



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 seeds, 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

* no surimi

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

*no yogurt

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 sauce

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

TUNA Rice burger lacquered with oyster sauce, € 10,00
misticanza, marinated tuna, bean sprouts, sesame seeds, nori seaweeds, dried tomatoes, olives, capers, e.v.o. oil and lemon

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

MARINATED MACKEREL FILLET WITH SWEET AND SOUR VEGETABLES € 11,50
[carrots, cucumbers, peppers, onions, celery, celeriac, ginger], nori seaweed, salsina, 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 Umeshio sour vinaigrette and orange

DOMESTIC 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*

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*

BARESE VEAL € 11,00
Beer-marinated veal rump (gluten-free) with lemons, olives, lupins, taralli (gluten-free), 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) datterri 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

* no cheddar

RAMEN WITH VEGETABLES (ZUCCHINI, CARROTS, SPINACH) € 11,00
udon, miso, mushrooms, seaweed, 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 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

WINTER MIX (PUMPKIN, ARTICHOKE, CELERIAC, SWEET POTATOES, TOPINAMBUR AND APPLES) € 10,00
with mixed salad and agave and mustard 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, 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, veg 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, zucchini, 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
TORTILLA WITH MELTED SMOKED SCAMORZA, PUMPKIN, ROASTED MUSHROOMS
carrots, pumpkin seeds and almond fillets

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 TEA € 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, acee

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

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

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

GRUS - Golden Ale - 5%
MARFIK - Pale Ale ambrata - 5,6%

RIKU - 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

CAPPUCCINO € 1,40
Decaff with skimmed or soya or oat or rice or almond milk

ESPRESSINO € 1,30
Decaff with skimmed or soya or oat or rice or almond milk

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 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, 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 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
centrifuged carrot, lime, mint, salt and tonic water

ANALCOLICO ALLA MELAGRANA
crushed pomegranate, mint and brown sugar with 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, CHERY 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

WHY NOT
Red cabbage, carrot, apple and lemon

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

MORE OR LESS
Carrot, tomato, celery, lemon and tabasco

SOLO AGRUMI
Grapefruit and orange

TONIFICANTE
Carrot, apple, fennel, lemon and ginger

TUTTARANCA
Orange

VITAMINIC
Kiwi, orange, basil, apple and lemon

ABBRACCIO DI FERRO
Spinach, pineapple, kiwi, apple and ginger

JUST PINEAPPLE € 5,00

CENTRIFUGED JUICES WITH ALOE VERA

€ 5,00
AFTER WORK-OUT
Aloe vera, cucumber, melon, celery and apple

KINDNESS
Aloe vera, orange, celery and basil

PUREZZA
Aloe vera, watermelon, melon and grapefruit

POMELO PLUS
Aloe vera, apple, pineapple, grapefruit, aloe and turmeric

COLD FRUIT EXTRACTS*

POMEGRANATE € 6,00

PERSONALIZED € 5,00

SMOOTHIES

€ 4,00
BANANA CIOK
Banana, apple, milk and chocolate chips

SPECIAL PEAR
Pear, banana, almonds syrup and chopped hazelnuts

CRUMBLE BUMBLE
Banana, granola crumble, red berries 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

WINTER SALAD SHAKE
Pumpkin and carrot centrifuged, pear, melon, cinnamon and MARGOLD FLOWERS

FRESH FRUIT

€ 3,00
+ Yogurt € 3,50

+ Yogurt and muesli € 4,00

+ Yogurt and Goji berries € 4,50

SPECIAL HOT COFFEE