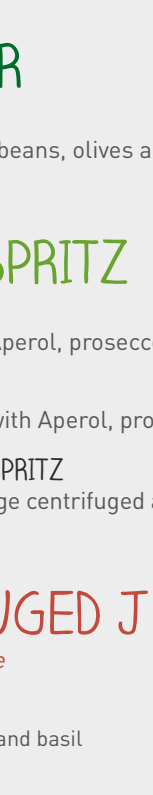


MENU

BISTROT

WHATSAPP +39 392 972 7202

COVER CHARGE	€ 2,00
HAWAIIAN POKE	
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	€ 14,00
POKE FISH - MEDITERRANEAN (OCTOPUS, SEPIA) White rice with orange teriyaki, steamed octopus, natural cuttlefish, tomatoes, cherry tomatoes in oil, pitted olives, baked potatoes and lemon and caper dressing	€ 14,00
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	€ 14,00
*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	€ 14,00
JAPANESE DOMBURI <i>[brown rice sauteed with vegetables and proteins]</i>	
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	€ 14,00
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	€ 14,00
*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	€ 15,00
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	€ 15,00
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	€ 11,00
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	€ 11,00
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	€ 11,50
SHRIMPS MARINATED WITH SWEET AND SOUR SALAD WITH SOBA (Japanese buckwheat noodles), salad, marinated courgettes, lettuce, sesame seeds and Umeboshi sour vinaigrette and orange	€ 12,50
DOMO OF SALMON WITH BASMATI RICE AND VENUS RICE mix green salad, bitter-sweet vegetables and ginger, sesame seeds and sesame oil vinaigrette*	€ 12,50
MARINATED SALMON WITH ORANGES and carrots, bean sprouts, mix green salad, pistachios, orange teriyaki sauce*	€ 13,00
STEAMED SEA BASS FILLET WITH JULIENNE GRILLED VEGETABLES rocket salad, tomatoes, capers, olives, e.v.o. oil	€ 14,00
MEDITERRANEAN SWORDFISH with sautéed courgettes on baked aubergine, red and yellow cherry tomatoes, sliced almonds, basil and roasted tomato dressing*	€ 14,50
SEARED TUNA ON BURRATA CREAM chopped olives, flowering capers, cherry tomatoes and songino	€ 14,50
STEAM COD WITH MARINATED CAULIFLOWER SALAD grapefruit, oranges, olives, mixed salad and spicy clementine jam dressing	€ 15,00
MUSTARD SAUCE SALAD WITH HAZELNUT AND TARRILL CRUMBLE on a variety of roasted potatoes (potato, sweet potato and purple potato), songino and yoghurt and tahini dressing	€ 15,00
MEAT DISHES	
SLICED SPICY CHICKEN WITH BAKED POTATOES mix green salad and vinaigrette with herbs*	€ 12,00
VEAL WITH TUNA SAUCE WITH SALAD OF TOMATOES mixed salad and caper dressing, mayonnaise with black garlic and katsuobushi	€ 13,00
GREEK CHICKEN SALAD feta, cherry tomato, cucumber, mixed salad, olives and yogurt and lemon dressing	€ 13,00
STRIPS OF BEEF WITH EGGPLANT MOUSSE on soy tagliolini with basil pesto with vegetables (zucchini, carrot, spinach) datteri tomato and almond flakes and lime	€ 14,00
VEGETARIAN DISHES	
AVOCADO TARTARE, PRIMOSALE AND APPLES potatoes, lactose-free cream cheese, olives, tomatoes, mayonnaise, chili sauce, hazelnuts and rocket	€ 9,50
VEGETARIAN MOUSSAKA eggplant, potatoes, vegetarian bolognese, extra virgin olive oil, mornay sauce and dark cheese*	€ 9,50
BURRITOS STUFFED WITH SICILIAN VEGETABLE CAPONATA (eggplant, peppers, zucchini, onion, olives, capers, raisin and tomato sauce) with lactose free cheddar cheese, pachino tomato salad, rocket salad and siracha	€ 10,00
BURRATA ON COURGETTE SPAGHETTI WITH PESTO tomato gazpacho and sesame pecorino wafers	€ 12,00
VEGAN DISHES	
SALAD WITH FENNEL, GRAPEFRUIT AND ORANGES olives, endive, mixed salad, raisins and dressing with the sour of umeboshi and oranges	€ 9,00
BEET CARPACCIO WITH AVOCADO mixed salad, cherry tomatoes, pumpkin seeds, smoked salt, Italian dressing and white almond dressing	€ 9,50
COUS COUS WITH VEGETABLE RAGOUT (zucchini, aubergines, peppers, chickpeas, celery, carrots, onion) Mediterranean style	€ 9,50
POTATO SOMOSA, ZUCCHINI, TURMERIC AND SESAME SEEDS* with mixed salad, cherry tomatoes, mint eggplant with creamy tofu mayonnaise	€ 9,50
TOMATO GAZPACHO WITH FREGOLA red and yellow cherry tomatoes, almonds, capers, lemon, parsley and Italian dressing	€ 12,00
WRAPS <i>Rolls of olive oil piadina with mix green salad</i>	€ 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*	€ 10,00
VEGGY Wholemeal tin loaf, zucchini and mint omelette, chickpeas hummus, philadelphia cheese, tomato, vegan frankfurter salad, lettuce, mayonnaise, yogurt, curry and paprika	€ 10,00
DOUBLE FISH Wholemeal loaf bread with avocado foam, marinated salmon, shrimp in American sauce, hard-boiled egg, lettuce, cream cheese and tomato	€ 12,00
FRULEZ BURGER* <i>with cereals bread</i>	
VEG BURGER vegan burger (beans, spelled, potatoes, courgettes, barley, cornstarch, spices and aromatic herbs), with braised red cabbage, mixed salad, cream of smoked tofu and olives	€ 10,00
SALMON FISH-BURGER (salmon, zucchini, barley, maizena, beans, spices and herbs) with sweet and sour cucumber, tomato misticanza and miso mayonnaise	€ 11,00
GREEN AND BEEF BURGER (beef, beetroot, courgette, celeriac, onion and cream) with cheddar, salad, roasted apple, grilled mushrooms and herb cheese sauce	€ 11,00
TORTILLA	€ 10,00
TORTILLA WITH AVOCADO, ROASTED PEPPERS AND DRIED TOMATOES melted scamorza, misticanza, basil and red onion marinated in raspberry vinegar	
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	€ 2,50
CORTESE BIO DRINKS Gazzosa / Chinotto / Cedrata / Lemonade / Red Orange /Cola / Tonic / Blonde Orange /Peach Tea / Lemon Tea	€ 3,50
AMA, TISANA Chamomile star anise / mint ginger / licorice fennel	€ 3,50
BIO "DI FRUTTA" JUICES pear, pineapple, apricot, peach, ace	€ 3,00
BIO "DI FRUTTA" JUICES blueberry	€ 3,50
ENERGIZING / PROBIOTIC DRINKS	
BIO GRAPE DRINKS with spirulina and lemon / ginger and lemon / pomegranate and grapefruit / blueberry and mandarin	€ 4,00
KOMBUCHA KARMA pomegranate / green tea / ginger	€ 5,50
WINE BY THE GLASS	€ 3,50
<i>Manduria - PRODUTTORI DI MANDURIA</i> ROSSO - SALICE SALENTINO - Adora BIANCO - VERDECA - Alice ROSATO - NEGRAMARO - Garnet	
RED WINE - BOTTLE	
SALICE SALENTINO Adora - Produttori di Manduria	€ 15,00
SUSUMANIELLO Santa Gemma - Produttori di Manduria	€ 20,00
ROSÈ WINE - BOTTLE	
NEGRAMARO Garnet - Produttori di Manduria	€ 15,00
SUSUMANIELLO Santa Gemma - Produttori di Manduria	€ 20,00
WHITE WINE - BOTTLE	
FIANO Zin - Produttori di Manduria	€ 15,00
CHARDONNAY Santa Gemma - Produttori di Manduria	€ 20,00
CRAFT BEER	
<i>33CL BOTTLE</i> BIRIFICIO MELCHIORI - PREDAA (TN) BREWIFUL - lager - 4,5% BIRIFICIO MELCHIORI - PREDAA (TN) BIRRA HELL - bionda - 4,7% BIRIFICIO CAPUT URSI - CELLAMARE (BA) 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%	€ 4,00 € 4,50 € 6,00



MENU

CAFFÈ E FRUIT BAR

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COVER CHARGE	€ 1,00
COFFEE	
ESPRESSO	€ 1,20
ESPRESSO WITH A DASH OF MILK Decaff with skimmed or soya or oat or rice or almond milk	€ 1,20 € 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 Decaff with skimmed or soya or oat or rice or almond milk	€ 1,70 € 1,40
CAPPUCCINO Decaff with skimmed or soya or oat or rice or almond milk	€ 1,50 € 1,60
ESPRESSINO Decaff with skimmed or soya or oat or rice or almond-milk	€ 1,40 € 1,50
COFFEE ON THE ROCKS	€ 1,50
DECAFF ON THE ROCKS	€ 1,80
ICED COFFEE cold milk, espresso and ice Decaff with skimmed or soya or oat or rice or almond milk	€ 2,00 € 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	€ 2,50
Decaff with skimmed or soya or oat or rice or almond milk	€ 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-FAST <i>FROM 9.30 TO 12 A.M./ FROM 4 TO 7 PM.</i>	
SWEET SUGGESTIONS	
BANANA AND MAPLE SYRUP TOASTIE with wholemeal tin loaf, peanut butter and apple	€ 7,00
APPLE, WALNUTS AND BRIE CHEESE TOASTIE with wholemeal tin loaf	€ 7,00
MARMALADE AND GINGER TOASTIE with wholemeal tin loaf	€ 6,50
MARMALADE AND GINGER TOASTIE with gluten free bread	€ 7,50
PANCAKE with honey/ maple syrup/ agave syrup / fruit	€ 6,50
SAVOURY SUGGESTIONS	
MEGGHI BREAD carrot bread with cooked ham and cheese	€ 7,00
PROVENZALE CROQUE MONSIEUR wholemeal bread with herbs cream cheese, svizzero cheese, grilled ham and tomato	€ 8,00
OMELETTE with mushrooms and cheese	€ 7,50
VEGAN TOAST wholemeal tin loaf with chickpea hummus, tomato, mixed salad and pumpkin seeds	€ 7,50
VEGAN BREAD GLUTEN FREE gluten free bread with chickpea hummus, tomato, mixed salad and pumpkin seeds	€ 8,00
SALMON AVOCADO TOAST Wholemeal loaf bread with avocado, marinated salmon, lactose free cream cheese, tomato, cucumber and lime juice	€ 9,50
AVOCADO TOAST WITH HARD-BOILED EGG Wholemeal loaf bread with avocado, hard boiled egg, lactose free cream cheese, tomato, cucumber and lime juice	€ 9,50
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
PINK GRAPEFRUIT NON-ALCOHOLIC COCKTAIL crushed agave syrup and lime, pink grapefruit juice and tonic waterwater	
POMEGRANATE NON-ALCOHOLIC COCKTAIL crushed pomegranate, mint and brown sugar with tonic water	
APPETIZER	
LIGHT crudité, crispy fava beans, olives and puffed chickpeas	€ 4,00
FRULEZ SPRITZ	€ 6,00
GRANATA SPRITZ pomegranate with Aperol, prosecco and tonic water	
FRULEZ SPRITZ diced citrds fruits with Aperol, prosecco and tonic water	
GINGER ORANGE SPRITZ ginger, Aperol, orange centrifuged and prosecco	
CENTRIFUGED JUICES	€ 4,50
<i>with addition of aloe</i>	€ 5,50
ABBONZANTE Carrot, peach, melon and basil	
ANTIOSSIDANTE Pineapple, beetroot, lime and apple	
ABBRACCIO DI FERRO Spinach, pineapple, kiwi, apple and ginger	
BRUCIAGRASSI Pineapple, lemon, apple, fennel and ginger	
DOPOSOLE Watermelon, melon, mint and apple	
SOFT GREEN Apple, cucumber, zucchini and fennel	
SOLO AGRUMI Grapefruit and orange	
LELLA Orange, carrot and apple	
MORE OR LESS Carrot, tomatoe, celery, lemon and tabasco	
RAVANAS Carrot, apple, lemon, radish and celery	
TONIFICANTE Carrot, apple, fennel, lemon and ginger	
TUTTARANCIA Orange	
VITAMINIC Kiwi, orange, basil, apple and lemon	
JUST PINEAPPLE	€ 5,50
CENTRIFUGED JUICES WITH ALOE VERA	€ 5,50
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	
POMELO PLUS Aloe vera, apple, pineapple, grapefruit and turmeric	
COLD FRUIT EXTRACTS*	
POMEGRANATE	€ 6,50
PERSONALIZED	€ 5,00
SMOOTHIES	€ 5,00
AEA Watermelon, black cherry and milk	
BUON PROSEGUIMENTO peach, banana, mango juice, cinnamon and milk	
CRUMBLE BUMBLE Banana, muesli crumble, red fruits and yogurt	
FRUIT SALAD SHAKE Apricot, banana, peach, kiwi and orange juice	
SUPERSMOOTHIES WITH SUPERFOOD	€ 6,00
AVOCADABRA Apple, banana, avocado, honey, hazelnuts, almond milk, lemon peel	
SHINE ME UP Mango, pineapple, mango juice, carrot and mint juice and lime peel	
BEFORE WORK-OUT PEANUT BUTTER, banana, grains of hazelnut, oat milk and apple	
MATCHA GREEN MATCHA, pineapple, kiwi and apple juice	
LIBERTY GOJI BERRIES, beetroot, orange and apple juice	
FRESH FRUIT	€ 3,50
+ Yogurt	€ 4,00
+ Yogurt and muesli / Goji berries	€ 4,50
+ Yogurt and cereals	€ 3,00
Yogurt only	€ 2,00
SPOON DESSERTS	
TIRAMISÙ ESPRESSO cold milk cream, almond biscuit with vanilla barboun soaked in hot espresso coffee and cocoa powder	€ 4,00
CROCCANTINO ALL'AMARENA White rice with orange teriyaki in syrup, chocolate topping and chopped hazelnuts	€ 4,00
CREAM AND WILD BERRY PIE	€ 5,00
CHOCOLATE CHEESE CAKE	€ 5,00
ALMOND MOUSSE WITH FIG JAM	€ 5,00
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	
WIFI VODAFONE_FRULEZ frulezbari	
PIAZZA UMBERTO I, 14-15 70121 BARI TEL. - FAX 080 523 9827 FRULEZ@FRULEZ.IT - FRULEZ.IT	