



M E N U



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FREE WI-FI: A-Rete Guest | **PSW:** AreteWifiGuest



NutrizionalMente

Build your own plate

Choose it based on your needs, nutritional values, or diet.

How much PROTEIN, and from which source?

Which CARBOHYDRATES and VEGETABLES would you like on your plate?

PROTEINS

proteins

100 g. PER PORTION

Allergens .3 .4

PAPRIKA CHICKEN	6.20 €
GRILLED CHICKEN	6.50 €
GRILLED TURKEY	5.50 €
SMOKED SALMON	6.50 €
SALMON BURGER	6.00 €
MACKEREL FILLET	6.00 €
PANGASIUS FILLET	6.00 €
CHICKPEA HUMMUS	5.00 €
Boiled EGG	3.50 €
OMELETTE	5.00 €



CARBOHYDRATES

carbohydrates

100 g. PER PORTION

Allergens .1

Plain

RISO	4.00 €
FARRO	4.00 €
CECI	4.00 €
FAGIOLI	5.00 €
PASTA	4.50 €



VEGETABLES

vegetables

100 g. PER PORTION

Allergens .9

Grilled

ZUCCHINI	5.50 €
EGGPLANTS	5.00 €

GRATINATED FENNEL	4.80 €
CARAMELIZED ONION	5.00 €

Steamed

POTATOES	3.00 €
CARROTS	3.00 €
BROCCOLI	3.00 €
BEETROOTS	4.00 €
PEAS	4.00 €



MILANESE RISOTTO

12.00 €

INGREDIENTS	rice, saffron, white wine, Grana Padano, butter, onion, water, salt, celery (traces of soy)
NUTRITIONAL VALUES	energy 165 kcal / 290 kJ, fat 0.27 g of which saturates 0.07 g, carbohydrates 32.96 g, salt 0.36 g, protein 2.99 g
ALLERGENS	.9 .12 .7 .6

MUSHROOM AND TRUFFLE RISOTTO

13.50 €

INGREDIENTS	rice, porcini mushrooms, Grana Padano, butter, cream, truffle, flavourings, yeast extract, garlic, dehydrated tomato, pinaroli mushrooms, salt
NUTRITIONAL VALUES	energy 155 kcal / 653 kJ, fat 6.2 g of which saturates 0.9 g, carbohydrates 20 g, sugars 0.3 g, fibre 0.4 g, protein 4.9 g, salt 0.55 g
ALLERGENS	.7 possible traces of .1 .6 .9 .10 .11

SAUSAGE AND ASIAGO RISOTTO

12.00 €

INGREDIENTS	rice, pork sausage, butter, Asiago, Grana Padano, cream, white wine, onion, salt
NUTRITIONAL VALUES	energy 181 kcal / 700 kJ, fat 9 g of which saturates 4.5 g, carbohydrates 22 g, salt 2 g, protein 4.3 g
ALLERGENS	.7 .3 .12

new

CITRUS AND SALMON RISOTTO

14.00 €

INGREDIENTS	Carnaroli rice, Grana Padano, white wine, onion, cream, butter, potato starch, palm fat, turmeric, celery seeds, sunflower seed oil, flavour enhancers, maltodextrin, yeast, sugar, spices, smoked salmon, dextrose, acidifier, citric acid, natural lemon oil 4%, ginger, flavourings
NUTRITIONAL VALUES	147 kcal / 618 kJ, fat 5.3 g of which saturates 3.2 g, carbohydrates 18 g of which sugars 0.4 g, fibre 0.2 g, protein 5.7 g, salt 0.44 g
ALLERGENS	.3 .4 .7 .9 .12

FISH PAELLA

13.00 €

INGREDIENTS	water, rice, peppers, white wine, Grana Padano, butter, cream, egg, onion, salt, fish sauce, molluscs, crustaceans, peas, extra virgin olive oil, tomato, yeast, beef broth and fat, sugar, lemon, sunflower oil, turmeric, saffron, celery, parsley, pepper, garlic, traces of mustard, sesame
NUTRITIONAL VALUES	energy 133 kcal / 559 kJ, fat 5.4 g of which saturates 2.4 g, carbohydrates 14 g of which sugars 2.4 g, salt 0.53 g, protein 7.1 g, fibre 0.3 g
ALLERGENS	.2 .4 .7 .9 .12 .14



SPAGHETTONI CACIO E PEPE

12.00 €

INGREDIENTS	egg pasta, cooking cream, Grana Padano, Pecorino Romano, butter, salt, pepper
NUTRITIONAL VALUES	energy 229 kcal / 958 kJ, fat 13.46 g of which saturates 1 g, carbohydrates 19.20 g, salt 0.2 g, protein 19.20 g
ALLERGENS	.1 .7 .3

MEZZEMANICHE ALL'AMATRICIANA

13.00 €

INGREDIENTS	durum wheat semolina, tomato, smoked bacon, water, butter, onion, extra virgin olive oil, sugar, salt, black pepper.
NUTRITIONAL VALUES	energy 274 kcal / 1039 kJ, fat 7 g of which saturates 2.6 g, carbohydrates 24 g of which sugars 3.2 g, fibre 1.4 g, protein 8.2 g, salt 0.69 g
ALLERGENS	.1 .7 possible traces of .6 .10 .11

ORECCHIETTE WITH TURNIP TOPS

12.00 €

INGREDIENTS	durum wheat semolina pasta, garlic, turnip tops, soy, anchovies, extra virgin olive oil, breadcrumbs
NUTRITIONAL VALUES	energy 216 kcal / 904 kJ, fat 12 g of which saturates 3.46 g, carbohydrates 19.24 g, salt 1.62 g, protein 15 g
ALLERGENS	.1 .6 .4

MEZZE MANICHE ALLA GRICIA

13.00 €

INGREDIENTS	cream, Pecorino, butter, water, salt, smoked bacon, onion, durum wheat semolina, type 00 flour
NUTRITIONAL VALUES	energy 292 kcal / 1226 kJ, fat 12 g of which saturates 6.8 g, carbohydrates 35 g of which sugars 1.4 g, fibre 1.4 g, protein 11 g, salt 0.76 g
ALLERGENS	.1 .7 possible traces of .6 .10

PASTA

pasta

novità

TAGLIATELLE WITH WHITE RAGÙ

14.00 €

INGREDIENTS	durum wheat semolina, barn eggs, water, salt, meat (chicken, turkey, pork, bacon), vegetable broth, vegetable concentrate, white pepper, celery, carrot, onion, extra virgin olive oil, white wine (sulphites), sage, rosemary, black pepper. May contain traces of: mustard, soy, and sesame seeds.
NUTRITIONAL VALUES	245 kcal / 1029 kJ, fat 9.5 g of which saturates 2.6 g, carbohydrates 3.9 g of which sugars 1.9 g, fibre 1.5 g, protein 12 g, salt 0.92 g
ALLERGENS	.1 .9

TAGLIOLINI WITH RAGÙ

12.00 €

INGREDIENTS	durum wheat semolina, eggs, tomato, water, beef, pork, veal, red sauce, carrots, celery, pork bacon, dextrose, flavourings, extra virgin olive oil, onion, sugar, salt, rosemary, oregano, pepper, sage, juniper, parsley, garlic
NUTRITIONAL VALUES	energy 193 kcal / 812 kJ, fat 7.2 g of which saturates 2.3 g, carbohydrates 24 g of which sugars 3.2 g, fibre 1.4 g, protein 8.2 g, salt 0.69 g
ALLERGENS	.1 .3 .12

PENNE WITH TOMATO

7.00 €

INGREDIENTS	urum wheat semolina pasta, tomato
NUTRITIONAL VALUES	energy 149 kcal / 623 kJ, fat 4.10 g of which saturates 1.10 g, carbohydrates 23.50 g, salt 2.1 g, protein 6.00 g
ALLERGENS	.1

PASTA IN BIANCO

6.00 €

INGREDIENTS	durum wheat semolina pasta, extra virgin olive oil
NUTRITIONAL VALUES	energy 113 kcal / 472 kJ, fat 2.6 g of which saturates 0.6 g, carbohydrates 19.5 g of which sugars 2.2 g, protein 3.3 g, salt 2 g, fibre 1.6 g
ALLERGENS	.1

SECOND COURSES

second courses



SLICED BEEF

20.00 €

INGREDIENTS	Italian adult beef, cube roll
NUTRITIONAL VALUES	energy 156 kcal / 653 kJ, fat 8 g of which saturates 3 g, carbohydrates 0 g, sugars 0 g, fibre 0 g, protein 21 g, salt 0.25 g
ALLERGENS	No

new

TURKEY ROLLS WITH SPINACH AND CHEESE

9.00 €

INGREDIENTS	turkey, Pecorino cheese, spinach, butter, Fontal cheese, garlic, salt
NUTRITIONAL VALUES	185 kcal / 770 kJ, fat 13 g of which saturates 8.3 g, carbohydrates 1 g of which sugars 0.1 g, protein 16 g, salt 1.2 g, fibre 0.6 g
ALLERGENS	No

GRILLED CHICKEN BREAST

10.00 €

INGREDIENTS	grilled chicken breast
NUTRITIONAL VALUES	energy 99 kcal / 421 kJ, fat 0.8 g of which saturates 0.2 g, carbohydrates 0 g, protein 23 g, salt 0.47 g
ALLERGENS	No

CHICKEN THIGHS ALLA POTACCHIO

12.00 €

INGREDIENTS	chicken drumsticks, flour, garlic, extra virgin olive oil, tomato purée, onion, salt, sugar, sweet paprika, peppers, rosemary, mustard, sesame, juniper
NUTRITIONAL VALUES	energy 126 kcal / 527 kJ, fat 7.3 g of which saturates 1.3 g, carbohydrates 2.5 g, protein 13 g, salt 0.7 g
ALLERGENS	.1 .10 .11

SECOND COURSES

second courses

LAMB "ALLA PIGNATA"

14.00 €

INGREDIENTS	lamb, tomato purée, extra virgin olive oil, salt, rosemary, pepper, juniper, garlic, mustard, sesame
NUTRITIONAL VALUES	energy 226 kcal / 946 kJ, fat 17.55 g of which saturates 7.66 g, carbohydrates 13.38 g, protein 15.86 g, salt 0.7 g
ALLERGENS	.1 .10 .11

new

BEEF STRIPS

10.00 €

INGREDIENTS	type 00 soft wheat flour, beef. May contain traces of soy and mustard.
NUTRITIONAL VALUES	energy 130 kcal / 544 kJ, fat 18 g of which saturates 7.2 g, carbohydrates 1.4 g of which sugars 0 g, fibre 0 g, protein 19 g, salt 0.12 g
ALLERGENS	.1

VALDOSTANA-STYLE CUTLET

9.00 €

INGREDIENTS	veal silverside, Fontina, breadcrumbs (gluten free), Grana Padano, parsley, eggs, garlic
NUTRITIONAL VALUES	energy 224 kcal / 937 kJ, fat 12 g of which saturates 2.6 g, carbohydrates 15 g, salt 1.4 g, protein 14 g
ALLERGENS	.3 .7

new

CHICKEN CUTLET WITH FRIES

14.00 €

INGREDIENTS	chicken breast, Fontina, breadcrumbs (gluten free), Grana Padano, parsley, eggs, garlic
NUTRITIONAL VALUES	energy 224 kcal / 937 kJ, fat 12 g of which saturates 2.6 g, carbohydrates 15 g, salt 1.4 g, protein 14 g
ALLERGENS	.3 .7

SALT AND PEPPER PRAWNS

12.00 €

INGREDIENTS	frozen prawns blast chilled on board, potatoes, salt, pepper
NUTRITIONAL VALUES	energy 242 kcal / 1012 kJ, fat 12.28 g of which saturates 2.08 g, carbohydrates 11.47 g, salt 0.3 g, protein 21.39 g
ALLERGENS	.1 .2

DELICACIES

delicacies



Allergens .1

CHICKEN CROQUETTES	5.00 €
EGGPLANT MEATBALLS	5.00 €
POTATO CROQUETTES	5.00 €

SIDE DISHES

side dishes

Grilled

ZUCCHINI	5.50 €
EGGPLANTS	5.00 €

GRATINATED FENNEL	4.80 €
CARAMELIZED ONION	5.00 €

BAKED POTATOES	4.60 €
FRENCH FRIES	3.80 €

Steamed

STEAMED TRIO (broccoli, carrots, new potatoes)	6.00 €
POTATOES	3.00 €
CARROTS	3.00 €
BROCCOLI	3.00 €
BEETROOTS	4.00 €
PEAS	4.00 €



SANDWICHES

sandwiches



new

GRAN' CROCK PREMIUM

9.50 €

Rustic artisan bread, julienne of dried tomato, Brie cheese, bacon, tartar sauce, salad

Allergens .1 .7

GRAN' CROCK

8.50 €

Rustic artisan bread, Brie cheese, smoked streaky bacon, olive pâté, julienne of dried tomato.

Allergens .1 .7

MEDITERRANEO

8.00 €

Fresh tomato, fresh mozzarella, a drizzle of extra virgin olive oil, oregano

Allergens .1 .7

IL CLASSICONE

6.50 €

Prosciutto (cooked or raw), Fontina cheese, mayonnaise

Allergens .1 .7 .3

GHIOTTO

7.50 €

Tuna, fresh tomatoes, mozzarella and tuna sauce

Allergens .1 .4 .3 .7

VALTELLINESE

7.50 €

Bresaola (air-dried beef), Philadelphia cream cheese, salt, extra virgin olive oil

Allergens .1 .7

Addition of salmon and shrimp

2.00 €

Addition of any other ingredient

1.00 €

CONTADINA

6.50 €

Cooked ham, fontina cheese

Allergens .1 .7

LEGGERA

7.00 €

18-month Parma ham, fontina cheese

Allergens .1 .7

RAFFINATA

8.00 €

Bresaola (topside cut), lettuce, cherry tomatoes, Grana Padano PDO, fontina cheese

Allergens .1 .7

GUSTOSA

8.00 €

18-month Parma ham, squacquerone cheese, arugula, and walnuts

Allergens .1 .7 .8

new

VALDOSTANA DI MARE

9.00 €

Fontina cheese, grilled zucchini, tuna sauce, cooked ham

Allergens .7 .4 .1

new

PIADA-RETE

9.00 €

Fontina cheese, Grana shavings, shredded chicken, avocado, cheddar sauce, and crispy onions

Allergens .1 .7



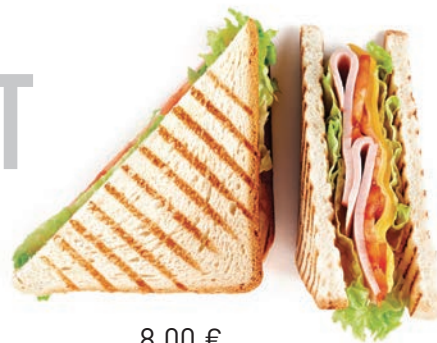
Addition of salmon and shrimp

2.00 €

Addition of any other ingredient

1.00 €

TOAST GOURMET



TOAST AVOCADO E SALMONE

8.00 €

Avocado, philadelphia, salmone marinato/affumicato, pomodori secchi *(a piacere sostituire il salmone con i gamberetti)*

Allergens .1 .2 .4 .7

new

TOAST AVOCADO CRUNCH

8.00 €

philadelphia, avocado, bacon, pomodori secchi

Allergens .1 .7

TOAST COTTO E FONTINA VALDOSTANA

6.00 €

Prosciutto cotto, fontina Valdostana

aggiunta di farcitoast

0.50 €

Allergens .1 .7 .9

TOAST VEGETARIANO

7.00 €

Verdura alla griglia, formaggio

Allergens .1 .7

A-RETE CLUB SANDWICH

10.00 €

Pollo, bacon, cheddar, pomodoro, insalata, maionese

aggiunta di uovo

1.00 €

Allergens .1 .3 .9

Addition of salmon and shrimp

2.00 €

Addition of any other ingredient

1.00 €

Addition of one layer

2.00 €



SALADS

salads



CAESAR SALAD

14.00 €

Lettuce, croutons,
Caesar dressing, chicken bites

Allergens .4.1.7.3

SAPORITA

15.00 €

Mixed greens, julienned carrots, cherry tomatoes,
Taggiasca olives, tuna, hard-boiled egg, robiola cheese

Allergens .7.4.3

CAPRESE

13.00 €

Tomato and buffalo mozzarella

Allergens .7

new

MATCH POINT SALAD

16.00 €

Spelt, smoked salmon, avocado, tomatoes,
Taggiasca olives, Philadelphia cream cheese

Allergens .1.4.7

Cold Dish

BRESAOLA, ARUGULA, AND GRANA CHEESE

13.00 €

Addition of salmon and shrimp

2.00 €

Addition of any other ingredient

1.00 €



SWEET CRÊPES

sweet crêpes

6.00 €

CARAMELIZED FIGS

STRAWBERRY, POMEGRANATE, AND BLACKBERRY

PISTACHIO PESTO AND HIMALAYAN SALT

NUTELLA

Allergens .8.7.6

Addition of fruit

2.00 €



ALLERGEN LIST

allergen list



1. Cereals containing gluten



2. Crustaceans and products made from crustaceans



3. Eggs and egg-based products



4. Fish and fish-based products



5. Peanuts and peanut-based products



6. Soybeans and soy-based products



7. Milk and milk-based products (including lactose)



8. Tree nuts: almonds, hazelnuts, and walnuts



9. Celery and celery-based products



10. Mustard and mustard-based products



11. Sesame seeds and sesame seed-based products



12. Sulphur dioxide and sulphites
in concentrations higher than 10 mg/kg or 10 mg/litre



13. Lupin and lupin-based products



14. Molluscs and mollusc-based products

EU Regulation No. 1169/2011 of the European Parliament
and of the Council of 25 October 2011.
Substances or products causing allergies or intolerances.

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One cannot think well, love well,
or sleep well if one has not eaten and drunk well

Virginia Woolf