



Frulez

FELICI DI GUSTO

MENU

BISTROT

WHATSAPP +39 392 972 7202

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 (OCTOPUS, SEPIA AND SQUID)** € 13,50
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

- 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 (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 CURRY BBQ CHICKEN** € 13,00
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 MARINATED TOFU** € 13,00
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

FRULEZ RICE-BURGER*

- SALMON** Rice burger lacquered with oyster sauce, with marinated salmon, misticanza, marinated zucchini, teriaki sauce, sesame seeds and nori seaweeds
- 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

SUSHI

- VEGGY SUSHI** € 8,00
rolls of sushi rice with nori seaweeds, lactose-free sweet 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 egg, boiled potatoes, tomato, green beans, capers, misticanza, cucumber and Italian dressing
- MACKEREL FILLET MARINATED WITH SWEET AND SOUR VEGETABLE GARDEN** € 11,00
(carrots, cucumbers, peppers, onions, celery, celeriac, ginger), nori seaweed, mixed salad, 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 Umeboshi 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, tomatoes, mix green salad, pistachios, orange teriaki sauce*
- SALAD WITH COD CUBES STEAM, WATERMELON AND BARATTIERI** € 12,50
mixed salad, ginger, green pepper and lemon and agave dressing*
- STEAMED SEA BASS FILLET WITH JULIENNE VEGETABLES** € 13,50
rocket salad, tomatoes, capers, olives, e.v.o. oil
- SALAD WITH MARINATED SEPIA WITH RED BEET** € 13,50
avocado, tomato, wakame seaweed, tartar sauce and lemon and agave dressing on mixed salad with Italian dressing*
- MEDITERRANEAN SWORDFISH** € 14,00
with sautéed courgettes on baked aubergine, red and yellow cherry tomatoes, sliced almonds, basil and roasted tomato dressing*

MEAT DISHES

- SLICED SPICY CHICKEN WITH BAKED POTATOES** € 11,00
mix green salad and vinaigrette with herbs*
- VEAL BARESE** € 11,00
veal marinated in beer (gluten-free) with pickled lemons, olives, lupins, taralli (gluten-free), peanuts, mixed salad and beer dressing
- GREEK SALAD WITH CHICKEN** € 12,00
feta, tomato, yellow tomato, cucumber, mixed salad, olives, yogurt and lemon dressing
- 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, olive virgin olive oil, mornay dark cheese*
- BURRITOS 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
- BUFFALO CAPRESE WITH ZUCCHINI PESTO** € 10,00
tomato, wakame seaweed with rocket and pumpkin seeds

VEGAN DISHES

- SALAD WITH FENNEL, GRAPEFRUIT AND ORANGES** € 8,00
olives, endive, mixed salad, raisins and dressing with the sour of umeboshi and oranges
- BEET CARPACCIO WITH AVOCADO** € 8,50
mixed salad, cherry tomatoes, pumpkin seeds, smoked salt, Italian dressing and white almond dressing
- SALAD WITH QUINOA, CHICKPEAS AND FRIGGITELLI** € 9,00
with soy yogurt and tahini dressing with songino, cherry tomatoes, lemons in brine, mint and lemon and agave dressing
- POTATO SOMOSA, ZUCCHINI, TURMERIC AND SESAME SEEDS*** € 9,00
with mixed salad, cherry tomatoes, mint eggplant with creamy tofu mayonnaise
- TOMATO GAZPACHO WITH PUGLIESE FREGOLA** € 10,00
yellow tomato, almonds, capers, lemon in brine, parsley and Italian dressing

WRAPS

Rolls of olive oil piadina with mix green salad

- CAPOCCOLLO** € 8,50
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, 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 (barley, spelled, potatoes, courgettes, beans, starch, 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** € 9,00
STRACCIATELLA CHEESE, PEARS AND CALABRIAN SARDELLA 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

- SAN BERNARDO WATER** € 2,00
still / sparkling 50CL
- GALVANINA BIO DRINKS** € 3,00
orangeade / chinotto / cola / zero cola / citron / soda / tonic water / lemonade / ginger
- 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 lemongrass / orange and turmeric
- KOMBUCHA KARMA** € 5,00
pomegranate / green tea / ginger

WINE BY THE GLASS

- € 3,50
Valle d'Itria IGP DUE TRULLI - ALBEA Cantina Museo Alberobello
RED WINE - NEGRAMARO
WHITE WINE - VERDECA
ROSÈ WINE - SUSUMANIELLO

RED WINE - BOTTLE

- NEGRAMARO** € 15,00
Valle d'Itria IGP DUE TRULLI - Albea Cantina Museo Alberobello
- PRIMITIVO** € 18,00
soc. agr. Polvanera - BIO
- NERO DI TROIA IGP** € 20,00
Biocantina Giannattasio

ROSÈ WINE - BOTTLE

- SUSUMANIELLO** € 15,00
Valle d'Itria IGP DUE TRULLI - Albea Cantina Museo Alberobello
- AGLIANICO / ALEATICO / PRIMITIVO** € 18,00
soc. agr. Polvanera - BIO
- NERO DI TROIA ROSÈ IGP** € 20,00
Biocantina Giannattasio

WHITE WINE - BOTTLE

- VERDECA** € 15,00
Valle d'Itria IGP DUE TRULLI - Albea Cantina Museo Alberobello
- FALANGHINA** € 18,00
soc. agr. Polvanera - BIO
- FUNAMBOLO IGP - BIANCO DA NERO DI TROIA** € 20,00
Biocantina Giannattasio

PARKLING WINE

- PROSECCO DOC EXTRA DRY TREVISO** € 15,00
Cantina Bacio Della Luna
- RAMPOLLO BOLLA ROSÈ METODO CLASSICO** € 25,00
Biocantina Giannattasio

CRAFT BEER

33CL BOTTLE

- BIRRA MORENA - BALVANO (PZ)** € 3,00
EKO* BIO - bionda - 4,7%
- BIRRIFICIO MELCHIORI - PREDAIA (TN)** € 4,00
BIRRA HELL - bionda - 4,7%
- BIRRIFICIO CAPUT URSI - CELLAMARE (BA)** € 5,00
CRAB - Blanche - 4,7%
- GRUS - Golden Ale - 5%**
- MARFIK - Pale Ale ambrata - 5,6%**
- RIK - Dubble ambrata - 6,6%**
- BELLATRIX - Triple dorata - 7,6%**



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CAFFÈ E FRUIT BAR

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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 € 2,20
- 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
CAPPUCCINO WITH EDULOUS FLOWERS AND ELDER SYRUP

BREAKFAST

- CROISSANT* AND PASTRIES** € 1,20
- BISCUITS** € 1,00
- BISCUITS GLUTEN FREE** € 1,00
- DONUTS** € 2,00
- MUFFINS*** € 2,50
- SLICE OF CAKE** € 2,50

VEGAN BREAKFAST

- BRIOCHEs** € 1,50
- COOKIES** € 1,00
- TARTUFINI** lactose-free chocolate and coconut pralines € 1,00

TEA, HERBAL TEAS AND INFUSIONS

- € 3,50
black tea, green tea, red tea, fruit teas and infusions

BREAK-LAST FROM 4.30 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
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, bread 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
- DISSETANTE**
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 OR KIWI** € 4,50

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*

- € 6,00
POMEGRANATE
- € 5,00
PERSONALIZED

SMOOTHIES

- € 4,00
AeA
Watermelon, black cherry and milk
- BUON PROSEGUMENTO**
Banana, peach, passion fruit, cinnamon and milk
- CRUMBLE JUMBLE**
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
- 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
- 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

COVER CHARGE

- € 1,50
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

Free Wi-Fi | VODAFONE_FRULEZ password: frulezbari

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