

SELEZIONE NATURALE

Fruit, Meat & Vegetable

"La cucina semplice, buona e genuina come quella di nonna"
"Simple, good and genuine cuisine like grandma's"



LE STUZZICHERIE / Appetizers

- 9.5€ **HUMMUS DELICATO DI CECI E FINOCCHI FUMÉ CON CHUTNEY DI LIMONI, FINOCCHI E CIPOLLE ROSSE** ^{1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,43,44,45,46,47,48,49,50,51,52,53,54,55,56,57,58,59,60,61,62,63,64,65,66,67,68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92,93,94,95,96,97,98,99,100}
Delicate chickpea and smoky fennel hummus with lemon, fennel and red onion chutney (rice cakes gluten-free on request)
- INSALATA RUSSA SELEZIONE NATURALE ^{1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,43,44,45,46,47,48,49,50,51,52,53,54,55,56,57,58,59,60,61,62,63,64,65,66,67,68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92,93,94,95,96,97,98,99,100}
Classic salad Selezione Naturale (pasta) with potato salad
- POLPETTE VEG DI CAROTE ED ERBETTE CON MAYO VEGANA AROMATIZZATA ALLA SENAPE ^{1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,43,44,45,46,47,48,49,50,51,52,53,54,55,56,57,58,59,60,61,62,63,64,65,66,67,68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92,93,94,95,96,97,98,99,100}
Vegetarian carrot and fennel meatballs with homemade vegan mayo flavoured with mustard
- COUS COUS DI MAIS CON ASPARAGI, PISELLI*, CAROTE, PORRI, ANANAS GRIGLIATO E MENTA FRESCA ^{1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,43,44,45,46,47,48,49,50,51,52,53,54,55,56,57,58,59,60,61,62,63,64,65,66,67,68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92,93,94,95,96,97,98,99,100}
Corn cous cous with asparagus, peas*, carrots, leeks, grilled pineapple and fresh mint

- 10€ **FLAN DI SEDANO AL PEPE VERDE CON SALSA DI CAROTE E SALVIA** ^{1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,43,44,45,46,47,48,49,50,51,52,53,54,55,56,57,58,59,60,61,62,63,64,65,66,67,68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92,93,94,95,96,97,98,99,100}
Celery flan with green pepper with carrot and sage sauce
- 21€ **TAGLIERE DEGUSTAZIONE DELLE 5 STUZZICHERIE**
Tasting cutting board of 5 appetizers

LE SPECIALITÀ / Specialty

- 54€ **POLPETTONE DI SOIA E LENTICCHIE CON CUORE DI ERBETTE E SALSA VEGETALE AL SUGO D'ARROSTO** ^{1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,43,44,45,46,47,48,49,50,51,52,53,54,55,56,57,58,59,60,61,62,63,64,65,66,67,68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92,93,94,95,96,97,98,99,100}
Soy and lentil meatloaf with heart of herbs and vegetable roast sauce
- 13€ **TERRINA DI ASPARAGI, CREMA DI CANNELLINI E FORMAGGIO VEG HOME MADE CON TOFU STRAPAZZATO** ^{1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,43,44,45,46,47,48,49,50,51,52,53,54,55,56,57,58,59,60,61,62,63,64,65,66,67,68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92,93,94,95,96,97,98,99,100}
Asparagus terrine, cream of cannellini beans and homemade veg cheese with scrambled tofu
- 12€ **PERA RIPIENA DI RADICCHIO, CIPOLLE E NOCI SU CREMA DI ZOLA VEG** ^{1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,43,44,45,46,47,48,49,50,51,52,53,54,55,56,57,58,59,60,61,62,63,64,65,66,67,68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92,93,94,95,96,97,98,99,100}
Pear stuffed with radicchio, onions and walnuts on zola veg cream

I PRIMI / Pastas

- 14€ **SCIALATELLI AL SUGO DI POMODORO ALLA MODA ANTICA E BURRATA PUGLIESE** ^{1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,43,44,45,46,47,48,49,50,51,52,53,54,55,56,57,58,59,60,61,62,63,64,65,66,67,68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92,93,94,95,96,97,98,99,100}
Scialatelli pasta with tomato sauce and Apulian burrata cheese with chopped pistachios from Bronte
- SCIALATELLI AL SUGO DI POMODORO ALLA MODA ANTICA E STRACCHINO VEGETALE HOME MADE ^{1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,43,44,45,46,47,48,49,50,51,52,53,54,55,56,57,58,59,60,61,62,63,64,65,66,67,68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92,93,94,95,96,97,98,99,100}
Scialatelli pasta with tomato sauce and homemade vegetable stracchino cheese with chopped pistachios from Bronte
- RAVIOLI SARDI RIPIENI DI RICOTTA DI PECORA, GRANA E PECORINO AL SUGO AROMATIZZATO AL LIMONE ^{1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,43,44,45,46,47,48,49,50,51,52,53,54,55,56,57,58,59,60,61,62,63,64,65,66,67,68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92,93,94,95,96,97,98,99,100}
Sardinian ravioli pasta filled with sheep ricotta cheese, parmigiano and pecorino cheese with lime flavoured tomato sauce

On request
Gluten free pasta +1€

I DOLCI / Desserts

- 6.5€ **MOUSSE AL CIOCCOLATO FONDATE CON PERE FRESCHE** (CON PANNA FRESCA VEGANA + 1€ 12)
Mousse with dark chocolate with fresh pears (with fresh vegan cream +1€)
- 6€ **TIRAMISÙ VEGANO SELEZIONE NATURALE AL CAFFÈ E CACAO AMARO** ^{1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,43,44,45,46,47,48,49,50,51,52,53,54,55,56,57,58,59,60,61,62,63,64,65,66,67,68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92,93,94,95,96,97,98,99,100}
Selezione Naturale vegan tiramisu with coffee and bitter cocoa
- 6€ **MACEDONIA DI FRUTTA FRESCA** (CON PANNA FRESCA VEGANA + 1€ 12)
Fresh fruit salad (with fresh vegan cream +1€)
- 7€ **BAVARESE AL GELEÉ DI POMPELMO ROSA**
Bavarian with pink grapefruit jelly
- 7€ **TORTA SOFFICE DI FARINA DI FARRO ALLE FRAGOLE E LA SUA MARMELLATA** ^{1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,43,44,45,46,47,48,49,50,51,52,53,54,55,56,57,58,59,60,61,62,63,64,65,66,67,68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92,93,94,95,96,97,98,99,100}
Soft spat flour cake with strawberries and its jam
- 8€ **FROLLA DI RISI RIPIENA DI CREMA FRANGIPANE, MANDORLE E CHANTILLY MARMELLATA DI ALBICOCCHE E GANACHE AL CIOCCOLATO FONDATE** ^{1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,43,44,45,46,47,48,49,50,51,52,53,54,55,56,57,58,59,60,61,62,63,64,65,66,67,68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92,93,94,95,96,97,98,99,100}
Rice shortcrust pastry filled with frangipane cream, almonds and chantilly apricot jam and dark chocolate ganache

