



Frulez FELICI DI GUSTO MENU BISTROT

WHATSAPP +39 392 972 7202

- COVER CHARGE** € 2,00
- HAWAIIAN POKE** € 14,00
 - POKE FISH - SALMON AND TUNA: 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]: White rice with orange teriyaki, steamed octopus, natural cuttlefish, potatoes, cherry tomatoes in oil, pitted olives, baked potatoes and lemon and caper dressing
 - POKE FISH - WHITE FISH AND CRUSTACEANS: 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: 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 MARINATED TOFU: 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
 - DOMBURI WITH CURRY BBQ CHICKEN: 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
 - *no yogurt
 - DOMBURI WITH STEAMED SHRIMPS: 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 STEAMED SALMON: 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 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, teriyaki 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** € 8,50
 - VEGGY SUSHI: 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 € 12,00
 - SUSHI VEG + TUNA € 12,00
 - SUSHI VEG + SALMON + TUNA € 13,50

- FISH DISHES***
 - MEDITERRANEAN SALAD WITH TUNA IN OIL: hard-boiled eggs, boiled potatoes, tomato, green beans, capers, misticanza, cucumber and Italian dressing
 - SHRIMPS MARINATED WITH SWEET AND SOUR SAUCE WITH SOBA: (Japanese buckwheat noodles), salad, marinated courgettes, lettuce, sesame seeds and Umeshio sour vinaigrette and orange
 - DOMO OF SALMON WITH BASMATI RICE AND VENUS RICE: mix green salad, bitter-sweet vegetables and ginger, sesame seeds and sesame oil vinaigrette*
 - MARINATED SALMON WITH ORANGES and carrots, bean sprouts, mix green salad, pistachios, orange teriyaki sauce*
 - STEAMED SEA BASS FILLET WITH JULIENNE GRILLED VEGETABLES: rocket salad, tomatoes, capers, olives, e.v.o. oil
 - MEDITERRANEAN SWORDFISH: with sautéed courgettes on baked aubergine, red and yellow cherry tomatoes, sliced almonds, basil and roasted tomato dressing*
 - SALAD WITH MARINATED CUTLEFISH WITH RED BEET: avocado, tomato, wakame seaweed, tartar sauce and lemon and agave dressing on mixed salad with Italian dressing*
 - STEAM COD WITH MARINATED CAULIFLOWER SALAD: grapefruit, oranges, olives, mixed salad and spicy clementine jam dressing
 - MUSTARD SAUCE SALMON WITH HAZELNUT AND TARTIFF CRUMBLE: 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: mix green salad and vinaigrette with herbs*
 - VEAL WITH TUNA SAUCE WITH SALAD OF TOMATOES: mixed salad and caper dressing, mayonnaise with black garlic and katsuobushi
 - GREEK CHICKEN SALAD: feta, cherry tomato, cucumber, mixed salad, olives and yogurt and lemon dressing
 - STRIPS OF BEEF WITH EGGPLANT MOUSSE: 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: potatoes, lactose-free cream cheese, olives, tomatoes, mayonnaise, chili sauce, hazelnuts and rocket
 - VEGETARIAN MOUSSAKA: eggplant, potatoes, vegetarian bolognese, extra virgin olive oil, mornay sauce and dark cheese*
 - BURRITOS STUFFED WITH SICILIAN VEGETABLE CAPONATA: leggplant, peppers, zucchini, onion, olives, capers, raisin and tomato sauce) with cheddar cheese, pachino tomato salad, rocket salad and siracha
 - *no cheddar
 - SALAD WITH SPELLED, MUSHROOMS AND CHESTNUTS: mixed salad, parmesan dressing wafers with paprika, pomegranate and Italian dressing

- VEGAN DISHES**
 - SALAD WITH FENNEL, GRAPEFRUIT AND ORANGES: olives, endive, mixed basil, raisins and dressing with the sour of umeshio and oranges
 - BEET CARPACCIO WITH AVOCADO: mixed salad, cherry tomatoes, pumpkin seeds, smoked salt, Italian dressing and white almond dressing
 - COUS COUS WITH VEGETABLE RAGOUT: zucchini, aubergines, peppers, chickpeas, celery, carrots, onion) Mediterranean style
 - POTATO SOMOSA, ZUCCHINI, TURMERIC AND SESAME SEEDS*: with mixed salad, cherry tomatoes, mint eggplant with creamy tofu mayonnaise
 - WINTER MIX (PUMPKIN, ARTICHOKE, CELERY, SWEET POTATOES, TOPINAMBUR AND APPLES): with mix green salad, dressing of agave and mustard

- WRAPS** (Rolls of olive oil piadina with mix green salad) € 9,50
 - CAPOCCOLLO: Lactose free cream cheese, melon, rocket salad
 - VEGETARIAN: Chickpea hummus, apple vinegar raisins, grilled vegetables, misticanza and tahina
- CLUB SANDWICH**
 - CHICKEN: wholemeal tin loaf with chicken, lettuce, yogurt, mayonnaise, herbs omelette, tomato, cream cheese and crispy bacon*
 - VEGGY: Wholemeal tin loaf, zucchini and mint omelette, chickpeas hummus, philadelphia cheese, tomato, vegan frankfurter salad, lettuce, mayonnaise, yogurt, curry and paprika
 - DOUBLE FISH: 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: vegan burger (beans, cornstarch, potatoes, courgettes, barley, spelt, spices and aromatic herbs), with braised red cabbage, mixed salad, cream of smoked tofu and olives
 - SALMON FISH-BURGER: (salmon, zucchini, barley, maizena, beans, spices and herbs) with sweet and sour cucumber, tomato misticanza and miso mayonnaise
 - GREEN AND BEEF BURGER: (beef, beetroot, courgette, celeriac, onion and cream) with cheddar, salad, roasted apple, grilled mushrooms and herb cheese sauce

- TORTILLA** € 10,00
 - 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 € 5,50
 - + mozzarella cheese € 6,50
 - + spicy chicken* € 10,00
 - + bresaola € 8,50
 - + mozzarella cheese and Parma ham € 9,50
 - + tuna in extra virgin olive oil € 8,00
 - + tuna in extra virgin olive oil and mozzarella € 9,50
 - + marinated salmon € 11,00

- DRINKS**
 - PANNA - STILL 50 CL € 2,00
 - SAN PELLEGRINO - SPARKLING 50 CL € 2,00
 - GALVANINA BIO DRINKS € 3,50
 - orangeade / chinotto / cola / zero cola / lemon / soda / tonic water / lemonade / ginger / citron / peach / green tea
 - 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 € 3,00
 - pear, pineapple, apricot, peach, ace
 - BIO "DI FRUTTA" JUICES € 3,50
 - blueberry
- ENERGIZING / PROBIOTIC DRINKS**
 - BIO GRAPE DRINKS with spirulina / ginger and lemon / pomegranate and grapefruit € 4,00
 - KOMBUCHA KARMA € 5,50
 - pomegranate / green tea / ginger
- WINE BY THE GLASS** € 3,50
 - Manduria - PRODUTTORI DI MANDURIA
 - ROSSO - SALICE SALENTINO - Adora
 - BIANCO - VERDECA - Alicante
 - 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
 - BIRIFICIO MELCHIORI - PREDAA (TN) € 4,00
 - BREWITFUL - lager - 4,5% € 4,50
 - BIRIFICIO MELCHIORI - PREDAA (TN) € 4,50
 - BIRRA HELL - bionda - 4,7% € 4,50
 - BIRIFICIO CAPUT URSI - CELLAMARE (BA) € 6,00
 - ARTURO - IPA - 0,5% low alcohol
 - CRAB - Blanche - 4,7%
 - GRUS - Golden Ale - 5%
 - MARFIK - Pale Ale ambrata - 5,6%
 - RAFFI - Dubble ambrata - 6,6%
 - CELLAMARA - IPA - 6,8%
 - BELLATRIX - Tripple dorata - 7,6%



Frulez FELICI DI GUSTO MENU CAFFÈ E FRUIT BAR

ORDINI WHATSAPP +39 392 972 7202

- COVER CHARGE** € 1,00
- COFFEE**
 - ESPRESSO € 1,20
 - ESPRESSO WITH A DASH OF MILK € 1,20
 - DECAFF with skimmed or soya or oat or rice or almond milk € 1,30
 - DECAFF € 1,40
 - ORZO IN SMALL MUG € 1,40
 - ORZO 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 with skimmed or soya or oat or rice or almond milk € 1,40
 - CAPPUCCINO € 1,50
 - DECAFF with skimmed or soya or oat or rice or almond milk € 1,60
 - ESPRESSINO € 1,40
 - DECAFF with skimmed or soya or oat or rice or almond milk € 1,50
 - 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
 - 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 € 2,50
 - € 2,80
 - 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 with wholemeal tin loaf, peanut butter and apple € 6,00
 - RICOTTA CHEESE, SUGAR AND CINNAMON TOASTIE with Senatore Cappelli bread € 6,00
 - MARMALADE AND GINGER TOASTIE with wholemeal tin loaf € 6,00
 - PANCAKE with honey / maple syrup / agave syrup € 5,00
 - PANCAKE with fruit € 6,00
 - SAVOURY SUGGESTIONS**
 - APPLE, WALNUTS AND BRIE CHEESE TOASTIE with wholemeal tin loaf € 6,00
 - 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 time juice
 - ICE TEA** € 4,00
 - BERRIES PESTO: 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
 - POMEGRANATE NON-ALCOHOLIC COCKTAIL: crushed pomegranate, mint and brown sugar with tonic water
 - 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: with honey and rosemary in hot water
 - ORANGE AND TANGERINE PEEL PESTO AND LEMON PEEL: honey, fennel seeds and star anise
 - GRAPEFRUIT RIND PESTO WITH GINGER, MINT and honey in hot water
 - HOT CHOCOLATE
 - HOT CHOCOLATE WITH CREAM € 4,50
 - HOT CHOCOLATE WITH ginger / orange / cinnamon € 4,00
 - APPETIZER**
 - LIGHT € 4,00
 - crudité, crispy fava beans, olives and puffed chickpeas
 - DI GUSTO € 7,00
 - mini size of salmon and veg burger, sarmosa, 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
 - CENTRIFUGED JUICES**
 - € 4,00
 - € 5,00
 - with addition of aloe
 - PURIFICANTE: Kiwi, pineapple, grapefruit and apple
 - BRUCIAGRASSI: Pineapple, lemon, apple, fennel and ginger
 - WHY NOT: Red cabbage, carrot, apple and lemon
 - ANTIOSSIDANTE: Pineapple, beetroot, lime and apple
 - DRENANTE: Cucumber, kiwi, mint, pear and grapefruit
 - RIGENERANTE: Kiwi, melon, apple and pear
 - SOFT GREEN: Apple, cucumber, zucchini and fennel
 - 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
 - TUTTARANCIA: 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, basil
 - LICORICE: apple, fennel, lemon, licorice, aloe vera
 - POMELO PLUS: Aloe vera, apple, pineapple, grapefruit and turmeric
 - COLD FRUIT EXTRACTS***
 - POMEGRANATE € 6,00
 - PERSONALIZED € 5,00
 - SMOOTHIES** € 4,00
 - BANANA CIOK: Banana, apple, milk and chocolate chips
 - SPECIAL PERA: Pear, banana, milk, almond 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 MARIGOLD FLOWERS
 - 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: zabov, espresso, black cherry, cream, chocolate flakes and dried fruit
 - 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 MOUSSE AND/OR RICOTTA CHEESE WITH FRUIT AND CEREALS
 - TIRAMISÙ ESPRESSO: cold milk cream, almond biscuit with vanilla barbon soaked with hot espresso and cocoa powder
 - CRUNCHY BLACK CHERRY: cold milk cream, black cherry in syrup, chocolate topping and chopped hazelnuts
 - 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.com standard available on www.veganok.com

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