



## M E N U



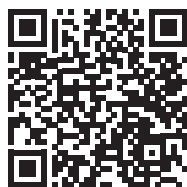
Scan the QR code to view our online menu,  
also available in English.

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# NutritionalMente

## 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<sup>\*</sup>

*proteins*

100 g. PER PORTION

Allergens .3 .4

PAPRIKA CHICKEN	4.00 €
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 €
OMELETTE	5.00 €



*\* Products blast chilled and frozen at the source by the manufacturer.*

# NutrizionalMente

## CARBOHYDRATES\*

*carbohydrates*

100 g. PER PORTION

Allergens .1

Plain

RICE	4.00 €
SPELT	4.00 €
CECI	4.00 €
PASTA	4.50 €



## VEGETABLES\*

*vegetables*

100 g. PER PORTION

Allergens .9

Grilled

ZUCCHINI	5.50 €
EGGPLANTS	5.00 €

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GRATINATED FENNEL	4.80 €
CARAMELIZED ONION	5.00 €

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Steamed

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



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# SINGLE DISH\*

*single dish*

<b>FARRO SALAD WITH VEGETABLES, MINT, AND BASIL</b> Allergens .1	14.00 €
<b>VENERE RICE, CHICKEN, VEGETABLES, EDAMAME, AND POPPY SEEDS</b> Allergens .1	15.00 €
<b>RED RICE, WHOLEGRAIN BLACK RICE, SHRIMP, BEAN SPROUTS, AND PEAS</b> Allergens .2 .6	15.00 €
<b>FARRO, CHICKEN, VEGETABLES, AND WALNUTS</b> Allergens .1 .8	16.00 €
<b>VENERE RICE, BROWN RICE, TERIYAKI SALMON, VEGETABLES, AND PUMPKIN SEEDS</b> Allergens .4	16.00 €

# RISOTTOS

*risottos*

<b>MILANESE RISOTTO*</b>	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

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*news*

<b>FRANCIACORTA RISOTTO*</b>	14.00 €
INGREDIENTS	Carnaroli rice, Franciacorta white wine, extra virgin olive oil, vegetable broth, yeast extract, dehydrated onion, flavorings, dehydrated carrot, dehydrated carrot juice, dehydrated leek, celery, spices (lovage root, turmeric, pepper), salt. White wine sauce: vegetable cream, water, vegetable fat, Parmesan cheese, raw onions
NUTRITIONAL VALUES	236 kcal/984 kJ, fat 14 g (of which saturated 8.5 g), carbohydrates 21 g (of which sugars 1.4 g), fiber 0 g, protein 4.6 g, sodium 0.63 g
ALLERGENS	.7 .9 .12

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## ROBIOLA E SALSICCIA RISOTTO\*

12.00 €

INGREDIENTS	Carnaroli rice, extra virgin olive oil, vegetable broth, sugar, yeast extract, dehydrated onion, flavorings, dehydrated carrot, dehydrated carrot juice, celery, spices, pepper, salt, robiola sauce, milk, robiola, grated cheese, toasted pure pork sausage
NUTRITIONAL VALUES	energy 246 kcal/1024 kJ, fat 15 g (of which saturated 5 g), carbohydrates 19 g (of which sugars 0.3 g), salt 0.8 g, protein 6.4 g
ALLERGENS	.7 .3 .12

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## 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

# PASTA

*pasta*

## MEZZEMANICHE CACIO E PEPE\*

12.00 €

INGREDIENTS	vegetable cream, dried durum wheat pasta (durum wheat semolina, water), water, provolone, salt, black pepper, dehydrated vegetable-based thickening agent may contain traces of: eggs
NUTRITIONAL VALUES	energy 242 kcal/1011 kJ, fat 14 g (of which saturated 11 g), carbohydrates 22 g (of which sugars 2.6 g), fibre 0.9 g, protein 6.6 g, salt 0.95 g
ALLERGENS	.1 .7

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## MACCHERONI ALL'AMATRICIANA\*

13.00 €

INGREDIENTS	Fresh maccheroncini pasta: durum wheat semolina, free-range eggs, water, salt. Amatriciana sauce: tomato pulp, guanciale for amatriciana, pork, herbs, salt, spices, raw onions, salt, sugar
NUTRITIONAL VALUES	energy 163 kcal/685 kJ, fat 7.2 g (of which saturated 2.1 g), carbohydrates 19 g (of which sugars 2.1 g), fibre 1.3 g, protein 5 g, salt 1.7 g
ALLERGENS	.1 .3

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# PASTA

*pasta*

## STROZZAPRETI ALLA GRICIA\*

13.00 €

INGREDIENTS	Fresh durum wheat strozzapreti pasta: durum wheat semolina, water. Gricia sauce: vegetable cream, water, fully hydrogenated vegetable fat, palm kernel, buttermilk, Parmesan, Pecorino, salt, black pepper, toasted pancetta
NUTRITIONAL VALUES	energy 215 kcal/1132 kJ, fat 15 g (of which saturated 10 g), carbohydrates 20 g (of which sugars 2.3 g), fibre 0.8 g, protein 9.2 g, salt 1.1 g
ALLERGENS	.1.7

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## TAGLIATELLE WITH RAGÙ\*

12.00 €

INGREDIENTS	fresh fusilli pasta: durum wheat semolina, free-range eggs, water, salt. young beef ragù: tomato purée (tomatoes), adult beef or young beef (under the rump), red wine, raw onions, raw carrots, raw celery, extra virgin olive oil, sugar, salt, spices, dried thyme, spices, dried rosemary
NUTRITIONAL VALUES	energy 168 kcal/705 kJ, fat 5.7 g (of which saturated 1.2 g), carbohydrates 18 g, of which sugars 1.9 g, fibre 1.3 g, protein 9.8 g, salt 1.1 g
ALLERGENS	.1.3.9.12

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## PENNETTE WITH TOMATO SAUCE\*

7.00 €

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

*\* Products blast chilled and frozen at the source by the manufacturer.*

# SECOND COURSES

*second courses*

*news*

## **TURKEY ROLLS WITH SPINACH AND CHEESE\***

9.00 €

INGREDIENTS	turkey, pecorino cheese, spinach, butter, fontal cheese, garlic, salt
NUTRITIONAL VALUES	energy 185 kcal / 770 kJ, fat 13g (of which saturated 8.3g), carbohydrates 1g (of which sugars 0.1g), protein 16g, salt 1.2g, fibre 0.6g
ALLERGENS	No

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## **GRILLED CHICKEN BREAST\***

10.00 €

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

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*news*

## **SHREDDED BEEF\***

10.00 €

INGREDIENTS	Type 00 soft wheat flour, beef. May contain traces of soya and mustard
NUTRITIONAL VALUES	energy 130 kcal/544 kJ, fat 18g (of which saturated 7.2g), carbohydrates 14g (of which sugars 0g, fibre 0g), protein 19g, salt 0.12g
ALLERGENS	.1

*\* Products blast chilled and frozen at the source by the manufacturer.*

# SECOND COURSES

*second courses*

## CHICKEN CURRY\*

9.00 €

INGREDIENTS chicken, raw chicken breast, vegetable cream, water, vegetable fat, powdered buttermilk, onions, extra virgin olive oil, garlic.  
thickening agent: dehydrated wheat flour base, salt, spices, curry powder, chives

NUTRITIONAL VALUES energy 171 kcal/711 kJ, fat 12 g (of which saturated 8.4 g), carbohydrates 1.7 g (of which sugars 1.6 g), salt 1.2 g, protein 14 g, fibre 0 g

ALLERGENS .1.7

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*news*

## CHICKEN CUTLET WITH CHIPS\*

14.00 €

INGREDIENTS chicken breast, fontina cheese, breadcrumbs (gluten-free), Grana Padano cheese, parsley, eggs, garlic

NUTRITIONAL VALUES energy 224 kcal/937 kJ, fat 12 g (of which saturated 2.6 g), carbohydrates 15 g, salt 1.4 g, protein 14 g

ALLERGENS .3.7

*\* Products blast chilled and frozen at the source by the manufacturer.*



Grilled

ZUCCHINI	5.00 €
EGGPLANTS	5.00 €
MIXED GRILLED VEGETABLES WITH POTATOES	5.50 €

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GRATINATED FENNEL	4.80 €
CARAMELIZED ONION	5.00 €

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BAKED POTATOES	4.60 €
PATATINE FRITTE	3.80 €
PURÈ DI PATATE - Allergeni .7	5.00 €

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POLENTA TARAGNA - Allergeni .1 .7	5.00 €
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Steamed

STEAMED MIX (broccoli, carrots, green beans)	6.00 €
POTATOES	3.00 €
CARROTS	3.00 €
BROCCOLI	3.00 €

*\* Products blast chilled and frozen at the source by the manufacturer.*



# SANDWICHES

*sandwiches*



*new*

## GRAN' CROCK PREMIUM

9.50 €

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

Allergens .1 .7

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## GRAN' CROCK

8.50 €

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

Allergens .1 .7

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## MEDITERRANEO

8.00 €

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

Allergens .1 .7

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## IL CLASSICONE

6.50 €

Prosciutto (cooked or raw), Fontina cheese, mayonnaise

Allergens .1 .7 .3

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## GHIOTTO

7.50 €

Tuna, fresh tomatoes, mozzarella and tuna sauce

Allergens .1 .4 .3 .7

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## VALTELLINESE

8.50 €

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

Allergens .1 .7

**Addition of salmon and shrimp**

3.00 €

**Addition of any other ingredient**

2.00 €

# PIADINE

*piadine*

## CONTADINA

Cooked ham, fontina cheese

Allergens .1 .7

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6.50 €

## LEGGERA

18-month Parma ham, fontina cheese

Allergens .1 .7

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8.00 €

## RAFFINATA

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

Allergens .1 .7

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10.00 €

## GUSTOSA

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

Allergens .1 .7 .8

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10.00 €

*new*

## VALDOSTANA DI MARE

Fontina cheese, grilled zucchini, tuna sauce, cooked ham

Allergens .7 .4 .1

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10.00 €

*new*

## PIADA-RETE

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

Allergens .1 .7

10.00 €



**Addition of salmon and shrimp**

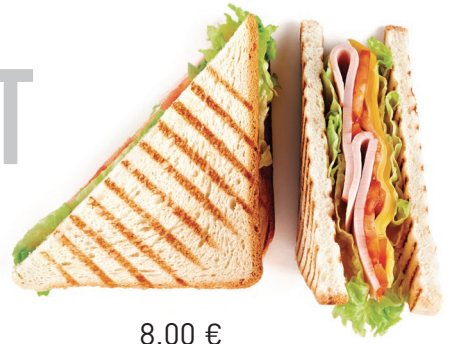
3.00 €

**Addition of any other ingredient**

2.00 €

# GOURMET TOAST

*gourmet toast*



## AVOCADO AND SALMON TOAST

8.00 €

Avocado, cream cheese, marinated/smoked salmon, sun-dried tomatoes

Allergens .1 .2 .4 .7

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*new*

## AVOCADO CRUNCH TOAST

8.00 €

Philadelphia, avocado, bacon, sun-dried tomatoes

Allergens .1 .7

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## COTTO E FONTINA VALDOSTANA TOAST

6.00 €

Cooked ham, Fontina cheese from the Aosta Valley  
addition of farcitoast

0.50 €

Allergens .1 .7 .9

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## VEGETARIAN TOAST

7.00 €

Grilled vegetables, cheese

Allergens .1 .7

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## A-RETE CLUB SANDWICH

10.00 €

Chicken, bacon, cheddar, tomato, lettuce, mayonnaise

Allergens .1 .3 .9

**Addition of salmon and shrimp**

3.00 €

**Addition of any other ingredient**

2.00 €

**Addition of one layer**

2.50 €



# SALADS

*salads*



## CAESAR SALAD

14.00 €

Lettuce, croutons,  
Caesar dressing, chicken bites

Allergens .4.1.7.3

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## SAPORITA

14.00 €

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

Allergens .7.4.3

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## CAPRESE

13.00 €

Tomato and buffalo mozzarella

Allergens .7

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## MATCH POINT SALAD

16.00 €

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

Allergens .1.4.7

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## Cold Dish BRESAOLA, ARUGULA, AND GRANA CHEESE

13.00 €

Allergens .3

<b>Addition of salmon and shrimp</b>	3.00 €
<b>Addition of any other ingredient</b>	2.00 €



# SWEET CRÊPES

*sweet crêpes*

6.00 €

NUTELLA CREPES

6.00 €



# 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.



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

Virginia Woolf