** € 15,00
White rice with orange teriaki, marinated salmon and tuna, mango, avocado, cucumber, tomatoes, sweet-and-sour ginger, spring onion, pomegranate seeds, sesame seeds, wakame seaweed and spicy mango dressing

JAPANESE DOMBURI

(brown rice sauteed with vegetables and proteins)

- DOMBURI WITH MARINATED TOFU** € 14,00
Brown rice with orange teriaki 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 teriaki 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 teriaki 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** € 16,00
Brown rice with orange teriaki 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, teriaki sauce, sesame seeds and nori seaweeds € 11,50
- 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 € 11,50

SUSHI

- VEGGY SUSHI** € 9,00
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** € 12,50
- SUSHI VEG + TUNA** € 12,50
- SUSHI VEG + SALMON + TUNA** € 14,00

FISH DISHES*

- MEDITERRANEAN SALAD WITH TUNA IN OIL** € 13,00
hard-boiled eggs, boiled potatoes, tomato, green beans, capers, misticanza, cucumber and Italian dressing
- SHRIMPS MARINATED WITH SWEET AND SOUR SAUCE WITH SOBA** € 14,00
(Japanese buckwheat noodles), salad, marinated courgettes, lettuce, sesame seeds and Umeshoshi sour vinaigrette and orange
- DOVE OF SALMON WITH BASMATI RICE AND VENUS RICE** € 14,00
mix green salad, bitter-sweet vegetables and ginger, sesame seeds and sesame oil vinaigrette*
- MARINATED SALMON WITH ORANGES** € 14,00
and carrots, bean sprouts, mix green salad, pistachios, orange teriaki sauce*
- STEAMED SEA BASS FILLET WITH JULIENNE GRILLED VEGETABLES** € 15,00
rocket salad, tomatoes, capers, olives, e.v.o. oil
- MEDITERRANEAN SWORDFISH** € 16,00
with sautéed courgettes on baked aubergine, red and yellow cherry tomatoes, sliced almonds, basil and roasted tomato dressing*
- STEAM COD WITH MARINATED CAULIFLOWER SALAD** € 16,00
grapefruit, oranges, olives, mixed salad and spicy clementine jam dressing
- MUSTARD SAUCE SALMON WITH HAZELNUT AND TABALLI CRUMBLE** € 16,00
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** € 14,00
mix green salad and vinaigrette with herbs*
- GREEK CHICKEN SALAD** € 14,00
feta, cherry tomato, cucumber, mixed salad, olives and yogurt and lemon dressing
- STRIPS OF BEEF WITH EGGPLANT MOUSSE** € 15,00
on soy tagliolini with basil pesto with vegetables (zucchini, carrot, spinach) datterli tomato and almond flakes and lime

VEGETARIAN DISHES

- AVOCADO TARTARE, PRIMOSALE AND APPLES** € 11,00
potatoes, lactose-free cream cheese, olives, tomatoes, mayonnaise, chili sauce, hazelnuts and rocket
- BURRITOS STUFFED WITH SICILIAN VEGETABLE CAPONATA** € 11,00
eggplant, peppers, zucchini, onion, olives, capers, raisin and tomato sauce) with lactose free cheddar cheese, pachino tomato salad, rocket salad and siracha
- BURRATA ON COURGETTE SPAGHETTI WITH PESTO** € 12,00
tomato gazpacho and sesame pecorino wafers

VEGAN DISHES

- SALAD WITH FENNEL, GRAPEFRUIT AND ORANGES** € 9,00
olives, endive, mixed salad, raisins and dressing with the sour of umeshoshi and oranges
- BEET CARPACCIO WITH AVOCADO** € 10,00
mixed salad, cherry tomatoes, pumpkin seeds, smoked salt, Italian dressing and white almond dressing
- POTATO SOMOSA, ZUCCHINI, TURMERIC AND SESAME SEEDS*** € 12,00
with mixed salad, cherry tomatoes, mint eggplant with creamy tofu mayonnaise

WRAPS

Rolls of olive oil piadina with mix green salad

- CAPOCCOLLO** € 10,00
Lactose free cream cheese, melon, rocket salad
- VEGAN** € 10,00
Chickpea hummus, apple vinegar raisins, grilled vegetables, misticanza and tahina

CLUB SANDWICH

- CHICKEN** € 12,00
wholemeal tin loaf with chicken, lettuce, yogurt, mayonnaise, herbs omelette, tomato, cream cheese and crispy bacon*
- VEGGY** € 12,00
Wholemeal tin loaf, zucchini and mint omelette, chickpeas hummus, philadelphia cheese, tomato, vegan frankfurter salad, lettuce, mayonnaise, yogurt, curry and paprika

FRULEZ BURGER* with cereals bread

- VEG BURGER** € 12,00
vegan burger (beans, cornstarch, potatoes, courgettes, barley, cereal, spices and aromatic herbs), with braised red cabbage, mixed salad, cream of smoked tofu and olives
- SALMON FISH-BURGER** € 12,00
[salmon, zucchini, barley, maizena, beans, spices and herbs] with sweet and sour cucumber, tomato misticanza and miso mayonnaise
- GREEN AND BEEF BURGE** € 12,00
[beef, beetroot, courgette, celeriac, onion and cream] with cheddar, salad, roasted apple, grilled mushrooms and herb cheese sauce

TORTILLA

- AVOCADO, FRIGGITELLO PEPPERS AND SUN-DRIED TOMATOES, MELTED SCAMORZA CHEESE, MIXED GREENS, BASIL AND RED ONION MARINATED IN RASPBERRY VINEGAR** € 10,00
- VEGETABLE CAPONATA, MELTED CHEDDAR, OLIVES, OREGANO AND BASIL** € 10,00

BASIC DISHES MIXED SALAD

- green mix, tomatoes, carrots and cucumber with e.v.o. oil € 6,00
- + mozzarella cheese € 7,00
- + spicy chicken* € 11,00
- + bresaola € 8,50
- + mozzarella cheese and Parma ham € 10,00
- + tuna in extra virgin olive oil € 8,00
- + tuna in extra virgin olive oil and mozzarella € 10,00
- + marinated salmon € 12,00

DRINKS

- PANNA - STILL 50 CL** € 2,00
- SAN PELLEGRINO - SPARKLING 50 CL** € 2,00
- CORTESA FOLD DRINKS** € 4,00
Gazzosa / Chinotto / Cedrata / Lemonade / Red Orange / Cola / Tonic / Blonde Orange / Peach Tea / Lemon Tea / Green Tea
- BIO "DI FRUTTA" JUICES** € 3,50
pear, pineapple, apricot, peach, ace, blueberry

ENERGIZING / PROBIOTIC DRINKS

- BIO GRAPE DRINKS** € 4,50
with spirulina and lemon / ginger and lemon / pomegranate and grapefruit / blueberry and mandarin
- VIBEZ KOMBUCHA** € 6,00
ginger & lemon / hibiscus & red berries / herbal tonic
- TIBI WATER KEFIR** € 6,00
grapefruit / ginger & lemon

WINE BY THE GLASS

- Manduria - PRODUTTORI DI MANDURIA** € 3,50
- RED - NEGROAMARO IGT**
- ROSÈ - NEGROAMARO IGT**
- WHITE - FIANO IGT**

RED WINE - BOTTLE

- NEGROAMARO** € 15,00
I.G.T. - Produttori di Manduria
- SUSUMANIELLO** € 20,00
Santa Gemma - Produttori di Manduria

ROSÈ WINE - BOTTLE

- NEGROAMARO** € 15,00
I.G.T. - Produttori di Manduria
- SUSUMANIELLO** € 20,00
Santa Gemma - Produttori di Manduria

WHITE WINE - BOTTLE

- FIANO** € 15,00
I.G.T. - Produttori di Manduria
- CHARDONNAY** € 20,00
Santa Gemma - Produttori di Manduria

CRAFT BEER

- 33CL BOTTLE**
- BIRIFICIO MELCHIORI - PREDRIA (TN)** € 4,00
- BREWIFUL - lager - 4,5%** € 5,00
- BIRRA TOVEL LAKE - 4,5% - bionda** € 5,00
- BIRIFICIO CAPUT URSI - CELLAMARE (BA)** € 6,50
- ARTURO - IPA - 0,5% low alcohol**
- CRAB - Blanche - 4,7%**
- GRUS - Golden Ale - 5%**
- MARFIK - Pale Ale ambrata - 5,6%**
- RIKU - Dubble ambrata - 6,6%**
- CELLAMARA - IPA - 6,8%**
- BELLATRIX - Triple dorata - 7,6%**
- CASTOR - Double I.P.A. - 7,2%**

FRUITA FRESCA

- + YOGURT € 4,50
- + PLAIN SOY YOGURT € 5,50
- + YOGURT AND MUESLI / GOJI BERRIES / CEREALS € 5,00
- + PLAIN SOY YOGURT € 6,00
- + MUESLI / GOJI BERRIES / CEREALS € 6,00
- ONLY YOGURT € 3,00
- ONLY PLAIN SOY YOGURT € 4,00

SPOON DESSERTS

- TIRAMISÙ ESPRESSO** € 4,00
cold milk cream, almond biscuit with vanilla barboune soaked in hot espresso coffee and cocoa powder
- CROCCANTINI ALL'AMARENA** € 4,00
gold milk cream, black cherry in syrup, chocolate topping and chopped hazelnuts
- CREAM AND WILD BERRY PIE** € 5,00
- CHOCOLATE CHEESE CAKE** € 5,00
- ALMOND MOUSSE WITH FIG JAM** € 5,00

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 Veganok standard available on www.veganok.com

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PIAZZA UMBERTO I, 14-15 70121 BARI TEL. - FAX 080 523 9827 FRULEZ@FRULEZ.IT - FRULEZ.IT

COFFEE

- ESPRESSO** € 1,20
- ESPRESSO WITH A DASH OF MILK** € 1,20
- DECAFF** € 1,30
Decaff with skimmed or soya or oat or rice or almond milk
- DECAFF** € 1,40
- BARLEY COFFEE (SMALL CUP)** € 1,40
- BARLEY COFFEE (LARGE CUP)** € 1,60
- GINSENG (SMALL CUP)** € 1,40
- GINSENG (LARGE CUP)** € 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** € 1,90
- CAPPUCCINO** € 1,50
Decaff with skimmed or soya or oat or rice or almond milk
- ESPRESSINO** € 1,40
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** € 2,50
- COFFEE SHAKE** € 1,70
- LECCESSE COFFEE** € 1,50
- 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 € 3,00
- € 3,20
- 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** € 2,50
- MUFFINS*** € 4,00
- SLICE OF CAKE** € 3,00

VEGAN BREAKFAST

- COOKIES** € 1,50
- TARTUFINI** lactose-free chocolate pralines € 1,50

TEA, HERBAL TEAS AND INFUSIONS

- black tea, green tea, red tea, fruit teas and infusions € 4,00

BREAK-LAST FROM 9.30 TO 12 A.M. / FROM 4 TO 7 P.M.

SWEET SUGGESTIONS

- 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** € 7,00
with wholemeal tin loaf
- MARMALADE AND GINGER TOASTIE** € 7,50
with gluten free bread
- PANCAKE** with honey/ maple syrup/ agave syrup / fruit € 7,50

SAVOURY SUGGESTIONS

- MEGGHI BREAD** € 7,00
carrot bread with cooked ham and cheese
- PROVENZALE CROQUE MONSIEUR** € 8,00
wholemeal bread with herbs cream cheese, swizzero cheese, grilled ham and tomato
- OMELETTE** € 7,50
with mushrooms and cheese
- VEGAN TOAST** € 7,50
wholemeal tin loaf with chickpea hummus, tomato, mixed salad and pumpkin seeds
- VEGAN BREAD GLUTEN FREE** € 8,00
Gluten-free bread with chickpea hummus, tomato, mixed salad and pumpkin seeds
- SALMON AVOCADO TOAST** € 10,00
Wholemeal loaf bread with avocado, marinated salmon, lactose free cream cheese, tomato, cucumber and lime juice
- AVOCADO TOAST WITH HARD-BOILED EGG** € 10,00
Wholemeal loaf bread with avocado, hard boiled egg, lactose free cream cheese, tomato, cucumber and lime juice

APPETIZER

- Crudité** € 2,00
- Crispy fava beans** € 2,00
- Olives** € 2,00
- Puffed chickpeas** € 2,00

ICE TEA

- € 5,00
- TROPICAL ICE TEA**
green tea, mango and pineapple chunks, brown sugar, lime, ice, mint
- SUNSET LEMON ICE TEA**
lemon tea, muddled red berries, crushed brown sugar, watermelon juice

NON-ALCOHOLIC COCKTAIL

- € 5,00
- PINK GRAPEFRUIT NON-ALCOHOLIC COCKTAIL**
crushed agave syrup and lime, pink grapefruit juice and tonic waterwater
- POMEGRANATE NON-ALCOHOLIC COCKTAIL**
pomegranate, mint and brown sugar with tonic water

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

- € 6,00
- WATERMELON**
Watermelon juice, cantaloupe melon, sour cherry syrup and ice
- PINEAPPLE**
Apple and pineapple juice, coconut syrup and ice
- PEACH & MANGO**
Apple, peach and mango juice, agave syrup and ice

CENTRIFUGED JUICES

- € 5,50
- € 6,50
- ABBACCIO DI FERRO**
Spinach, pineapple, kiwi, apple and ginger
- ABBONZANTE**
Carrot, peach, melon and basil
- ANTIOSSIDANTE**
Pineapple, beetroot, lime and apple
- BRUCIAGRASSI**
Pineapple, lemon, apple, fennel and ginger
- DISSETANTE**
Orange, melon and ginger
- DOPOSOLE**
Watermelon, melon, mint and apple
- DRENANTE**
Cucumber, kiwi, mint, pear and grapefruit
- LELLA**
Orange, carrot and apple
- MORE OR LESS**
Carrot, tomatoe, celery, lemon and tabasco
- RIGENERANTE**
Kiwi, melone, mela e pera
- SOFT GREEN**
Apple, cucumber, zucchini and fennel
- SOLO AGRUMI**
Grapefruit and orange
- TONIFICANTE**
Carrot, apple, fennel, lemon and ginger
- TUTTARANCIA**
Orange
- VITAMINIC**
Kiwi, orange, basil, apple and lemon
- JUST PINEAPPLE**

CENTRIFUGED JUICES WITH ALOE VERA

- € 6,50
- AFTER WORK-OUT**
Aloe vera, cucumber, melon, celery and apple
- LIKE MARY**
aloe vera, lemon, apple, tomato and celery
- POMELO PLUS**
Aloe vera, apple, pineapple, grapefruit and turmeric
- PUREZZA**
aloe vera, watermelon, melon and grapefruit

COLD FRUIT EXTRACTS*

- POMEGRANATE** € 6,50
- PERSONALIZED** € 5,00
- SMOOTHIES** € 5,50
- A&A**
Watermelon, sour cherry and milk
- BUON PROSEGUMENTO**
Banana, peach, passion fruit, cinnamon and milk
- CRUMBLE BUMBLE**
Banana, granola, crumble, red berries and yogurt
- FRUIT SALAD SHAKE**
Apricot, banana, peach, kiwi, fresh orange juice

SUPER SMOOTHIES CON SUPERFOOD

- € 6,50
- AVOCADABBA**
Apple, banana, avocado, honey, hazelnuts, almond milk, lemon peel
- BEFORE WORK-OUT**
Peanut butter, banana, grains of hazelnut, oat milk and apple
- MATCHA GREEN**
Matcha, pineapple, kiwi and apple juice
- SHINE ME UP**
Mango, pineapple, carrot juice, mint and lime zest
- BEET SMOOTHIE BOWL**
Melon, beetroot, coconut milk, oat flakes, chia seeds and agave syrup
- TIMELISS**
Carob flour, dates, banana, flax seeds and rice milk

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