



YOU CREATE IT.

COLD 12.90
2 THEN
2 PROTEINS
4 VEGETABLES
1 SALSA
2 CRUNCHIES

HOT 12.90
2 THEN
1 PROTEIN
2 VEGETABLES
1 SALSA
1 CRUNCHIES

BASE

COMPOSITE SALAD FUMMOON RICE BASMATI RICE
 MEDIUM SAIBINI AN FRUGOLA SEASONED COUSCOUS

PROTEIN

- MARINATED SALMON - 0.90
- OCTOPUS AND POTATOES - 0.90
- CITRUS PRAWNS - 0.90
- VEGAN MEATBALLS - 0.90
- PREPARED TUNA
- POULTRY BREAST
- PASTA
- EGG
- TOFU

VEGETABLE

- ORANGE SCENTED FENNEL - 0.30
- MINTED PEAS
- LENTILS
- TAGGIASCA OLIVES - 0.30
- DRIED TOMATOES - 0.50
- MORE
- CUCUMBER SALAD
- GRANA PADANO SHAWINGS
- TOMATOES AND BAVEL
- BAYTOUILLE
- CHICKPEA HUMMUS
- EDAMAME
- ZUCCHINI INFUSED WITH THYME - 0.30
- JULIENNED CARROTS
- TIPS

DRESSING

- BALSAMIC DRESSING
- SPICED OIL
- EXTRA VIRGIN OLIVE OIL
- SOY GLUTEN FREE
- PLANT BASED SAUCE
- YOGURT DRESSING
- SPICY SALSA
- TERIYAKI SALSA - 0.50
- AVOCADO CREAM - 0.50
- CITRUS CITRONETTE - 0.50

CRUNCHIES

- CHOPPED HAZELNUTS - 0.30
- CRUNCHY ONION
- SEMI-MYSTICAL
- CROUTONS OF BREAD HUM
- PEANUTS
- ALMOND FLAKES - 0.30
- PISTACHIO KERNELS - 0.30



LUNCH MENU

12.90 EUROS FOR A DISH, WATER, AND COFFEE

FOR RESERVES RELAXING ALL DAY AND ENJOYING OUR FLAVORFUL PLAINS BRUNCH OUT TO THE TERRACE MOST OF OUR PLAYS ARE BLISS OFFERS

FIRST COURSE



LEGUMINOUS DUMPLINGS 🌱
 with chickpea flour, red lentils, and peas in tomato sauce topped with Grana Padano cheese



RICE VERMICELLI
 FISH shrimp, fish sauce, julienned vegetables, ponzu sauce, crispy onions, and lime 🌱
CHICKEN chicken, teriyaki sauce, edamame, julienned vegetables, and almonds
VEGETABLES julienned vegetables, vegan mayonnaise, edamame, thyme, zucchini, and peanuts 🌱



ARTISANAL VEGETABLE RAVIOLI 7 PIECES 🌱 🌱
 Spinach dough encasing grilled vegetables, accompanied by vegan mayonnaise and finely chopped hazelnuts.
SHRIMP GYOZA WITH SPICY SAUCE, 8 PIECES 🌶️
 Classic dumplings filled with shrimp, accompanied by a spicy sauce and edamame.



EMILIAN LASAGNA
 lasagna featuring a medley of ragù, béchamel sauce, egg pasta, and abundant fior di latte cheese
PESTO LASAGNA
 Pesto lasagna featuring potatoes and green beans, complemented by pecorino and grana padano cheeses.



THE BROTHS

PUMPKIN SOUP 

with H.M. bread croutons and Grana Padano shavings

ONION BISQUE 

the renowned onion soup accompanied by croutons and Grana Padano shavings

SECOND COURSES

GENOESE SERVED WITH POLENTA

tender beef morsels braised in a Genoese ragù served atop a bed of polenta

CURRY CHICKEN

Chicken fillet in curry sauce accompanied by couscous, garnished with courgettes, Taggiasca olives, and roasted potatoes.

MILANESE CUTLET

Milanese-style pork loin cutlet accompanied by baked potatoes

TOMATO-INFUSED MEATBALLS SERVED WITH POLENTA

10 beef meatballs accompanied by tomato sauce and polenta

3 HUMMUS WITH FOCACCIA  

Chickpea hummus, lentil hummus, and mint-infused pea hummus accompanied by Genoese focaccia bread

FREGOLA WITH OCTOPUS AND POTATOES

Medium Sardinian fregola with octopus and potatoes, cherry tomatoes infused with basil, Taggiasca olives, and a drizzle of spicy oil. 



NEW!



OUR STEAMERS

DEFIANT SHRIMP 

Citrus-infused prawns, black rice, thyme-scented courgettes, basil-infused cherry tomatoes, julienned carrots, citronette, and chopped pistachios.

HAPPY CHICKEN

NEW!

Couscous, black rice, chicken nuggets, ratatouille, edamame, Caesar dressing, and a medley of seeds

VEGETABLE PROTEIN 

Tofu, basmati rice, couscous, chickpeas, lentils, basil, cherry tomatoes, vinaigrette, and crispy onions

OUR SALADS

WINTER CAESAR

mixed salad, chicken breast, sun-dried tomatoes, julienned carrots, shavings of Grana Padano cheese, Caesar dressing, and croutons

SAILOR'S SALAD 

mixed greens, eggs, tuna, legumes, cucumbers, peas with mint, fennel salad with vinaigrette, chopped hazelnuts



OUR INTERACTIONS

SALMON POKE BOWL 

Marinated salmon, black rice, cucumbers, edamame, fresh avocado, yogurt sauce, and crispy onions.

POLPO POKE BOWL 

Black rice, octopus and potatoes, edamame, edamame, cherry tomatoes infused with basil and citronette

BACK

