

# Classic coffee

	PRICE
ESPRESSO/MACCHIATO COFFEE	1,20 €
CORRECT EXPRESS	1,50 €
GINSENG (various flavors) OR BARLEY CEREALS	1,40 €
GINSENG (barley) LARGE CUP	1,70 €
EXPRESSINO	1,50 €
GINSENG (or barley)	1,70 €
CAPPUCCINO	1,60 €
CAPPUCCINO GINSENG (or barley)	1,70 €
PROTEIN CAPPUCCINO	2,80 €
WHITE MILK	1,20 €
LATTE MACCHIATO	2,00 €
MILK AND GINSENG	2,30 €
COFFEE MILK	1,90 €
COCOA/NESQUIK MILK	1,30 €
MILK WITH CEREALS	1,70 €
AMERICAN COFFEE	1,70 €
SPECIAL COFFEE	2,70 €
SHAKED COFFEE	2,20 €
CAFFE SHAKED BAYLES	2,70 €
CAFFÈ LECCESE	1,70 €
GINSENG LECCESE	2,00 €

## **GLUTEN FREE:**

EMPTY CORNET AND TIRAMISU (also without lactose)

CHOCOLATE BROWNIES

CHOCOLATE SOUFFLÉ

SELECTION OF CROISSANTS (also without lactose)

SELECTION OF SWEETS AND BISCUITS/COOKIES ALSO WITHOUT SUGAR  
AND LACTOSE-FREE, OF OUR PRODUCTION

# Cold coffee

	PRICE
COLD COFFEE	1,50 €
GINSENG WITH ICE	1,60 €
COLD EXPRESS	2,80 €
COLD GINSENG (or barley)	3,80 €
EXPRESSINO COLD BAYLES	3,80 €
COLD CAPPUCCINO	3,30 €
COLD CAPPUCCINO GINSEG (or barley)	4,30 €
COLD LATTE MACCHIATO	3,80 €
COCOA MILK/NESQUIK COLD	3,20 €
ICED COFFEE (espresso, milk, vanilla, ice)	3,00 €
GRANITA COFFEE	3,00 €
LEMON GRANITA	3,00 €
MILK SHAKE	4,00 €
PROTEIN SHAKE	5,00 €
TIRAMISU ESPRESSO	4,50 €

## **CORRECTIONS:**

DEK	0,20 €
SPECIAL MILK (soy, almond, coconut)	0,30 €
ICE	0,20 €
CREAM (without lactose)	0,50 €
COFFEE OR LEMON GRANITA	1,00 €

## **\*SPECIAL TASTE:**

**CLASSICS:** NUTELLA FERRERO

CRUNCHY NUTELLA

PISTACHIO (no lactose)

WHITE CHOCOLATE

DARK CHOCOLATE (no lactose)

KINDER BUENO

CUSTARD (no lactose)

**PROTEIN CREAMS WITHOUT SUGAR AND LACTOSE: CHOCOLATE, COCONUT**

**SPECIAL TASTE\* +0,50€**

**SERVED AT THE TABLE +0,20€**

# Treats in a cup

	PRICE
<b>POKET COFFEE</b>	4,00 €
coffee cream, dark chocolate, cocoa, crunchy grains	
<b>SPRINT</b>	4,00 €
cream coffee, white chocolate, salted caramel, almond flakes	
<b>SWEETNESS</b>	4,50 €
custard, caramel, cream, white chocolate chips	
<b>HUG</b>	4,50 €
custard, fresh fruit, apricot jam, lactose-free biscuit	
<b>KINDER CEREALS</b>	4,50 €
milk flakes, crunchy nutella, white chocolate, cereals, Nesquik	
<b>BUENO</b>	4,50 €
Buttermilk, crema bueno, caramel, cocoa, hazelnut flakes, cream	
<b>PARADISE</b>	5,00 €
Buttermilk, custard, vanilla, marshmallow, cream, crispy	
<b>CROCK</b>	4,00 €
Milk floret, crunchy nutella, smarties	

# Well-being in the cup

<b>ALL THE FRUIT</b>	5,00 €
Greek yoghurt 0, fresh fruit, dried fruit, peeled fruit, honey	
<b>PROTEIN</b>	4,50 €
Greek yogurt 0, protein cream (chocolate or coconut), bitter cocoa, almond flakes	
<b>SUPER</b>	5,00 €
Greek yogurt 0, banana, peanut butter, cereals, dark chocolate	
<b>FIT TIRAMISU'</b>	5,00 €
Greek yogurt 0, cold coffee, custard cream, cocoa, hazelnut	
<b>VEGAN OK</b>	5,00 €
soy yogurt, fresh fruit, cream and pistachio	
<b>EXOTIC</b>	4,00 €
Soy yogurt, coconut rapè, banana, salted caramel	
<b>CHILDHOOD</b>	5,00 €
Soy yogurt, lactose-free biscuit, crema bueno, nesquik, smarties	
<b>PASSION</b>	5,00 €
Soy yogurt, strawberries, berry jam, cherries, cream	

**NB. FIORDILATTE, CREMA PASTICCERA, CREMA CAFFE', YOGURT GRECO,  
SOY YOGURT: THEY ARE LACTOSE-FREE**

## CRÊPES OR PANCAKE?

PRICE

### SALTY

7,00 €

14. 14. HAM COTTO, AVOCADO , SALAD, PHILADELPHIA
15. RAW HAM, SCAMORZA AFFUMICATA,  
RADICCHIO, GRANOLA
16. BRESAOLA, RUCOLA, GRANA, CITRONETTE
17. CAPOCOLLO, PHILADELPHIA, VEGETABLES, RADICCHIO
18. TURKEY LEG, PROTEIN RICOTTA,  
ALMOND FLAKES, CITRONELLA
19. TUNA, MAYONNAISE, CAPERS, TOMATO, PHILADELPHIA
20. PESTO BASIL, VEGETABLES, LEMONETTE, CAPERS,  
HOT PEPPER , TOMATO
21. HARD-BOILED EGG, BACON, GRANA, AVOCADO

### SWEET

1. DARK CHOCOLATE AND RED FRUITS WITH CREAM 6,00 €
2. CUSTARD AND FRESH FRUIT 6,00 €
3. STRAWBERRIES HONEY AND CREAM 5,00 €
4. KINDER BUENO, CRUMBLE BISCUIT, SALTED CARAMEL 6,00 €
5. WHITE CHOCOLATE, DARK CHOCOLATE,  
ALMOND FLAKES, QUICK COCONUT 7,00 €
6. PISTACHIO, NUTELLA, CREAM, CHOCOLATE CHIPS,  
PISTACHIO GRAIN 7,00 €
7. WHITE CHOCOLATE, DARK CHOCOLATE, NUTELLA,  
KINDER BUENO, GRANULE 7,00 €
8. BERRY JAM, CUSTARD  
FRESH FRUIT, RED FRUITS 7,00 €
9. PEANUT BUTTER, BANANA, PISTACHIO SEEDS 6,00 €
10. PRO CHOCOLATE (WITHOUT SUGAR), HONEY, COCOS 6,00 €
11. CREAM PRO (WITHOUT SUGAR) COCONUT, FRESH FRUIT,  
ALMOND FLAKES, MAPLE SYRUP 7,00 €
12. CHOCOLATE AND COCONUT (WITHOUT SUGAR) RED FRUITS,  
COIR RAPÉ 6,50 €
13. APRICOT JAM, DARK CHOCOLATE,  
CREAM, COCOA POWDER 6,50 €
14. NUTELLA AND GRANELLA 5,50 €

	<b>PRICE</b>
<b>APERITIF HOME MADE</b>	7,00 €
Chef's delicacy (preparation and daily/seasonal variation)	
<b>REINFORCED APE</b>	10,00 €
<b>VEGAN HOMEMADE</b>	8,00 €
<b>TARALLUCCI AND WINE!</b> (glass of wine, tarallini, focaccia, frisellina, olives)	8,00 €
<b>APERIFIT</b> (cashew nuts, olives, crudités, crostino pro with salmon and ricotta pro)	8,00 €
<b>COPP. SINGLE:</b>	1,50 €
Chips, olives, taralli, peanuts, cashews, pistachios, hazelnuts, spicy rice	
<b>FRENCH FRIES</b>	4,00 €
<b>TOMATO FRISELLINE WITH OREGANO AND RUCOLA (6PCS)</b>	5,00 €
<b>PUGLIESE MEATBALLS (4 PCS.)</b>	4,00 €
<b>PANZEROTTINI PUGLIESI (3 PCS)</b>	3,00 €
<b>RUSTIC OF MEAT</b>	2,50 €
<b>RUSTIC SALAMI</b>	2,50 €
<b>RUSTIC VEGETABLES</b>	2,50 €
<b>RUSTIC SAUSAGE</b>	1,50 €
<b>FOCACCIA PUGLIESE</b>	1,50 €
<b>STUFFED FOCACCIA</b>	2,50 €
<b>AVOCADO TOAST</b> (protein bread, salmon, avocado, rucola, almonds, hard-boiled egg, philadelphia)	10,00 €
<b>CHICKEN SLICE</b> (with vegetables, tomato, rucola, almond flakes)	9,00 €
<b>CHIANINA BURGER</b> (with salad, tomato, crispy bacon, grana)	9,00 €
<b>CHICKEN CUTLET</b> (with salad, tomato, rucola)	9,00 €
<b>SMOKED SALMON</b> (crostini, rucola, oil, lemon, avocado)	10,00 €
<b>VEG BURGER</b> (with seasonal vegetables, avocado and radicchio)	8,00 €
<b>FIT E VEG</b> (100% veg protein ricotta with vegetables, rucola, tomato, radish, almonds)	9,00 €
<b>BUFFALO CHEESE</b> (Buffalo cheese, tomato, salad, basil, olive oil)	9,00 €
<b>CAPRESE VEGAN PROTEIN</b> (vegan and protein mozzarella with tomato, rucola, basil)	8,00 €
addition bread	1,50 €
protein bread	2,00 €

	<b>PRICE</b>
<b>SANDWICH (CLASSIC OR CEREAL)</b>	
<b>AMERICAN</b>	9,00 €
chianina burger, salad, tomato, crispy bacon, ketchup and mayonnaise	
<b>BUFFALO BILL</b>	10,00 €
burger chianina, radicchio, mozzarella Bufala dop, basil pesto, capocollo, tomato	
<b>BIXA</b>	8,50 €
chianina burger, double cheddar, bacon, onion, bbq sauce	
<b>MILANESE</b>	8,00 €
chicken cutlet, radicchio, tomato, cheddar, ketchup, mayonnaise	
<b>BURGER FIT</b>	9,00 €
Chicken fillets, ricotta pro, salad, tomato, almonds	
<b>VEG BURGER</b>	8,00 €
veg burgers, rucola, tomato, veg mozzarella, EVO oil, cashews	
<b>PROTEIN BURGER</b>	10,00 €
chianina burger, avocado, rocket, tomato, mozzarella Pro, chili	
<b>PIADA (CLASSIC OR INTEGRAL)</b>	
<b>VINTAGE</b>	8,00 €
bresaola, mozz. buffalo, rucola, tomato	
<b>MY LAND</b>	7,00 €
capocollo, pesto basil, rucola, smoked scamorza	
<b>BUFALA</b>	8,00 €
mozzarella di bufala dop, basil, tomato, EVO oil, rucola	
<b>VEGAN OK</b>	8,00 €
seasonal vegetables, veg. mozzarella, avocado, almonds, rucola	
<b>HOT</b>	8,50 €
Ferrarini ham, mozzarella pro, chili, tomato, rucola	
<b>COOKED</b>	7,00 €
cooked ham Ferrarini, scamorza aff. salad, tomato, pistachio	
<b>LIGHT</b>	7,50 €
fesa, mozzarella veg, tomato, vegetables, hazelnut granella	

	<b>PRICE</b>
<b>CLUB SANDWICH</b>	
<b>SALMON</b>	8,50 €
salmon, mayo, tomato, radicchio, almonds	
<b>PROTEIN</b>	8,50 €
bresaola, ricotta pro, tomato, arugula, salad, olive oil	
<b>COOKED</b>	7,00 €
cooked ham, mayonnaise, tomato, salad, vegetables	
<b>TUNA</b>	7,00 €
Tuna, mayonnaise, tomato, rocket, capers	
<b>VEGETABLES</b>	7,00 €
vegetables, chilli, ricotta veg, granella nocciole,	
	+0,50 €
variation bread pro	

## *Salads*

<b>BASE:</b> green salad, arugula, radicchio, tomato, citronette, crostini	
<b>CHICKEN</b>	9,00 €
grilled chicken, grana, peanuts, vegetables	
<b>SALMON</b>	9,00 €
salmon, avocado, almonds, philadelphia, carrots	
<b>TUNA</b>	8,00 €
Tuna, capers, crudité, onion, pistachio	
<b>ORTO</b>	8,50 €
vegetables, basil pesto, capers, veg ricotta, pistachio	
<b>FIT</b>	9,00 €
sliced, cashews, ricotta pro, vegetables, carrots, basil	
<b>SUPER</b>	9,50 €
hard-boiled egg, capers,vegetables, crispy bacon, chilli, onion, grana, peanuts	
<b>PUGLIA VEG</b>	9,50 €
mozzarella veg, basil, crudite, capers, almonds, onion	
	1,50 €
addition bread	2,00 €
protein bread	