

## Light lunch

(from 12.30 to 14.00)

### Weellbeing & Taste

- 1 Detox Drink
- 1 Fresh vegetable dip (carrot, pepper, cucumber, fennel)
- 1 Main Dish
- 1 Dessert



## Soupe Mania

(with quinoa or black rice)

- Carrots and Ginger Cream** €13
- Soupe of the Day** €13
- Fennel and Orange Cream** €13

## Ground with the Stone

- Club Sandwich** €13  
Lettuce, Turkey, Bacon, Eggs, Mayonnaise.
- American Toast** €8  
Ham and Cheese.
- Avocado & Salmon Sandwich** €13  
Guacamole, Egg, Salmon, Salad, Tomato.

## Special Salad

- Caesar Salad** €14  
Green Salad, bread croutons, 22 Month "Dismano" Parmesan, Chicken with Rosemary, Boiled Eggs.
- Salmon Salad** €14  
Green Salad, Radicchio, Spinach, Valerian salad, Cherry tomatoes, Salmon, Fennel.
- Vegan Salad** €14  
Green Salad, Radicchio, Tomatoes, Carrots, Beans, Spinach, Cabbage.

### Salad dressing

- Yogurt Sauce
- Soia Souce
- Guacamole Souce
- Balsamic Vinaigrette

## Pasta

- Spaghetti pasta alla Carbonara** €13
- Gramigna pasta al Ragù di Cinta** €13
- Rice of the Day** €12
- Paccheri pasta with tomato and basil** €12
- Tortellini with broth** €15

## Special Burger with Patatoes

- Flower Burger** €14  
Vegetable burger, Dried tomatoes, Zuchinis, Guacamole.
- Classic burger** €14  
Beef burger, bacon, tomato, green salad, mayonnaise.

## Our Piada

- Classic Piada** €11  
Parma Ham, Stracchino and Rocket Salad.
- Healty Piada** €11  
Tomatoes, Basil, Zuchinis, Avocado and Mozzarella.
- Delicious Piada** €11  
Turkey breast, tomatoes, Salad, Orange peel and Basil sauce.
- Special Piada** €11  
Ham, Mozzarella and Zuchinis.

## 5 Seconds.. 🕒

- Chicken with Vegetables** €15
- Ricotta and spinach meatballs** €14  
With Tomatoes and Basil sauce
- Salmon with orange and Ginger with Vegetables** €16
- Bresaola** €13  
With Songino salad, Walnuts and 22 Month "Dismano" Parmesa.
- Omelette** €12  
Spinach, Mozzarella and Salmon

## Dessert and Sweet Sensations

- Tiramisù** €6
- Special Cake** €6
- Panna Cotta with Berry Sauce** €6
- Fresh fruit salad** €6

## Pancakes

- Apple Pie and Caramel** €6  
Salted caramel, Apple sauce, Cinnamon and Pine nuts.
- Tiramisù Style** €6  
Mascarpone cream, Chocolate, Hazelnuts, Cacao.
- American Style** €6  
Peanut butter, Bananas and Maple syrup.



*Our Light Lunch not only nourishes the heart, but also the soul. It's perfect to recharge your batteries without getting tired.*

*Choose light and nutritious options they help maintain energy throughout the day and promote concentration and productivity.*

*Eating a tasty meal based on fresh vegetables, lean phytoproteins and whole grains is a great way to ensure a light and satisfying experience.*

*Let's remember to enjoy every bite and taste the moment of pause that lunch gives us.*