

menu



wellness break 29€

Menù a buffet con proposte di affettati e formaggi nostrani, contorni, frutta e dessert

Buffet menu with selection of cold cuts and local cheeses, side dishes, fruit and desserts

SELEZIONE BIO  BIO SELECTION

Cubotto all'amatriciana

Amatriciana pasta cube

Cavolo marinato con pere

Marinated cabbage with pear

Tortino di ananas e timo

Pineapple and thyme pie

wellness lunch 34€

Menù a buffet con proposte di primi e secondi piatti, contorni, frutta e dessert

Buffet menu with selection of first and second courses, side dishes, fruit and desserts

SELEZIONE DI PRIMI PIATTI SELECTION OF FIRST COURSES

Mezze penne integrali con crema di pomodoro, basilico, olive nere e pecorino

Wholewheat mezze penne with tomato cream, basil, black olives and pecorino

Bis di riso alla curcuma con carote, piselli, ceci e salsa sweet chili

Turmeric rice with carrots, peas, chickpeas and sweet chilli sauce

Insalata di quinoa con mais, fagioli rossi, olive verdi, edamame e fagiolini

Quinoa salad with corn, kidney beans, green olives, edamame and green beans

Lasagne*

Lasagna*

Vellutata di pomodoro e basilico*

Tomato and basil velouté*

SELEZIONE BIO  BIO SELECTION

Couscous di verdure con carote, zucchine, pomodori secchi, capperi e prugne

Vegetable couscous with carrots, courgettes, sun-dried tomatoes, capers and plums

Tortino di riso al pomodoro con asparagi e origano

Tomato rice cake with asparagus and oregano

Cubotto all'amatriciana

Amatriciana pasta cube

Cavolo marinato con pere

Marinated cabbage with pear

Tortino di ananas e timo

Pineapple and thyme pie

Inclusi in tutti i menù acqua, caffè e un calice di vino.

All menu options come with water, coffee and a glass of wine.

***I prodotti contrassegnati con asterisco sono congelati all'origine.**

*Products marked with an asterisk are frozen at the origin.

ALLERGENI LUNCH

Mezze penne integrali con crema di pomodoro, basilico, olive nere e pecorino: Semola integrale di Grano duro (Glutine), Anidride Solforosa e Solfiti, Frutta a guscio, Latte e derivati, Soia, Uova

Bis di riso alla curcuma con carote, piselli, ceci e sweet chili: Solfiti

Insalata di quinoa con mais, fagioli rossi, olive verdi, edamame e fagiolini: Semi di Sesamo, Soia, Solfiti

Lasagnetta al forno*: Semola di Grano duro (Glutine), Farina di Grano Tenero tipo 0 (Glutine), Uova, Latte e derivati, Sedano, Anidride solforosa e Solfiti

Vellutata di pomodoro e basilico* con crostini: Sedano. Crostini: Farina di Grano Tenero tipo 0 (Glutine), Malto d'Orzo (Glutine), Farina di Malto di Frumento (Glutine)

Cous cous di verdure con carote, zucchine, pomodori secchi, capperi e prugne: Grano (Glutine)

Tortino di riso al pomodoro asparagi e origano: Uova, Latte e derivati

Cubotto di pasta all'amatriciana: Grano e Farro (Glutine), Uova, Latte e derivati

Cavolo marinato con le pere: Solfiti

Uova sgusciate: Uova

Fagioli: Sedano

Tonno sott'olio: Pesce

Alici sott'olio: Pesce

Mozzarelline: Latte e derivati

Mont d'Or: Latte e derivati

Fontina: Latte e derivati

Petit Mont Blanc: Latte e derivati

Toma: Latte e derivati

Bleu d'Aosta: Latte e derivati

Ricotta: Latte e derivati

Caprino fresco: Latte e derivati

Frutta secca: Noci, Mandorle, Nocchie

Uvetta sultanina: Anidride solforosa

Semi di girasole: Tracce di Soia, Glutine

Semi di zucca: Tracce di Glutine, Soia e Frutta a Guscio (Mandorla)

Semi di sesamo: Sesamo

Semi di Chia: Tracce di Frutta a Guscio (Arachidi), Semi di Sesamo, Solfiti

Yogurt al naturale e ai frutti di bosco: Latte e derivati

Muesli alla frutta: Grano, Avena, Orzo (Glutine), tracce di Frutta a Guscio

Muesli al cioccolato: Grano, Avena, Orzo (Glutine), Frutta A Guscio (Nocchie), Soia, Latte e derivati

Pancake*: Frumento (Glutine), Latte e derivati, Uova

Crema vaniglia: Latte e derivati, Uova

Pane bianco: Grano (Glutine)

Pane integrale: Grano (Glutine)

Pane ai semi: Grano (Glutine), Sesamo, Soia

Grissini: Grano (Glutine)

Focaccia: Grano (Glutine)

Torta di mele*: Grano (Glutine), Uova, Latte e derivati

Torta al limone*: Grano (Glutine), Latte e derivati, Uova

Caprese senza lattosio e senza glutine*: Soia, Frutta a Guscio (Mandorle), Uova, Arachidi, Solfiti.

Crostata di frutta*: Grano (Glutine), Uova, Latte e derivati

Tortino ananas e timo: Grano (Glutine), Latte e derivati, Uova

Biscotti alla panna: Grano (Glutine), Latte e derivati, Uova

Biscotti cioccolato e arancia: Grano (Glutine), Latte e derivati, Uova

Tutti i prodotti potrebbero contenere tracce di: Cereali contenenti Glutine, Crostacei, Uova, Pesce, Arachidi, Soia, Latte, Frutta a Guscio, Sedano, Senape, Semi di Sesamo, Anidride Solforosa, Molluschi.

*I prodotti contrassegnati con asterisco sono congelati all'origine.

LUNCH ALLERGENS

Wholewheat mezze penne with tomato cream, basil, black olives and pecorino: Whole wheat Semolina (Gluten), Sulphur dioxide and Sulphites, Nuts, Milk products, Soya, Eggs

Turmeric rice with carrots, peas, chickpeas and sweet chilli sauce: Sulphites

Quinoa salad with corn, kidney beans, green olives, edamame and green beans: Sesame seeds, Soy, Sulphites

Lasagna*: Durum Wheat Semolina (Gluten), Type 0 soft Wheat Flour (Gluten) Eggs, Milk and derivatives, Celery, Sulphur Dioxide and Sulphites

Tomato and basil velouté* with Croutons: Celery. Croutons: Type 0 soft Wheat Flour (Gluten), Barley Malt (Gluten), Malted Wheat Flour (Gluten)

Vegetable couscous with carrots, courgettes, sun-dried tomatoes, capers and plums: Wheat (Gluten)

Tomato rice cake with asparagus and oregano: Eggs, Milk and derivatives

Amatriciana pasta cube: Wheat and Spelt (Gluten), Eggs, Milk and Dairy Products

Marinated cabbage with pear: Sulphites

Shelled eggs: Eggs

Beans: Celery

Tuna in oil: Fish

Anchovies in oil: Fish

Mozzarella: Milk and derivatives

Mont d'Or: Milk and derivatives

Fontina: Milk and derivatives

Petit Mont Blanc: Milk and derivatives

Toma: Milk and derivatives

Bleu d'Aosta: Milk and derivatives

Ricotta: Milk and derivatives

Fresh goat's cheese: Milk and derivatives

Nuts: Walnuts, Almonds, Hazelnuts

Raisins: Sulphur Dioxide

Sunflower seeds: Traces of Soy, Gluten

Pumpkin seeds: Traces of Gluten, Soy And Nuts (Almond)

Sesame seeds: Sesame

Chia seeds: Traces of Nuts (Peanuts), Sesame Seeds, Sulfites

White and Berries Yoghurt: Milk and derivatives

Fruit muesli: Wheat, Oats, Barley (Gluten), Traces Of Nuts

Chocolate muesli: Wheat, Oats, Barley (Gluten), Nuts (Hazelnuts), Soy, Milk and derivatives

Pancakes*: Wheat (Gluten), Milk and derivatives, Eggs

Vanilla cream: Milk and derivatives, Eggs

White bread: Wheat (Gluten)

Wholemeal bread: Wheat (Gluten)

Seeded bread: Wheat (Gluten), Sesame, Soy

Grissini: Wheat (Gluten)

Focaccia: Wheat (Gluten)

Apple pie*: Wheat (Gluten), Eggs, Milk and derivatives

Lemon cake*: Wheat (Gluten), Milk and derivatives, Eggs

Caprese lactose free and gluten free*: Soy, Nuts (Almonds), Eggs, Peanuts, Sulphites

Fruit tart*: Wheat (Gluten), Eggs, Milk and derivatives

Pineapple and thyme pie: Wheat (Gluten), Milk and derivatives, Eggs

Cream biscuits: Wheat (Gluten), Milk and derivatives, Eggs

Chocolate and orange biscuits: Wheat (Gluten), Milk and derivatives, Eggs

All products may contain traces of: Cereals containing Gluten, Crustaceans, Eggs, Fish, Peanuts, Soy, Milk, Nuts, Celery, Mustard, Sesame Seeds, Sulphur Dioxide, Molluscs.

*Products marked with an asterisk are frozen at the origin.