## Formula Sanmaura

## Lunch or dinner



## service charge included

Choose your favorite kitchen menù with first and secoend course.
Excluded steak house and pizzas



## Our dishes come from the passion towards

 craftsmanship. From the appetizer to the dessert, we prepare everything in our kitchen, with heally and natural ingredients, never using previously made products. The result is a menu with a strong, identity, that follows the seasonality of products and ingredients. We alternate meat and fish dishes, to satisfy any taste
## enjoy your meal



Follow us on Facebook:
@RistoranteSanmauro

Follow us on Instagram:
ristorante_sanmauro

Follow us on Linkedin
Gruppo Ethos
For reservation:
0399202601
menì glaten freee
For realisation of bread, pasta, pizza and desserts we use external local laboratories, who create fine and handmade food without gluten. The cooking of these products is then made in our kitchens, using dedicated tools to avoid any risk of contamination.
Discover our proposals at the bottom of the menu.

Ellergens
As per European Union regulation CEE 1 169/2011, below each dish you will find the indication due to all the allergens presents in the ingredients used for its preparation.

The dishes production takes place in a single environment so they may contain nickel and other allergens traces due to the contamination. As indicated by the Health Ministry 10/12/21 N. Prot. 44968 cereal product may contain mustard.
 menu

Dish prepared with only VEGETABLE ingredient

Exclusively grass fed beef



Dish prepared with ORGANIC ingredient


Use QR code to discover all extraordinary
characteristics of hemp
Dish prepared with
Superfood ingredients,
foods with surprising nutritional characteristics

## appetizers.

## In the wait

## Bis di Bruschette

- Garlic bread with Cherry tomatoes, oregano and fresh basil.
- Turnip greens salted with garlic, oil, hot pepper and stracciatella cheese
\#1-7-10


## appetizers

## Tagliere Italiano con tomino alla griglia

Brusignone farmhouse salami, lard of Pata Negra, cured pork neck ham, Parma raw ham 18 months aged served with pickled vegetables and grilled tomino cheese
\# 7-9-12

## Erbazzone Emiliano in crosta

Quiche filled with chard, spring onion and Padano cheese.
Also called "Scarpazzone" is a dish typical of Reggio Emilia.
\#1-3-7-9-10

## Parmigiana di Melanzane

Grated parmesan with mozzarella cheese, tomato and basil
\#3-7-9

## Tris di cozze <br> tasting of mussels in three different versions

- Classic* \#1-9-10-12-14
- Marinara with cherry tomatoes and hot pepper*\#1-9-10-12-14
- Gratinate all'olbiese with crunchy Pecorino cheese breading* \#1-7-9-10-12-14

It's possible ask only one version of mussels

## first courses

## Do you like the recipe but not the pasta shape?

Ask for your favorite shape, choosing among the ones that are presented in the menu

## Tonnarelli cacio e pepe

Tonnarelli pasta with Pecorino cheese cream and black pepper

Fresh pasta like spaghetti pasta
\#1-3-7-9-10

## Spaghetti alle vongole veraci fresche

Spaghetti pasta with fresh clams parsley and EVOO

Spaghetti alle vongole ricetta dello chef Davide
Spaghetti pasta with fresh clams, garlic, EVOO, 'nduja and parsley
\#1-7-9-10-12-14

## Spaghetti allo scoglio

Spaghetti with swordfish, seafood, codfish, shrimps and fresh tomato* \#1-2-4-6-7-9-10-12-14

Gnocchi di patate fatti da noi alla Sorrentina gratinati al forno
Homemade potato gnocchi pasta with tomato sauce and mozzarella Fiordilatte cheese
\#1-3-7-9-10

## Pizzoccheri freschi della tradizione Valtellinese

"Pizzoccheri" buckwheat pasta with potatoes, savoy cabbage and Casera cheese

Lasagne della tradizione Bolognese
fresh egg pasta with classic ragout
Following the authentic recipe of the Emilia Romagna tradition, we prepare our Lasagna with, fresh egg,
classic ragout and bechamel
\#1-3-7-9-10-12
Tortelli Emiliani freschi preparati a mano
€ 15,00
Meat stuffed ravioli with Padano cheese fondue
Our ravioli are filled with Mortadella and Beef meat.
\#1-3-7-9-10-12

Dishes made only with selected rice beans. We chose a $10 \overline{0} \%$ Carnarolice aged minum 18

## Risotto bianco alla Monzese con Luganega

Carnaroli risotto with Luganega sausage
\#3-7-9-12

## piatto unice

## Risotto alla Milanese

Saffron risotto with Chianina beef marrowbone
\#1-3-6-7-9-10

## second coursess

## land cuurses

## Cotoletta alla milanese

Pork rib cooked in traditional Milan style, with a crispy panure
\#1-3-7-8-10

## Pallotte cacio e ova

a tipycal dish of Abruzzo, egg and cheese bread balls.
Cooked in tomato sauce
\#1-3-7-9-10

## Ragù Napoletano

€ 16,00
Neapoletan style ragout served with crunchy bread
The Neapolitan sunday dish.
this ragout includ pieces of beef and pork meat, left to cook for a long time in the sauce.
\#1-9-10-12

## Bombette Pugliesi con Pecorino e pancetta

Meat rolls filled with pecorino cheese and bacon
More than just meat rolls, the "Bombette" have this name because when you put them in your mouth you feel the explosion of their tasty filling!
\# 7

## sea courses

## Frittura di paranza

Sea fried mix with shrimps, calamari, cuttlefish, hake and minnows*
\#1-2-4-6-10-12-14
Frittura di anelli e ciuffi di calamari
Fried calamari rings and forelocks*

## burger

CHEESEBURGER served with fries*
Sesame seeds bun with 250gr of Black Angus GRASS FED beef meat, Cheddar cheese, tomato and lettuce
\#1-3-6-7-10-11

# steak house COOKED MEAT ON BARBEQUE 


releases aromas and flavors making the meat extremely tasty and delicious

## Scattona

quality-superior marbling

Meat characterised by a high grade of marbling that, melting during the cooking process, gives to it taste and tenderness, making the meat extremely juicy and tender for the palate. The bovines, raised in the wild and fed as nature teaches, are "Scottone": young females that have never been pregnant.


## Costata di manzo "Scottona"

Around 500 GR of "Scottona" ribeye steak Recommended cooking: - OOOOO + medium or well done

## \# NO ALLERGENS

## Fiorentina di manzo "Scottona"

Around 1kg of "Scottona" T-bone steak
Recommended cooking: - OOOOO + rare or medium

## \# NO ALLERGENS

Grigliata mista reale Recommended cooking: - OOOOO + medium or well done
€ 22,00
Mixed grilled meat: veal, Black Angus GRASS FED, pork sausage from Mantua, Irpinian Black Pork fillet, fresh bacon \# NO ALLERGENS

I 3 Manzi Recommended cooking: - OOOOO + medium
€ 26,00
Approx 450 AR total of boneless meat to offer you the best breed in the world,
for a high level tasting experience:

- Chianina, certified by Consorzio del Vitellone Bianco, is the most loved and famous breed in Italy
- Black Angus, one of the most ancient and exquisite breeds; we offer Scottona meat, tender and juicy
- Angus Hereford, characterized by a particular marbling that enhances its succulence,
it is one of the most important breeds in the world
\# NO ALLERGENS
Angus Tender GRASS FED Suggested with every kind of cooking

€ 19,00
About $\mathbf{3 0 0}$ ली $\mathbf{R}$ of Black Angus meat.
A forgotten chop, with balanced, elegant and delicious flavour
\# NO ALLERGENS
Flank Fillet ${ }^{\circledR}$ GRASS FED Suggested with every kind of cooking About $\mathbf{3 0 0}$ GR of Black Angus meat, a tender and tasty cut

€ 22,00 \# NO ALLERGENS

Filetto GRASS FED Recommended cooking: - OOOOO + rare About $\mathbf{3 0 0}$ Gी of "Black Angus" fillet

€ 28,00 \# NO ALLERGENS


The dishes of our Steak House are also available gluten free. If you want to order them, remember to report to our staff your gluten intolerance or allergy.

## tagliate

## your foweurite breed



## matched with your favouriste dressing

 A touch of flavour to your dish
## with

rocket salad and

€ 3,00 parmesan shavings \#3-7
with
cherry tomatoes, basil and
€ 3,00 balsamic vinegar
\# 12
for the side dishes, see the specific page

## salads

## Caprese

Fresh tomatoes, Buffalo milk mozzarella cheese and basil

## Caesar Salad

Iceberg salad with chicken breast, egg, bread croutons, Lodigiano cheese shavings and Caesar sauce
\#1-3-4-6-7-10

Polpo
Octopus, potatoes, squids, pesto sauce, Chioggia and Milano salads*
\# 7-8-12-14

## side dishes

## French fries*

\# 1
Roasted potatoes with rosemary*
\#1-7
Spinach on butter or sour *

\# 7

## Verdure grigliate


$€ 4,50$
Grilled vegetables


Friarielli napolitan turnin tops inflorescences, sauteed with garlic and chili pepper*

€ 4,50
Caponatina
Organic assorted vegetables
$€ 4,50$
\# 9
Fagioli all'uccelletto € 4,50
Beans with tomatoes sauce
\# NO ALLERGENS

## La leuca l'è ming straca se la sa no de vaca!

Single cheese option - based on the daily availability
€ 8,00
\# ASK TO OUR STAFF FOR THE ALLERGENS

Organic Buffalo's milk mozzarella cheese - about 250gr \#7
€ 11,00

## Extra cost \# on the last page you can find the allergen iss of very ingredient below.

| Extra cost for vegetables | $€ \mathbf{1 , 5 0}$ |
| :--- | :--- |
| Extra cost for anchovies, dried fruits, seeds, asparagus, mushrooms, eggs, sprouts | $€ \mathbf{2 , 0 0}$ |
| Extra cost for cold cuts and cheeses | $€ 2,00$ |
| Extra cost for fish (shrimps, octopus, tuna, salmon) | $€ \mathbf{2 , 0 0}$ |
| Fiordilatte mozzarella cheese from "Mantua" | $€ 2,00$ |
| Extra cost for Buffalo mozzarella cheese from "Mantua" | $€ 3,00$ |

Extra cost for anchovies, dried fruits, seeds, asparagus, mushrooms, eggs, sprouts€ 2,00
cost for cold cuts and cheeses€ 2,00Fiordilatte mozzarella cheese from "Mantua"€ 3,00


Our kitchen team proposes "STIRATA ROMANA".
A long leavening and high hydration dough for a high, soft and light pizza.

## CACIO E PEPE

Pecorino romano DOP cheese, black pepper and bacon
\#1-3-6-7-8-10-11
PARMIGIANA
$€ 15,50$
Tomato, mozzarella cheese, fried eggplant, lodigiano cheese shavings and basil \#1-3-6-7-8-10-11

ARDORE CALABRO €17,00
Tomato, "fiordilatte" mozzarella cheese, red and yellow bell pepper, 'nduja, cherry, mozzarella and basil
\#1-3-6-7-8-10-11-12
CRUDO E STRACCIATELLA
Tomato, Parma raw ham aged 18 months, Buffalo stracciatella cheese from Mantua, semi dry tomatoes
and pesto drops \#1-2-3-4-6-7-9-10-11-12-14

Treat yourself with a delicous pizza without compromising healty eating
Try our exclusive healthy dough!
composed of skilful blends of high protein organic Howr,
type 0 wheat and semi-integrated flour type 1.
each ball is pulled by hand in our kitchens after a long rising, slaughtered and frozen in order to preserve its organoleptic properties.

## ImpAsto canaloa <br> limPASTO

Flour rich in fiber, Omega 3, Omega 6 and polyunsaturated fats, is called Superfood product whose value is recognised by Ministry of Health
\# 1-6-8-10

Legume flour is produced with only white beans, chickpeas, yellow lentils and Italian yellow peas from the company Legù.
Rich in proteins plants and fibers. \# 1-6

## IMPASTO saraceno

From very high vitamin content and the amount of potassium higher than that of other cereals, is a dietary product characterized from a low glycemic index
\# 1-6-10

## Choose the dough and combine it with the dressing

This allergens refer only to seasoning, to which must be added the allergens of the relative special doughs

in this pic: canapa dough

in this pic: saraceno dough

in this pic: impasto carrube

Isabella
€ 13,00
Tomato, Fiordilatte mozzarella cheese from Mantua, basil
\# 7

## Santa Maria

€ 18,50
Tomato, Fiordilatte mozzarella cheese from Mantua, Parma ham 18 months aged, Buffalo milk mozzarella cheese, caramelized red onion, oregano
\# 7-12

## Friccicarella

Tomato, "fiordilatte" mozzarella cheese from Mantova, roasted pork from Ariccia, provolone cheese and wild fennel

## \# 7

## our pizzas

## CHOOSE AMONG OUR 4 ORGANIC DOUGHS

LIGHT AND THIN
delicate and thin, this light pizza is made of BIO flour type "O" \#1-6-10


## WHOLEWHEAT THIN

Made with $100 \%$ wholewheat and organic stone-ground flour. It is a rustic product, healty and easy to digest.
\# 1-6-10


## KHORASAN THIN

The rich and ancient taste of Khorasan wheat, made famous by KAMUT ${ }^{\oplus}$ trademark. It is organic and rich in proteins, mineral salts and with great nutritional properties.
\# 1-6-10


## PARTENOPEO

Made with organic flour, it's a softer pizza with high sides. It remains light and digestible thanks to mother yeast and a very long rising (48hrs). \# 1-6-10

All our pizzas are stuffed with HOMEMADE
ORGANIC FIORDILATTE
MOZZARELLA CHEESE FROM
MANTUA MADE ONLY WITH
ITAL\|AN MILK in a natural oasis on the river
Po, in the heart of the Mincio Park

This allergens refer only to seasoning to which must be added the allergens of the relative doughs.

## white pizzas without tomato sauce

4 FORMAGGI Mozzarella cheese, Gorgonzola cheese, Taleggio cheese, Parmesan \#3-7<br>BRONTE Mozzarella cheese, smoked scamorza cheese, pumpkin cream, Porcini mushrooms,<br>Parma raw ham, Bronte pistachios \#7-8

MALAFEMMINA Sliced local Fiordilatte mozzarella cheese from Mantua, friarielli* and sausage \#7
€ 10,80
Friarielli: turnin trons inflorescences, typical of Neapolitan cuisine

## pizzas without mozzarella cheese <br> 

SCOGLIERA Tomato, seafood, shrimps, parsley flavored with garlic, rocket, hot pepper oil*$€ 12,30$
\# 2-4-12-14
MARINARA Tomato, garlic, parsley \# NO ALLERGENS

PUGLIESE Tomato, Tropea red onion, oregano \# NO ALLERGENS

## red pizzas without mozzarella

CALZONE DI FUOCO Mozzarella cheese, tomato, spicy salami, chili pepper \# $\mathbf{7}$
CALZONE FARCITO Mozzarella cheese, tomato, artichokes, black olives, ham, mushrooms \#7

CALZONE LISCIO Mozzarella cheese, tomato, ham \#7

## focacce

FOCACCIA Salt, extra virgin oil, rosemary \# NO ALLERGENS
FOCACCIA CON CRUDO Rosemary, extra virgin oil, Parma raw ham \# No ALLERGENS

This allergens refer only to seasoning to which must be added the allergens of the relative doughs.

| 2irgas |  |
| :---: | :---: |
| 4 STAGIONI Tomato, mozzarella cheese, ham, black olives, artichokes, mushrooms \# $\mathbf{7}$ | $€ 9,30$ |
| BOSS Tomato, mozzarella cheese, Gorgonzola blue-cheese, onion, fresh tomato, rocket, black olives \# 7 | ( $¢$ ¢ 8,80 |
| BUFALINA Tomato, mozzarella cheese with Buffalo milk from Mantua, fresh tomatoes \# $\mathbf{7}$ | $\bigcirc(1)$ |
| CAPRICCIOSA Tomato, mozzarella cheese, artichokes, olives, mushrooms, vegetables \#7 | ( $€ 8,30$ |
| CAVOUR Tomato, mozzarella cheese, dry-salted beef, rocket, parmesan \#3-7 | $(€ \in 10,80$ |
| CRAPADA Tomato, mozzarella cheese, gorgonzola blue-cheese, speck \# 7 | € 9,80 |
| CRUDO Tomato, mozzarella cheese, Parma raw ham \# 7 | $(€ \in 10,30$ |
| CRUDO e ZOLA Tomato, mozzarella cheese, gorgonzola blue-cheese, Parma raw ham \# $\mathbf{7}$ | € 10,30 |
| DELICATA Tomato, mozzarella cheese, smoked salmon * \# 4-7 | ( $¢$ ¢ 9,80 |
| DIAVOLA Tomato, mozzarella cheese, hot salami, black olives \# 7 | € 8,80 |
| GAMBERETTI Tomato, mozzarella cheese, shrimps * \# 2-7-12 | $\text { ( } € 10,80$ |
| GIARDINO Tomato sauce, mozzarella cheese, grilled zucchini, grilled eggplants and fresh tomatoes \# $\mathbf{7}$ | $(\sqrt{ }(€ 8,80$ |
| INFERNO Tomato, mozzarella cheese, Gorgonzola blue-cheese, Tropea red onions, hot salami \# $\mathbf{7}$ | € 9,30 |
| MARGHERITA Tomato, mozzarella cheese, oregano \#7 | $\sqrt{( } € 7,30$ |
| NAPOLI Tomato, mozzarella cheese, anchovies, oregano \#4-7 | $\text { ( } € 8, \mathbf{8} 0$ |
| ORTOLANA Tomato, mozzarella cheese, grilled peppers, grilled eggplants, grilled zucchini \# $\mathbf{7}$ | $\text { ( } 1 \text { ® } € 8,30$ |
| PAPAS Tomato, mozzarella cheese, chips * \#1-7 | $\sqrt{ } € 8,30$ |
| PECORINO E BASILICO Tomato, mozzarella cheese, Pecorino Romano cheese, basil \# $\mathbf{7}$ | $\sqrt{ } € 8,30$ |
| PEPPINO Tomato, mozzarella cheese with Buffalo milk from Mantua, basil \# 7 | $(\sqrt{ }(ß) € 10,30$ |
| PORCINI Tomato, mozzarella cheese, Porcini mushrooms \# 7-12 | $(\sqrt{ }(\notin 10,30$ |
| PROSCIUTTO Tomato, mozzarella cheese, ham \#7 | € 8,30 |
| PROSCIUTTO E FUNGHI Tomato, mozzarella cheese, ham, mushrooms \# $\mathbf{7}$ | € 8,30 |

This allergens refer only to seasoning to which must be added the allergens of the relative doughs.

## pizzas

ROMANA Tomato, mozzarella cheese, capers, anchovies, oregano \#4-7
SALSICCIA Tomato, mozzarella cheese, sausage \# 7
€ 8,80
TONNO Tomato, mozzarella cheese, tuna fish \#4-7
$€ 9,80$
( $€ 9,80$
TONNO E CIPOLLE Tomato, mozzarella cheese, tuna fish, onion \#4-7
€ 8,30
WURSTEL Tomato, mozzarella cheese, frankfurter \#3-7-10

ZUCCHINE Tomato, mozzarella cheese, grilled zucchini \# 7

## exec cost \# on the last page you can find the allergen list of every ingredient below.

| Extra cost for vegetables | $€ \mathbf{1 , 5 0}$ |
| :--- | :--- |
| Extra cost for anchovies, dried fruits, seeds, asparagus, mushrooms, eggs, sprouts | $€ 2,00$ |
| Extra cost for cold cuts and cheeses | $€ \mathbf{2 , 0 0}$ |
| Extra cost for fish (Shrimp, octopus, tuna, salmon) | $€ \mathbf{2 , 0 0}$ |
|  | $€ 2,00$ |
| Fiordilatte mozzarella cheese from "Mantua" - organic product | $€ 3,00$ |

Extra cost for Buffalo mozzarella cheese from "Mantua" - organic product
€ 3,00

Alternative without lactose - Ask to our staff to know availability

2,00

Small Pizzas for kids are available at the same price
Traditional, wholewheat and Khorasan wheat pizzas can be requested with double dough at the same price

## drinks

## S.Bernardo

\author{

Water Mineral S. Bernardo <br> CL 75 <br> (sparkling or still) <br> \# NO ALLERGENS <br> \begin{tabular}{lll}

| Gazzosa/Limonata |
| :--- |
| Aranciata/Chinotto |
| \# NO ALLERGENS | \& CL 26 \& $€ 3,50$ <br>


| Peach/Lemon tea |
| :--- |
| \# NO ALLERGENS | \& \& <br>

\hline
\end{tabular} <br> € 2,50 <br> \# NO ALLERGENS

}

## Acqua tonica \# No ALLERGENS

Coca Cola/Coca Zero ..... CL 33

\# NO ALLERGENS

## MoleCola <br> \# NO ALLERGENS

CL 33

€ 3,50

In this restaurant we also serve tap water in jug on request, in line with the "Imbrocchiamola" project by Legambiente, to which we have joined.

## draught wine

Pinot Chardonnay del Veneto
CL 25
€ 4,50
€ 4,50
€ 7,00
€ 13,00
Vino Bardo Rosso Rubecchio
€ 5,00
€ 7,50
€ 14,00
Vino Serena Frizzante "Più-Frizz"
CL 50
CL 100

11% alcohol \# 12
$11^{\circ}$ \% alcohol \# 12

CL 33
€ 3,50

10,5\% alcohol \# 12

## smeochies

100\% fresh fruit and vegetables juices
ACE: lemon, orange and carrot - vitaminic
€7,50
\# NO ALLERGENS

Rossa Tentazione: apple and strawberry - antioxidant
\# NO ALLERGENS

Sempreverde: apple, kiwi and ginger - digestive
\# NO ALLERGENS


You can compose the drink going along with your taste. Choose fruits and vegetables from the available ones and find the right mix.
You can also ask for a only pineapple juice or only strawberry juice ( $€ 8,00$ ).

## Service/Cover Charge € 2,50

Birrificia di Cama

## the handcraft BEER PRODUCED IN OUR BREWERY IN COMO

## draught beers.

 Birra agricola

DEMETRA
Lager-style beer made with Italian barley Low fermentation
Clear and light. Fresh and drinkable beer in Lager style. A balance between the fragrance of hops and the almost honeyed malt.
Dry and bitter aftertaste.\# 1
small pint
pint
CL 20 € 4,50
CL 40 € 7,00
liter
CL 100 € 14,00

Best with:
pleasant to drink at any time, it goes nicely with all the dishes of our cuisine.



ROXANNE Amber double malt
low fermentation
Full-bodied beer. It leaves a caramelized and hoppy impression with a dry and decisive aftertaste.
\# 1

## small pint

 CL 20 € 4,50pint
CL 40 € 7,00
liter
CL 100 € 14,00

Best with: particularly suitable in combination with meats, seasoned cheeses and pizzas.

ingredients: Alc. water, barley 6\% malt, hop, vol.

## bottled beers



## DEMETRA

Lager-style beer made with Italian barley - Low fermentation
Clear and light. Fresh and drinkable beer in Lager style. A balance between the fragrance of hops and the almost honeyed malt. Dry and bitter aftertaste.\#1 bottle 50 cl
€ 8,50
of our cuisine.

1

ingredients: water, barley malt, hop, yeast
. Alc.



## SUPER WEISS

Double malt amber weiss high fermentation
Our weizen beer, in addition to hints of banana, vanilla and cloves typical of the weiss, is characterized from hazelnut and almond flavors, given by toasted malts of wheat and generous hopping.\# 1
bottle 50 cl
€ 8,50

Best with: accompanies salads but water, barley malt also cold cuts and Black and wheat malt, Pork from Irpinia.
hop, yeast

A delicious combination with fruit-based desserts.

Every hand-made beer has its natural time for preparing, it is for this reason that some labels in the list could be in fermentation. You can ask to our staff what is available.
bettled beers.



Best with:
particularly suitable in

\% ater, barley malt
combination with meats, hop, yeast
vol. seasoned cheeses and pizzas.

## ZEN

Special beer with ginger roots and orange zest - low fermentation Soft drinkable beer thanks to the armonic combination of its flavour and its clear core structure. \# 1
bottle 50 cl
€ 8,50
bottle 50 cl
€ 8,50

## ROXANNE

Amber double malt
low fermentation
Full-bodied beer. It leaves a caramelized and hoppy impression with a dry and decisive aftertaste. \# 1

## 11

Best with:
It's suits better dishes with a mild taste, such as fish and desserts, especially creamy and fruity ones.
ingredients:
Alc. water, barley malt, 5,6\% hop, yeast, ginger vol. roots and orange zest


## EAU ROUGE

Belgian style Dubbel beer
high fermentation
Characteristically known for being dark brown in colour with strong chocolatey, caramel, and nutty tones but also an intense flavour of dark and dried fruit. \# 1
bottle 50 cl
€ 8,50 intense scent of hops from America, England and New Zealand and added in dry-hop. \# 1
bettle 50 cl
€ 8,50

## N. 10

Clear with thyme honey
low fermentation
Medium-bodied low fermentation beer, with a strong taste with thyme honey and fir honeydew from Alto Adige. Sweet and balsamic finish.
battle 50 cl
€ 8,50

Best with:
perfect with fresh cheeses and desserts. Very delicate, it can be combined with fish dishes.
ingredients: Alc. water, barley malt, 6,6\% hop, yeast

Best with: excellent with hearty meat-based first courses and perfect for fruit-based desserts. hop, yeast
,


Best with: ideal for first courses such as saffron risotto, second courses with meat, braised meats and desserts.


## DAISY DUKE

American Pale Ale
high fermentation
The pretty high level of bitterness is balanced by the citrus scents, creating a good balance between smell and taste. \# 1
bottle 50 cl
€ 8,50

## 11

Abbinamento: simple and straightforward dishes, like herbs cheeses, soups and grilled vegetables
ingredienti: Alc. water, barley malt, 5\% hop, yeast

## dont't renounce a good beer

## alcohol-free beer



MAISEL'S WEISSE Weiss
Beer characterised by a typical faint and creamy foam, with hazelnut-like color. It mixes full-body characteristics with lightness, to get and easy to drink beer. The turbidity of this weiss in due to the yeast in sunspension.
\# To know more about allergens, see each label

## glaten free beer

## ESTRELLA DAM DAURA - Lager

A real lager beer produced by the most prestigious brewery in Spain with barley malt, but without gluten, which has nothing to envy to the classic Estrella of Barcelona. Golden yellow blonde, with a fine and persistent foam, it has an intense aroma of yeasts, bread, broom, Mediterranean and aromatic herbs such as sage and thyme. The taste is sweet, with hints of bread, malt biscuit, grass and honey.
\# To know more about allergens, see each label

Info:
Only 20 Calories per 100 ml .

bottle 33 cl
€ 7,00

Info:
Daura is produced under the supervision of the Gluten Unit of the Higher Council of Scientific \% Alc. 5,4\% vol.

Research in Madrid, the largest public research authority in Spain.

## coffee

## Tarrefaziane Silvera

兴 (irganic and craju coviee
Our coffee is entirely composed of organically grown beans, and weekly produced by our artisan master roaster in our roasting in Como.

Toriefazy. n e Libera

Thanks to a roasting made in small quantities and weekly delivers, we guarantee the freshness of a "just roasted" coffee.
ORIGINS: Arabica: 40\% Brazil, 15\% Nicaragua, 15\% Honduras, Robusta: 15\% India, 15\% MexicoCoffee \# No ALLERGENSDouble Coffee \# No ALLERGENS€ 3,00
Decaffeinated coffee \# NO ALLERGENS ..... € 2,50
Coffee fortified with Grappa or otheralcohol
\# To know more about allergens, see eachlabel
Cappuccio \#7€ 3,00

Amari, National Liqueur, Digestive
\# To know more about allergens, see each
label

National Aperitifs, Campari,

Crodino, SanBitter

\# To know more about allergens, see each
label

Hot Tea selection - check our € 4,00 availability
\# NO ALLERGENS


Gruppo Ethos has created an homemade and niche products' line. They are made only with natural ingredients: the herbs, the roots and the fruit are all selected from nature and mixed by our experts.

Cuailade alsce to take away!

## LIMONCINO

with lemon zest natural infusion \# NO ALLERGENS

AMARO ALLE ERBE homemade bitter liquor made with selected herbs \# NO ALLERGENS
AMARO DI MONTEVECCHIA Made with honey and rosemary from Montevecchia \# NO ALLERGENI § 5,00*

## SAMBUCA

Homemade liqueur with anise taste \# NO ALLERGENS

GRAPPA LOMBARDA
distilled with grapes of the
Lombardy hills \# NO ALLERGENS
GRAPPA RISERVA
aged for 18 months
in durmast barrels \# NO ALLERGENS



## VIGNAIOLI ERRANTI

Vignaioli Erranti is a project of our "Biological Farm and Farmhouse Brusignone", part of Gruppo Ethos, born from our desire to offer a small selection of "peregrin" wines. We choosed this definition because all of them are the result of meetings we made on our path. Wandering by wine and vineyards, we have made a deal with wine producers: to rent a vineyard section to start producing wine who responds to our criterias. We found what we were looking for in "Tenuta Fortunago", near Pavia, and in "Tenuta Murlo", on Siena's hills. Here we perform a sustainable farming which takes care of land's richness and biodiversity, a controlled and inspired by the essential wine cellar activity to obtain a natural wine with a strong identity, in one word, GREAT.

| $15$ | Slightly Sparkling Wine |  |  | $\theta$ |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Lombardia | Blanc de Blancs Ancestrale Oltrepò Pavese | Castello di Stefanago | (88) | CL 75 | € 35,00 |
|  | Franciacorta DOCG Saten Millesimato | Monzio Compagnoni |  | CL 75 | € 40,00 |
| Veneto | Prosecco Treviso DOC Brut | Sette Anime |  | CL 75 | € 23,00 |
|  | Cartizze Dry Valdobbiadene Superiore DOCG | Adami |  | CL 75 | € 38,00 |
| $1$ | white wine |  |  | $\theta$ |  |
| Lombardia | V\|cin | Tenuta Fortunago | (68) | CL 75 | € 21,00 |
|  | Pinot Grigio "Campo Piano" Provincia di Pavia IGP | Castello di Stefanago | (38) | CL 75 | € 28,00 |
|  | "Monte Lupo" Lugana DOC | Cobue |  | CL 75 | € 26,00 |
| Trentino Alto Adige | Gewürztraminer IGT | Pitsch am Bach |  | CL 75 | € 34,50 |
| Friuli Venezia Giulia | a Ribolla Gialla Colli Orientali Friuli DOC | La Magnolia |  | CL 75 | € 26,00 |
| Toscana | "FFF" Toscana Bianco IGT | Arizzi Wine |  | CL 75 | € 22,00 |
| Campania | Falanghina DOC Irpinia | Vigne Irpine |  | CL 75 | $€ 29,00$ |
| Sicilia | Grillo Bianco Maggiore | Rallo |  | CL 75 | € 24,00 |
| Sardegna | "Serra Aspridda" Vermentino di Sardegna DOC | Azienda Vitivinicola Francesco Fiori |  | CL 75 | € 26,00 |

Organic wine or produced by certified organic farm
The vine leaf indicates the selection on natural wine, produced with reduced treatments in the vineyard and winery, while respecting the nature and their fruits with limited use of chemical additives. \# To know more about allergens, see each label

| $13$ | red wine |  |  | $\theta$ |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Piemonte | Barbera d'Asti DOCG Pais | Colle Manora |  | CL 75 | € 24,50 |
|  | Langhe Nebbiolo DOC Monastero | Cascina del Monastero |  | CL 75 | € 34,00 |
|  | Barolo DOCG | Bric Cenciurio |  | CL 75 | € 46,00 |
|  | Dolcetto d'Alba Superiore DOCG | Cascina del Monastero | (38) | CL 75 | € 25,00 |
| Lombardia | Villano Rosso Provincia di Pavia IGP | Tenuta Fortunago | (36) | CL 75 | € 22,00 |
|  | "Cormelò" Terrazze Retiche di Sondrio IGT | Rivetti\&Lauro |  | CL 75 | € 25,00 |
|  | Sforzato dell'Orco DOCG | Rivetti\&Lauro |  | CL 75 | € 45,00 |
| Trentino | Pinot Nero Alto Adige DOC | Elena Walch |  | CL 75 | € 28,50 |
|  | Lagrein Alto Adige DOC | Pitsch am Bach |  | CL 75 | € 30,00 |
| Veneto | Amarone della Valpolicella Classico DOCG | Le Bignele |  | CL 75 | € 45,00 |
|  | Valpolicella Classico Superiore Ripasso DOC | Le Bignele |  | CL 75 | € 30,00 |
|  | Valpolicella Classico Superiore DOC | Le Bignele |  | CL 75 | € 26,00 |
|  | Raboso "Curioso" IGT frizzante | Sette Anime |  | CL 75 | € 24,00 |
| Friuli | Refosco Colli Orientali DOC | La Magnolia |  | CL 75 | € 25,00 |
| Toscana | Chianti Colli Senesi Riserva DOCG | Tenuta Murlo |  | CL 75 | € 26,00 |
|  | Rosso di Montalcino DOC | Camigliano |  | CL 75 | € 28,00 |
|  | Brunello di Montalcino DOCG | Camigliano |  | CL 75 | € 48,00 |
|  | "Ipogeo" IGT Toscana Rosso | Fattoria Castellina |  | CL 75 | € 23,00 |
|  | Morellino di Scansano DOCG Bio " Roggiano" | Vignaioli del Morellino |  | CL 75 | € 27,00 |
| Umbria | "Etnico" Montefalco Sagrantino DOCG | Di Filippo | (38) | CL 75 | € 38,00 |
| Abruzzo | Montepulciano d'Abruzzo | Cingilia |  | CL 75 | € 26,00 |
| Campania | Aglianico irpinia DOP | Vigne Irpine |  | CL 75 | € 27,00 |
| Puglia | "Li Janni" Primitivo di Manduria DOP | Erminio Campa |  | CL 75 | € 27,50 |
| Sicilia | "Tracotanza" Terre Siciliane IGT | Etnella |  | CL 75 | € 26,50 |
|  | "ll Manto Rosso" Nero d'Avola | Rallo | (38) | CL 75 | € 24,00 |
| Sardegna | "Torricla" Cannonau di Sardegna DOC | Francesco Fiori |  | CL 75 | € 28,00 |

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## wine list

Veneto
Raboso "Geloso" IGT Rosè
Toscana

| Veneto | Raboso "Geloso" IGT Rosè | Sette Anime | CL 75 | € 24,00 |
| :--- | :--- | :--- | :--- | :--- |
| Toscana | "Gioia" Toscana Rosato IGT | Arizzi Wine | $C L 75$ | $€ 23,00$ |

## 3 <br> dessert wine

Piemonte
Moscato Oltrepò Pavese DOC
Bruno Verdi
CL 75
€ 24,00

Veneto
Recioto Classico della Valpolicella DOCG
Le Bignele
CL 37,5
€ 35,00

Friuli V. G.
Verduzzo Friulano DOC Colli Orientali del Friuli

## half bottle



Trentino Alto Adige

Gewürztraminer DOC
Elena Walch
CL 37,5
€ 15,00

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## wine by the glass

Sette Anime
CL 15
€ 5,50
white wine

| Lombardia | MEMMIU ERRAMII | Villano Bianco Provincia di Pavia | Tenuta Fortunago | (38) | CL 15 | € 5,50 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Toscana |  | FF" Toscana Bianco IGT | Arizzi Wine |  | CL 15 | € 6,00 |
| Sicilia |  | llo Bianco Maggiore | Rallo |  | CL 15 | € 6,50 |


| rose, runes |  | I |
| :--- | :--- | :--- |
| Toscana | "Gioia" Toscana Rosato IGT | Arizzi Wine |

## i) red wine

Piemonte
Dolcetto d'Alba DOCG Superiore
Cascina del Monastero


CL 15
€ 7,50

| Lombardia |  | Villano Rosso Provincia di Pavia IGP | Tenuta Fortunago | (68) | CL 15 | € 5,50 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Veneto |  | policella Classico Superiore DOC | Le Bignele |  | CL 15 | € 7,00 |


| Toscana |  | Chianti Colli Senesi Riserva DOCG | Tenuta Murlo |  | CL 15 | € 6,00 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | ogeo" IGT Toscana Rosso | Fattoria Castellina |  | CL 15 | € 6,00 |
| Sicilia |  | Manto Rosso" Nero d'Avola | Rallo | (38) | CL 15 | € 6,50 |

## 4 <br> dessertwine

Friuli V. G.

Verduzzo Friulano DOC Colli Orientali del Friuli

La Magnolia
CL 15
€ 6,00


Organic wine or produced by certified organic farm


For realisation of bread, pasta, pizza and desserts we use external local laboratories, who create fine and handmade food without gluten. The cooking of these products is then made in our kitchens, using dedicated tools to avoid any risk of contamination.

## first courses

## Risotto Carnaroli alla Monzese con Luganega

$€ 14,00$
Carnaroli risotto with Luganega sausage
€ 14,00
\# 3-7-9-12

Spaghetti al burro e salvia Spaghetti with butter and sage \#7-9

Spaghetti al pomodoro Spaghetti with tomato sauce \# 9

# Steak House section ne slue tree. Remember to inform the staff about your gluten allergy while you're ordering. Gluten free bread is also available. 

Campania* tomato sauce and mozzarella cheese \# 5-6-7-8-13

€ 12,00

Parmense* tomato sauce, mozzarella cheese and Parma ham \#5-6-7-8-13
€ 14,00
Taggiasca* tomato sauce, mozzarella cheese and black olives \#5-6-7-8-13

€ 13,00
Verzura*
tomato sauce, mozzarella cheese, grilled peppers, eggplant, radicchio and zucchini \#5-6-7-8-13

€ 14,00

## dessert

Tiramisù
€ 8,50
Tiramisù with "Mascarpone" cheese cream and coffee* \#3-7-8

# Mousse alla mana con frutti di bosco <br> € 8,50 <br> Whipped cream mousse with berries* \# 3-6-7 

## kids menì

| Rice with Parmesan cheese \#3-7-9 | € 8,00 |
| :---: | :---: |
| Saffron risotto \#3-7-9 | € 8,00 |
| Pasta/gnocchi with tomato sauce \#1-6-9-10 | € 7,00 |
| Pasta/gnocchi with basil pesto \#1-5-6-7-8-10 | € 7,00 |
| Pasta/gnocchi with Bolognese meat sauce \#1-6-9-10 | € 7,00 |
| Pasta/gnocchi plain \#1-6-9-10 | € 7,00 |
| Pasta/gnocchi with butter \#1-6-7-9-10 | € 7,00 |
| Pasta/gnocchi with olive oil \#1-6-9-10 | € 7,00 |
| Pasta/gnocchi with clams with parsley \#1-6-9-10-12-14 | € 7,00 |
| Breaded chicken cutlet (breast) \#1-3-5-6-7-10 | € 9,00 |
| Chicken steak (breast) with side dish \# NO ALLERGENS | € 10,50 |
| Beef steak with side dish \# NO ALLERGENS | € 10,50 |
| Baby New York hamburger with side dish \#1-6-10 | € 10,50 |
| Baby chicken würstel with side dish \#3-7-10 | € 9,50 |
| Omelette with vegetables and Lodi cheese \#3-7-9 | € 9,00 |
| French fries* \#1 | € 8,50 |
| Grilled vegetables \# NO ALLERGENS | € 5,00 |
| Organic assorted vegetables "caponatina style" \# 9 | € 5,00 |
| Ham baby \# no Allergens | € 5,00 |
| Raw ham baby \# no allergens | € 8,00 |
| Bresaola ham \# No Allergens | € 9,00 |
| Salami \# No Allergens | € 9,00 |
| Fresh fruit and vegetables juices \# NO ALLERGENS | € 8,00 |
| Seasonal fruit \# NO AlLERGENS | € 5,00 |
| Tiramisù baby (without alcool) \#1-3-6-7-8-10 |  |
| Ice cream \#3-6-7-8 |  |
| 1 flavour | € 3,50 |
| 2 flavour | € 5,00 |

# cur invitation to eat healting 

## DietaGIFT

## Gradualness • Individuality • Flexibility • Tone

It is not just a diet, but a lifestyle to marry gradually, remembering the importance of the movement in the maintenance of their welfare. Eating GIFT means tasting dishes made from the fruits of the earth without sacrificing taste.

## Whole grain carbehydrates:

gasoline from our car must never be lacking, so a wholecomplex carbohydrates is essential: bread, pasta, rice, potatoes will be welcome at the table, but be careful not to exceed one third of the pot.


Proteins:
the protein source is very important for our muscles: green light to fish, eggs, cheese, meats and nuts. To limit the effect of insulin rebound, in each of the three main meals, it is always inserted a protein source, to the extent "visual" approximately one-third of the total volume.


## Fruit and vegetables <br> Fresh fruits and vegetables, raw and unseasoned are also permitted

 outside of meals. A daily intake of dietary fiber, rich and steady, also ensures optimum operation of the digestive functions. For this reason the plate will have to contain at least one third of its total.

## GIFT Diet in pills:

- to junk food
- to the refined food
- to preservatives
- to dyes
- to Sugar
- to natural sweeteners
- to whole grains
- to generous contribution
of water and fiber
- to fresh fruits and vegetables
- to sport • to the long chewing


## allergens list

## The substances or products that cause allergies or intolerances

1 Cereals containing gluten, i.e: wheat, rye, barley, oats, spelt, kamut and products thereof.
2 Crustaceans and products thereof.
3 Eggs and products thereof.
4 Fish and products thereof.
5 Peanuts and products thereof
6 Soybeans and products thereof, except:
a) Oil and raffinated soy fat (I);
b) Mixed natural tocopherols (E306), D-alpha tocopherol, natural acetate D-alpha tocopherol, natural succinate D-alpha soya tocopherol;
c) Vegetable oil derivated from phytosterols and ester soya phytosterols;
d) Vegetable stanol ester made from vegetable soya sterols.

7 Milk and products thereof (including lactose).
8 Nuts/treenuts, i.e almonds (Amygdalus communis L.), hazelnuts (Corylus avellana), walnuts (Juglans regia), cashews (Anacardium occidentale), pecan nuts [Carya illinoiesis (Wangenh.)
K. Koch], Brazil nuts (Bertholletia excelsa), pistachio nuts (Pistacia vera), macadamia or Queensland nuts (Macadamia ternifolia) and products thereof.
9 Celery and products thereof
10 Mustard and products thereof.
11 Sesame seeds and products thereof
12 Sulphur dioxide and sulphites at concentrations of more than $10 \mathrm{mg} / \mathrm{kg}$ or $10 \mathrm{mg} / \mathrm{litre}$ expressed as total SO2, calculated for the products as offered ready for consumption or recreated according to the manufacturer's instructions.
13 Lupin and products thereof.
14 Molluscs and products thereof.

| Almond | ALLERGENS: 8 | Eggs | ALLERGENS: 3 | Pepperoni | ALLERGENS: NO |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Anchovies | ALLERGENS: 4 | Frankfurter ALL | LERGENS: 3-7-10 | Pesto ALLERGENS: 1-2-4-6-7-9-12-14 |  |
| Artichokes | ALLERGENS: NO | French fries | ALLERGENS: 1-6 | Pistachio | ALLERGENS: 6-7-8 |
| Asparagus | ALLERGENS: NO | Fresh tomato | ALLERGENS: NO | Porcini | ALLERGENS: NO |
| Auricchio cheese | ALLERGENS: 7 | Friarielli | ALLERGENS: NO | Pumpkin cream | ALLERGENS: 7 |
| Bacon | ALLERGENS: NO | Garlic | ALLERGENS: NO | Raw ham | ALLERGENS: NO |
| Basil | ALLERGENS: NO | Goat Ricotta cheese | ALLERGENS: 7 | Red chicory | ALLERGENS: NO |
| Black olives | ALLERGENS: NO | Gorgonzola | ALLERGENS: 7 | Ricotta cheese | ALLERGENS: 7 |
| Boiled potatoes | ALLERGENS: NO | Grana cheese flakes | ALLERGENS: 3-7 | Rocket salad | ALLERGENS: 7 |
| Bresaola | ALLERGENS: NO | Grana cheese grated | ALLERGENS: 3-7 | Salami | ALLERGENS: NO |
| Brie | ALLERGENS: 7 | Ham | ALLERGENS: NO | Sausage | ALLERGENS: NO |
| Bufalo | ALLERGENS: 7 | Hemp seeds | ALLERGENS: NO | Scamorza cheese | e ALLERGENS: 7 |
| Stracciatella cheese |  |  |  |  |  |
|  |  | Lard | ALLERGENS: NO | Seafood A | ALLERGENS: 2-4-12-14 |
| Capers | ALLERGENS: NO |  |  |  |  |
|  |  | Mozzarella cheese | ALLERGENS: 7 | Shrimps | ALLERGENS: 2-12 |
| Casera cheese | ALLERGENS: 7 |  |  |  |  |
|  |  | Mozzarella cheese | ALLERGENS: 7 | Smoked salmon | ALLERGENS: 4 |
| Champignon mashrooms | ALLERGENS: NO | with buffalo milk |  | Speck | ALLERGENS: NO |
|  |  | Mozzarella vegan | ALLERGENS: 7 |  |  |
| Cherry tomatoes | ALLERGENS: NO |  |  | Spicy salami | ALLERGENS: NO |
| Chili pepper | ALLERGENS: NO | Mozzarella without lactose | ALLERGENS: 7 | Spinach | ALLERGENS: NO |
| Cicory | ALLERGENS: NO | Nduja | ALLERGENS: NO | Taleggio cheese | ALLERGENS: 7 |
| Cooking cream | ALLERGENS: 7 | Octopus | ALLERGENS: 14 | Tattler | ALLERGENS: 14 |
| Parma salami | ALLERGENS: NO | Onions | ALLERGENS: NO | Tomato sauce | ALLERGENS: NO |
| Corn | ALLERGENS: NO | Origan | ALLERGENS: NO | Tuna | ALLERGENS: 4 |
| Crayfish | ALLERGENS: 2-4-14 | Pears | ALLERGENS: NO | Walnuts | ALLERGENS: 8 |
| Dry tomatoes | ALLERGENS: 12 | Pecorino cheese | ALLERGENS: 7 | Zucchine | ALLERGENS: NO |
| Eggplant | ALLERGENS: NO | Pecorino zafferano | ALLERGENS: 7 |  |  |

