LONGLIFE
FORMULA

THE HEALTH MENU

PIACENTINI
RESTAURANT

Spring 26

THE HEALTH MENU

From scientific research to the search for flavours that nourish

Eating consciously means activating intelligent resources. Every meal generates biological signals that communicate with the body through metabolism, inflammation, oxidative stress and energy regulation mechanisms.

This menu is inspired by the principles of **Lucia Magnani's Long Life Formula®** Method and guides you towards a diet that generates health, balance and deep satisfaction.

A journey of discovery where **functional nutrition** and the **pleasure of taste** come together, generating concrete benefits in a context of authentic conviviality.

The dishes are based on a functional nutrition approach, which recognises food not only as a source of energy, but also as a **set of bioactive molecules** capable of activating the body's main balancing processes: stress management, modulation of low-grade inflammation, regulation of carbohydrate metabolism and cell protection.

The order of the meal: a simple gesture that activates the optimal metabolic response

The Long Life Formula® Method uses a precise sequence of food intake, a strategic element of the benefit: **first fibre**, which modulates nutrient absorption and directs the glycaemic response towards effective hunger management; **then protein**, which activates satiety and metabolic stability; **finally, carbohydrates**, to contain glycaemic peaks and reduce post-prandial oxidative impact.

A change in the order of intake that generates **measurable effects on metabolic balance** and the modulation of underlying inflammation, key elements for an organism that regains its functional balance.

Antioxidants: strength lies in diversity

There is no such thing as a miracle antioxidant: effective cell protection comes from a variety of bioactive compounds.

Dishes create a **nutritional mosaic**: polyphenols, carotenoids, vitamins, sulphur compounds and flavonoids from different coloured vegetables, aromatic herbs, spices and seasonal fruit. Plant diversity is a **functional biological strategy** with a specific goal: to provide the body with the resources it needs to respond optimally to the stresses it faces every day.

From the garden to the plate: quality is built first

The nutritional quality of a dish **is built before cooking**, through the way food is grown and selected: seasonal vegetables, fresh raw materials, short supply chains and small producers, a preference for organic and less treated varieties.

Ingredients richer in phytochemicals generate **greater nutritional density** and greater functional effectiveness. **Seasonal** ingredients contain the phytochemicals that nature itself has developed in plants to respond to the challenges of that specific season.

Gentle cooking: preserving what generates well-being

The cooking techniques complement the menu philosophy: **controlled temperatures, low-temperature vacuum cooking, calibrated cooking times.**

These methods **preserve vitamins, minerals and antioxidant molecules**, which are quickly degraded by aggressive cooking methods. The strategic use of spices and aromatic herbs allows for reduced salt intake, optimising the health profile while **maintaining the pleasure of taste**.

Executive Chef Marco Culeddu

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FIBRES, AS A STARTER

Your choice

- Courgette blossom: a dish featuring courgettes cooked at a low temperature and 'scapece' (a type of pickled courgette), its blossom, linseeds, pecorino and mint (7-8)
- Cream of green asparagus, olives and herbs
- Spring onion soup with squacquerone, truffle and croutons (1-7)
- Salad of rocket, daikon, radishes, spinach and seaweed
- "Pomod'oro" in different textures

€ 18,00

PROTEINS, AS A FIRST COURSE

Your choice

- Guinea fowl, pea and Swiss chard soup
- Chickpea hummus, dandelion greens and croutons, with sun-dried tomatoes and spices (1-11)
- Adriatic mackerel cooked at low temperature, marjoram-scented sauce, snow peas and broad beanse (4)
- Sea bass cooked at low temperature, avocado, agretti and radishes (4)
- Veal fillet, Italian-style sauce, aubergines, coffee and peppers
- Egg in purgatory (3)

€ 28,00

CARBOHYDRATES, AS A SECOND COURSE

Your choice

- Risotto with asparagus, cooked and raw (7)
- Flat tagliatelle with baby vegetables from the Lucia Magnani vegetable garden (1-3)
- Senatore Cappelli wholemeal rigatoni, rocket and ricotta pesto with green beans and prawn tartare (1-2-7)
- Wholemeal Senatore Cappelli spaghetti cooked in a spinach and basil stock with mullet bottarga (1-4)
- Purple potato gnocchi with peas, broad beans and almond sauce (1-8)

€ 22,00

DESSERTS

Your choice

- Cantucci with Vin Santo and zabaglione (1-3-7-8-12)
- Steamed milk with strawberries (3-7)
- Red berry ice cream (3-7)
- Traditional zuppa inglese (1-3-7)
- 75% dark chocolate cake (1-3-7)

€ 12,00

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ROMAGNOLA TRADITION

The flavours of Romagna meet the Philosophy of Well-being

Selected raw materials, organic and artisanal ingredients, cooking methods that preserve nutritional quality: our care transforms Romagna tradition into authentic flavours that generate Well-being.

- Local cured meats and cheeses served with pickled vegetables, piadina, and caramelised figs (1-7) € 20,00
- Romagnolo cappelletti with meat sauce (1-3-7) € 20,00
- Sliced Fassona beef, rocket, Parmigiano and cherry tomatoes (7) € 28,00
- Latte in piedi with strawberries (7) € 12,00

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FORMULA

"Our kitchen uses products and substances that may cause allergies or other undesirable reactions. The list of allergens is available for viewing below.
We therefore point out that all dishes prepared and served in our premises may contain traces of these 14 substances."
*Frozen products – Dishes marked with (*) are prepared with raw materials that are frozen or deep-frozen at source.
**Raw materials/products blast chilled on site.
Some fresh products of animal origin, as well as raw fish products, are subjected to rapid blast chilling to ensure quality and safety, as described in the HACCP Plan in accordance with EC Reg. 852/04 and EC Reg. 853/04.

SOSTANZE O PRODOTTI CHE PROVOCANO ALLERGIE O INTOLLERANZE
SUBSTANCES OR PRODUCTS THAT CAUSE ALLERGIES OR INTOLERANCES

1) Cereali contenenti glutine (grano, farro, grano khorasan, segale, orzo, avena) / *Cereals containing gluten (wheat, spelt, khorasan wheat, rye, barley, oats)*
2) Crostacei / *Crustaceans*
3) Uova / *Eggs*
4) Pesce / *Fish*
5) Arachidi / *Peanuts*
6) Soia / *Soy*
7) Latte e prodotti a base di latte (incluso lattosio) / *Milk and dairy products (including lactose)*
8) Frutta a guscio / *Nuts (almonds, hazelnuts, walnuts, cashews, pecans, Brazil nuts, pistachios, macadamia nuts or Queensland nuts)*
9) Sedano / *Celery*
10) Senape / *Mustard*
11) Semi di sesamo / *Sesame seeds*
12) Anidride solforosa e solfiti (se in concentrazioni superiori a 10 mg/kg o 10 mg/litro) / *Sulfur dioxide and sulfites (if in concentrations greater than 10 mg/kg or 10 mg/liter)*
13) Lupini / *Lupines*
14) Molluschi / *Mollusks*

Per eventuali intolleranze alimentari o allergie, vi preghiamo di rivolgervi al personale del ristorante.
For any kind of intolerances or allergies please ask to our restaurant staff

For any information on substances and allergens it is possible to consult the appropriate documentation that will be provided, upon request, by the personnel on duty. (EU) 1169/2011 Regulation