



WHATSAAPP +39 392 972 7202

HAWAIIAN POKE

- POKE FISH** € 12,00
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 CHICKEN** € 11,00
Brown rice with orange teriyaki, chicken, marinated vegetables (mushrooms, carrots, cucumbers, daikon), spinaches, cashews, pumpkin and sunflower seeds with Korean dressing
- POKE VEGAN** € 11,00
Venus rice with orange teriyaki, marinated tofu, pineapple, edamame, cucumbers, red cabbage, muesli, nori seaweeds and vegan wasabi mayonnaise

JAPANESE DOMBURI

- DOMBURI WITH STEAMED SALMON** € 13,00
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
- DOMBURI WITH CURRY BBQ CHICKEN** € 12,00
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
- DOMBURI WITH MARINATED TOFU** € 12,00
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

FRULEZ RICE-BURGER*

- SALMON** Rice burger lacquered with oyster sauce, with marinated salmon, misticanza, marinated zucchini, teriaki sauce, sesame seeds and nori seaweeds € 9,00
- 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 € 9,00

SUSHI

- VEGGY SUSHI** € 7,50
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** € 11,00
- SUSHI VEG + TUNA** € 11,00
- SUSHI VEG + SALMON + TUNA** € 13,00

FISH DISHES*

- MEDITERRANEAN SALAD WITH TUNA IN OIL** € 10,00
hard-boiled eggs, boiled potatoes, tomato, green beans, capers, misticanza, cucumber and Italian dressing
- SHRIMPS MARINATED WITH SWEET AND SOUR SAUCE WITH SOBA** € 11,00
(Japanese buckwheat noodles), salad, marinated courgettes, lettuce, sesame seeds and Umeboshi sour vinaigrette and orange
- DOME OF SALMON WITH BASMATI RICE AND VENUS RICE** € 11,00
mix green salad, bitter-sweet vegetables and ginger, sesame seeds and sesame oil vinaigrette*
- MARINATED SALMON WITH ORANGES** € 11,00
and carrots, bean sprouts, mix green salad, pistachios, orange teriaki sauce*
- GRILLED SQUIDS ON GRILLED AUBERGINE WITH CAPERS** € 11,00
with roasted peppers, lime and Zhug
- STEAMED SEA BASS FILLET WITH COCONUT MILK MASHED POTATOES** € 12,50
yoghurt mayonnaise and zucchini marinated with mint and lime
- MUSTARD SAUCE SALMON WITH HAZELNUT AND TABALI CRUMBLE** € 13,00
on a variety of roasted potatoes (potato, sweet potato and purple potato), songino and yoghurt and tahini dressing
- ROLLS OF SWORDFISH "ALLA GHOTTA"** € 13,00
stuffed with gluten free bread crumbs, cheese, oregano, anchovies, almonds and raisin), yellow tomato sauce, tumeric, olives, and capers
- STEAM COD WITH MARINATED CAULIFLOWER SALAD** € 13,50
grapefruit, oranges, olives, mixed salad and spicy clementine jam dressing

MEAT DISHES

- SLICED SPICY CHICKEN WITH BAKED POTATOES** € 9,00
mix green salad and vinaigrette with herbs*
- SALAD WITH VEAL WITH TUNA SOUCE** € 10,00
green mix, rocket salad, rainbow tomatoes and capers dressing, black garlic mayonnaise and katsubushi
- CHICKEN SPIT WITH PEANUT BUTTER** € 11,00
with spinach salad, pineapple carpaccio, roasted carrots and potatoes with puffed quinoa and ginger dressing
- STRIPS OF BEEF WITH EGGPLANT MOUSSE** € 12,00
on soy tagliolini with basil pesto with vegetables (zucchini, carrot, spinach) datteri tomato and almond flakes and lime

VEGETARIAN DISHES

- SALAD WITH FETA AND APRICOTS WITH TURMERIC** € 8,50
green mix and pistachio vinaigrette
- SALAD OF MARINATED ZUCCHINI NOODLES** € 9,00
with cherry tomatoes, songino, basil leaves, tomato dressing and almond gomasio
- VENUS RICE WITH VEGETABLES** € 10,00
apples, raisins, mangoes, a pair of red curry eggs and crispy chickpea sheets

I PIATTI VEGAN

- BEETROOT CARPACCIO WITH AVOCADO** € 8,00
mix green, tomatoes, pumpkin seeds, smoked salt, Italian dressing and white almond dressing
- SALAD WITH WATERMELON, MELON, ROASTED PEACHES AND MARINATED TOFU** € 8,00
sweet and sour ginger, edible flowers and dressing with sesame oil and rice vinegar
- FREGOLA ON COLD ALMOND SOUP** € 8,50
with green beans, cherry tomatoes and Leccine olives
- BIG GRILLED VEGETABLES SPIT WITH SPICES GREEN SAUCE** € 8,50
salad, carrots, tomatoes and mixed seeds
- SOMOSA WITH POTATO, ZUCCHINI, TURMERIC AND SESAME SEEDS*** € 8,50
with salad, cherry tomato, mint eggplant and tofu mayonnaise

WRAPS

- CAPOCCOLLO** € 8,00
Lactose free cream cheese, melon, rocket salad
- VEGETARIAN** € 8,00
Chickpea hummus, apple vinegar raisins, grilled vegetables, misticanza and tahina

CLUB SANDWICH

- CHICKEN** € 8,50
wholemeal tin loaf with chicken, lettuce, yogurt, mayonnaise, herbs omelette, tomato, cream cheese and crispy bacon*
- VEGGY** € 8,50
Wholemeal tin loaf, zucchini and mint omelette, chickpeas hummus, philadelphia cheese, tomato, vegan frankfurter salad, lettuce, mayonnaise, yogurt, curry and paprika
- DOUBLE FISH** € 10,00
Wholemeal loaf bread with avocado foam, marinated salmon, shrimp in American sauce, hard-boiled egg, lettuce, cream cheese and tomato

FRULEZ BURGER*

- VEG BURGER** € 9,00
vegan burger (beans, spelled, potatoes, courgettes, barley, cornstarch, spices and aromatic herbs), with daikon marinated in raspberry vinegar, songino, cream of smoked tofu and olives
- SALMON FISH-BURGER** € 10,00
(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, roasted apple, grilled mushrooms and herb cheese sauce

TORTILLA

- STRACCIATELLA CHEESE, PEARS AND CALABRIAN SARDELLA** € 9,00
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* € 8,00
- + 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 € 9,00

DRINKS

- ORSINI WATER 75CL still/sparkling** € 2,00
- BIO FRUIT JUICES** € 2,50
pear, pineapple, apricot, peach, ace
- GALVANINA BIO DRINK** gazzosa, tonic water, coke, orange juice, lemonade, citron juice, fizzy lemon, chinotto € 3,00
- BIO FRUIT JUICES blueberry** € 3,00
- RED WINE**
- PRIMITIVO** € 15,00
soc. agr. POLVANERA [Puglia] - BIO
- NEGRAMARO** € 18,00
ICQRF [Puglia] - BIO
- SUSSUMNIELLO BIRSO SUD** € 18,00
I PASTINI [Puglia] - IGP
- ROSE WINE**
- ROSATO** € 15,00
soc. agr. POLVANERA [Puglia] - BIO
- ROSATO DA NEGRAMARO** € 15,00
Cantine PAOLO LEO [Puglia] - BIO
- WHITE WINE**
- FALANGHINA** € 15,00
soc. agr. POLVANERA [Puglia] - BIO
- GRECO** € 18,00
L'ARCHETIPO [Puglia] - BIO

ENERGIZING / PROBIOTIC DRINKS

- SUCCHI MALLEE** € 3,50
guava, mango, litchi, coconut water
- BIO GRAPE DRINKS** € 3,50
with spirulina / ginger and lemongrass / orange and tumeric
- KOMBUCHA FERVERE** € 4,50
ginger noir / wild spring

CRAFT BEER

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

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COFFEE

- ESPRESSO** € 0,90
- ESPRESSO WITH A DASH OF MILK** € 0,90
- 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** € 1,20
- HOT MILK** € 1,00
- HOT MILK WITH A DROP OF COFFEE** € 1,30
Decaff with skimmed or soya or oat or rice or almond milk
- CAPPUCCINO** € 1,20
Decaff with skimmed or soya or oat or rice or almond milk € 1,40
- ESPRESSINO** € 1,10
Decaff with skimmed or soya or oat or rice or almond milk € 1,30
- COFFEE ON THE ROCKS** € 1,10
- ICED COFFEE** € 1,30
- 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

- MATCHA CAPPUCCINO** € 2,00
- GOLDEN MILK CAPPUCCINO**
- CAPPUCCINO WITH ORANGE PEEL AND CINNAMON**
- CAPPUCCINO WITH VANILLA AND CHOCOLATE FLAKES**
- CAPPUCCINO WITH CLOVES AND DRIED FRUIT**

BREAKFAST

- CROISSANT* AND PASTRIES** € 1,20
- BISCUITS** € 0,50
- BISCUITS GLUTEN FREE** € 1,00
- DONUTS** € 1,50
- 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

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

BREAK-LAST

FROM 9.30 TO 12 A.M. / FROM 4 TO 7 P.M.

SWEET SUGGESTIONS

- BANANA AND MAPLE SYRUP TOASTIE** € 5,00
with wholemeal tin loaf, peanut butter and apple
- RICOTTA CHEESE, SUGAR AND CINNAMON TOASTIE** € 5,00
with Senatore Cappelli bread
- MARMALADE AND GINGER TOASTIE** € 5,00
with wholemeal tin loaf
- PANCAKE** with honey/ maple syrup/ agave syrup € 4,50
- PANCAKE** with fruit € 5,50

SAVOURY SUGGESTIONS

- APPLE, WALNUTS AND BRIE CHEESE TOASTIE** € 5,00
with wholemeal tin loaf
- MEGGHI BREAD** € 5,00
carrot bread with cooked ham and cheese
- PROVENZALE CROQUE MONSIEUR** € 6,00
wholemeal bread with herbs cream cheese, svizzero cheese, grilled ham and tomato
- OMELETTE** € 6,00
with mushrooms and cheese
- VEGAN TOAST** € 6,00
wholemeal tin loaf with chickpea hummus, tomato, mixed salad and pumpkin seeds

ICE TEA

- BERRIES PESTO** € 4,00
mint, brown sugar, lime, ginger and lemon tea
- ORANGE PESTO** € 4,00
juice of apple, cinnamon, cane sugar and peach

NON-ALCOHOLIC COCKTAIL

- POMEGRANATE AND LIME PESTO** € 4,00
orange juice and tonic water
- WATERMELON AND MINT PESTO** € 4,00
apple juice 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

- GRANATA SPRITZ** € 6,00
pomegranate with Aperol, prosecco and tonic water
- FRULEZ SPRITZ** € 6,00
diced citrus fruits with Aperol, prosecco and tonic water
- GINGER ORANGE SPRITZ** € 6,00
ginger, Aperol, orange centrifuged and prosecco

CENTRIFUGED JUICES

- with addition of aloe € 3,50
- PINEAPPLE OR KIWI ONLY** € 4,50
- LELLA** € 4,50
orange, carrot and apple
- TONIFICANTE** € 4,50
carrot, apple, fennel, lemon and ginger
- BRUCIAGRASSI** € 4,50
pineapple, lemon, apple, fennel and ginger
- VITAMINIC** € 4,50
kiwi, orange, basil, apple and lemon
- TUTTARANCIA** € 4,50
orange
- SOLO AGRUMI** € 4,50
orange and grapefruit
- ABBONZANTE** € 4,50
Carrot, peach, melon and basil
- DOPOSOLE** € 4,50
Watermelon, melon, mint and apple
- RIGENERANTE** € 4,50
Melon, kiwi, apple and pear
- SOFT GREEN** € 4,50
Apple, courgette, cucumber and fennel
- PIGI** € 4,50
Carrot, orange, beetroot and lemon
- JULIETTE** € 4,50
Tomato, carrot, lemon, salt and pepper
- LONGER** € 4,50
Daikon, carrot, fennel and apple

CENTRIFUGED JUICES WITH ALOE VERA

- PELLE DI PESCA** € 4,50
Aloe, peach, apricot and orange
- PUREZZA** € 4,50
Aloe, watermelon, grapefruit and melon
- RALPH** € 4,50
kiwi, pineapple, apple and aloe

COLD FRUIT EXTRACTS*

- POMEGRANATE** € 5,00
- PERSONALIZED** € 4,50

SMOOTHIES

- A&A** € 3,50
Watermelon, black cherry and milk
- BANANA CIOK** € 3,50
Banana, apple and extra-dark chocolate
- BUON PROSEGUMENTO** € 3,50
Banana, peach, passion fruit and cinnamon
- GENNY** € 3,50
Banana, kiwi, yogurt and muesli

SUPERSMOOTHIES WITH SUPERFOOD

- MATCHA GREEN** € 5,00
matcha, pineapple, kiwi and apple centrifuged
- RAINBOW** € 5,00
Chia seeds, banana, strawberry, beet, apple centrifuged, edible flowers
- BOBBY** € 5,00
turmeric, pineapple, banana and milk
- LIBERTY** € 5,00
beet, orange centrifuged, apple and goji berries

FRESH FRUIT

- € 3,00
- + Yogurt € 3,50
- + Yogurt and muesli € 4,00
- + Yogurt and Goji berries € 4,50

SPECIAL HOT COFFEE

- YELLOW COFFEE** € 4,50
zabov, espresso, black cherry, cream, chocolate flakes and dried fruit
- BIRD COFFEE** € 4,50
chocolate, espresso, dark rum, orange peel, cinnamon, ginger and cream
- STORM COFFEE** € 4,50
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** € 3,00
cold milk cream, almond biscuit with vanilla barbour soaked with hot espresso and cocoa powder
- CRUNCHY BLACK CHERRY** € 3,00
cold milk cream, black cherry in syrup, chocolate topping and chopped hazelnuts

SERVICE

- € 1,00

PACK TAKE AWAY

- € 0,50 CAD

*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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password **Frulez4me**

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