



MENU
BISTROT

WHATSAPP +39 392 972 7202

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| COVER CHARGE | € 1,50 |
| HAWAIIAN POKE | € 13,50 |
| POKE FISH - SALMON AND TUNA | € 13,50 |
| POKE FISH - MEDITERRANEAN [OCTOPUS, SEPIA] | € 13,50 |
| POKE FISH - WHITE FISH AND CRUSTACEANS | € 13,50 |
| POKE CHICKEN | € 12,50 |
| JAPANESE DOMBURI <i>[brown rice sauteed with vegetables and proteins]</i> | |
| DOMBURI WITH MARINATED TOFU | € 13,50 |
| DOMBURI WITH CURRY BBQ CHICKEN | € 13,50 |
| DOMBURI WITH STEAMED SHRIMPS | € 14,50 |
| DOMBURI WITH STEAMED SALMON | € 14,50 |
| FRULEZ RICE-BURGER* | |
| SALMON | € 10,00 |
| TUNA | € 10,00 |
| SUSHI | € 8,00 |
| VEGGY SUSHI | |
| 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 |
| SHRIMPS MARINATED WITH SWEET AND SOUR SAUCE WITH SOBA | € 12,00 |
| DOMO OF SALMON WITH BASMATI RICE AND VENUS RICE | € 12,00 |
| MARINATED SALMON WITH ORANGES | € 12,50 |
| STEAMED SEA BASS FILLET WITH JULIENNE GRILLED VEGETABLES | € 13,50 |
| STEAM COD WITH MARINATED CAULIFLOWER SALAD | € 14,50 |
| MEDITERRANEAN SWORDFISH | € 14,00 |
| SALAD WITH MARINATED CUTTLEFISH WITH RED BEET | € 14,00 |
| MUSTARD SAUCE SALMON WITH HAZELNUT AND TARTINI CRUMBLE | € 14,50 |
| MEAT DISHES | |
| SLICED SPICY CHICKEN WITH BAKED POTATOES | € 11,00 |
| VEAL WITH TUNA SAUCE WITH SALAD OF TOMATOES | € 12,50 |
| GREEK CHICKEN SALAD | € 12,50 |
| STRIPS OF BEEF WITH EGGPLANT MOUSSE | € 13,00 |
| VEGETARIAN DISHES | |
| AVOCADO TARTARE, PRIMOSALE AND APPLES | € 8,50 |
| VEGETARIAN MOUSSAKA | € 9,00 |
| BURRITOS STUFFED WITH SICILIAN VEGETABLE CAPONATA | € 9,50 |
| SALAD WITH SPELLED, MUSHROOMS AND CHESTNUTS | € 10,00 |
| VEGAN DISHES | |
| SALAD WITH FENNEL, GRAPEFRUIT AND ORANGES | € 8,00 |
| BEET CARPACCIO WITH AVOCADO | € 8,50 |
| COUS COUS WITH VEGETABLE RAGOUT | € 9,00 |
| POTATO SOMOSA, ZUCCHINI, TURMERIC AND SESAME SEEDS* | € 9,00 |
| WINTER MIX (PUMPKIN, ARTICHOKE, CELERY, SWEET POTATOES, TOPINAMBUR AND APPLES) | € 10,00 |
| WRAPS <i>Rolls of olive oil piadina with mix green salad</i> | € 8,50 |
| CAPOCCOLLO | |
| VEGETARIAN | |
| CLUB SANDWICH | |
| CHICKEN | € 9,00 |
| VEGGY | € 9,00 |
| DOUBLE FISH | € 11,00 |
| FRULEZ BURGER* <i>with cereals bread</i> | |
| VEG BURGER | € 10,00 |
| SALMON FISH-BURGER | € 11,00 |
| GREEN AND BEEF BURGER | € 11,00 |
| TORTILLA | € 9,00 |
| MELTED SMOKED SCAMORZA CHEESE, PUMPKIN, GRILLED MUSHROOMS AND 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 |
| GALVANINA BIO DRINKS | € 3,00 |
| AMA TÈ | € 3,50 |
| AMA TISANA | € 3,50 |
| BIO "DI FRUTTA" JUICES | € 2,50 |
| BIO "DI FRUTTA" JUICES | € 3,00 |
| ENERGIZING / PROBIOTIC DRINKS | |
| BIO GRAPE DRINKS | € 3,50 |
| KOMBUCHA KARMA | € 5,00 |
| WINE BY THE GLASS | € 3,50 |
| ROSSO - SALICE SALENTINO - Adora | |
| BIANCO - VERDECA - Alicante | |
| ROSATO - NEGRAMARO - Garnet | |
| RED WINE - BOTTLE | |
| SALICE SALENTINO | € 15,00 |
| PRIMITIVO | € 18,00 |
| ROSÈ WINE - BOTTLE | |
| NEGRAMARO | € 15,00 |
| AGLIANICO / ALEATICO / PRIMITIVO | € 18,00 |
| WHITE WINE - BOTTLE | |
| FIANO | € 15,00 |
| FALANGHINA | € 18,00 |
| CRAFT BEER 33CL BOTTLE | |
| BIRIFICIO MELCHIORI - PREDIA (TN) | € 3,50 |
| BREWITFUL - lager - 4,5% | |
| BIRIFICIO MELCHIORI - PREDIA (TN) | € 4,00 |
| BIRRA HELL - bionda - 4,7% | |
| BIRIFICIO CAPUT URSI - CELLAMARE (BA) | € 5,00 |
| 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 - Tripple dorata - 7,6% | |
| PACK TAKE AWAY | € 0,50 CAD |
| COFFEE | |
| ESPRESSO | € 1,20 |
| ESPRESSO WITH A DASH OF MILK | € 1,20 |
| DECAFF | € 1,30 |
| DECAFF IN SMALL MUG | € 1,40 |
| OPZIO IN BIG MUG | € 1,60 |
| GINGER IN SMALL MUG | € 1,40 |
| GINGER IN BIG MUG | € 1,60 |
| AMERICAN | € 1,50 |
| HOT MILK | € 1,20 |
| HOT MILK WITH A DROP OF COFFEE | € 1,70 |
| DECAFF | € 1,90 |
| CAPPUCCINO | € 1,50 |
| ESPRESSINO | € 1,40 |
| COFFEE ON THE ROCKS | € 1,50 |
| DECAFF ON THE ROCKS | € 1,80 |
| ICED COFFEE | € 2,00 |
| COFFEE SHAKE | € 1,70 |
| GINGER COFFEE SHAKE | € 2,00 |
| ICED ESPRESSINO | € 2,50 |
| FRESH MINT COFFEE | € 3,00 |
| FLAVOURED CAPPUCCINO AND SUPERFOOD | |
| MATCHA CAPPUCCINO | € 2,50 |
| GOLDEN MILK CAPPUCCINO | € 2,80 |
| CAPPUCCINO WITH ORANGE PEEL AND CINNAMON | |
| CAPPUCCINO WITH VANILLA AND CHOCOLATE FLAKES | |
| RUM FLAVORED CAPPUCCINO | |
| 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 | € 1,00 |
| TEA, HERBAL TEAS AND INFUSIONS | € 3,50 |
| BREAK-LAST FROM 4.30 TO 12 A.M. / FROM 4 TO 7 P.M. | |
| SWEET SUGGESTIONS | |
| BANANA AND MAPLE SYRUP TOASTIE | € 6,00 |
| RICOTTA CHEESE, SUGAR AND CINNAMON TOASTIE | € 6,00 |
| MARMALADE AND GINGER TOASTIE | € 6,00 |
| PANCAKE with honey / maple syrup / agave syrup | € 5,00 |
| PANCAKE with fruit | € 6,00 |
| SAVOURY SUGGESTIONS | |
| APPLE, WALNUTS AND BRIE CHEESE TOASTIE | € 6,00 |
| MEGGHI BREAD | € 6,00 |
| PROVENZALE CROQUE MONSIEUR | € 7,00 |
| OMELETTE | € 7,00 |
| VEGAN TOAST | € 7,00 |
| AVOCADO TOAST | € 9,00 |
| ICE TEA | € 4,00 |
| BERRIES PESTO | |
| PINEAPPLE PESTO | |
| NON-ALCOHOLIC COCKTAIL | € 4,00 |
| CARROT NON-ALCOHOLIC COCKTAIL | |
| POMEGRANATE NON-ALCOHOLIC COCKTAIL | |
| FRULEZ AL CALDO HOMEMADE | € 4,00 |
| PEAR AND CINNAMON HOT JUICE | |
| APPLE AND CINNAMON HOT JUICE | |
| ORANGE, GINGER AND APPLE HOT JUICE | |
| LEMON AND GINGER PESTO | |
| ORANGE AND TANGERINE PEEL PESTO | |
| AND LEMON PEEL | |
| GRAPEFRUIT RIND PESTO WITH GINGER, MINT | |
| HOT CHOCOLATE | |
| HOT CHOCOLATE WITH CREAM | € 4,50 |
| HOT CHOCOLATE WITH GINGER / ORANGE / CINNAMON | € 4,00 |
| APPETIZER | |
| LIGHT | € 4,00 |
| DI GUSTO | € 7,00 |
| FRULEZ SPRITZ | € 6,00 |
| GRANATA SPRITZ | |
| FRULEZ SPRITZ | |
| GINGER ORANGE SPRITZ | |
| CENTRIFUGED JUICES | € 4,00 |
| PURIFICANTE | € 5,00 |
| BRUCIAGRASSI | |
| WHY NOT | |
| ANTIOSSIDANTE | |
| DRENANTE | |
| RIGENERANTE | |
| SOFT GREEN | |
| LELLA | |
| MORE OR LESS | |
| SOLO AGRUMI | |
| TONIFICANTE | |
| TUTTARANCA | |
| VITAMINIC | |
| ABBRACCIO DI FERRO | |
| JUST PINEAPPLE | € 5,00 |
| CENTRIFUGED JUICES WITH ALOE VERA | € 5,00 |
| AFTER WORK-OUT | |
| KINDNESS | |
| LICORICE | |
| POMELO PLUS | |
| COLD FRUIT EXTRACTS* | |
| POMEGRANATE | € 6,00 |
| PERSONALIZED | € 5,00 |
| SMOOTHIES | € 4,00 |
| BANANA CIOK | |
| SPECIAL PERA | |
| CRUMBLE BUMBLE | |
| GENNY | |
| SUPERSMOOTHIES WITH SUPERFOOD | € 5,00 |
| BEFORE WORK-OUT | |
| LIBERTY | |
| MATCHA GREEN | |
| WINTER SALAD SHAKE | |
| FRESH FRUIT | |
| + Yogurt | € 3,50 |
| + Yogurt and muesli / Goji berries | € 4,00 |
| + Yogurt and cereals | € 3,00 |
| Yogurt only | € 2,00 |
| SPECIAL HOT COFFEE | € 4,50 |
| YELLOW COFFEE | |
| BIRD COFFEE | |
| STORM COFFEE | |
| SPOON DESSERTS | € 3,00 |
| TIRAMISÙ ESPRESSO | |
| CRUNCHY BLACK CHERRY | |
| 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 | |
| rete Wi-Fi VODAFONE FRULEZ passsword: frulezbari | |
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