

# ANTIPASTI

APPETIZERS

## TARTAR DI MANZO

Olio extravergine, sale, pepe, capperi, olive, salse a parte.

Allergeni: 3,7,10 ..... € 12,0

*BEEF TARTAR*

*Extra virgin olive oil, salt, pepper, capers, olives, sauces on the side.*

*Allergens: 3.7.10*

## CARPACCIO DI TROTA

Zucchine, rucola e salsa Tzatziki, sesamo

Allergeni: 4,6,8,11 ..... € 10,0

*TROUT CARPACCIO*

*Zucchini, arugula, and Tzatziki sauce, sesame*

*Allergens: 4, 6, 8, 11*

## TAPAS <sup>(V)</sup> <sup>(V)</sup>

Hummus di piselli al limone e biscotti salati

Peperoni alla brace senza buccia con olive e capperi e feta vegetale

Tzatziki

Allergeni: 1,8,11 ..... € 10,0

*TAPAS <sup>(V)</sup> <sup>(V)</sup>*

*Lemon pea hummus with savory biscuits*

*Grilled peppers without skin with olives, capers, and plant-based feta*

*Tzatziki*

*Allergens: 1, 8, 11*

**PROSCIUTTO CRUDO DI SAN DANIELE ..... € 9,5**

*SAN DANIELE RAW HAM*

## SELEZIONE DI FORMAGGI E SOTT'OLI <sup>(V)</sup>

Allergeni: 7,(9) ..... € 9,5

*SELECTION OF CHEESES AND IN OILS <sup>(V)</sup>*

*Allergens: 7,(9)*

**SELEZIONE DI SALUMI ..... € 9,5**

*SELECTION OF CURED MEATS*

## CROSTINI DELLO CHEF

Pane fresco, paté, verdure, olive, abbinamenti del giorno

Allergeni: 1,2,3,4,5,6,7,8,9,10,11,12,13,14 ..... € 2,0/pezzo

*CHEF'S CROUTONS*

*Fresh bread, paté, vegetables, olives, combinations of the day*

*Allergens: 1,2,3,4,5,6,7,8,9,10,11,12,13,14 ..... € 2,0/piece*

# INSALATE

## SALADS

### INSALATA MISTA DI STAGIONE <sup>(V)</sup> <sup>(V)</sup>

Piccola / Grande ..... € 5,0 / 8,0  
SEASONAL MIXED SALAD <sup>(V)</sup> <sup>(V)</sup>  
Small / Large

### GRECA

Verdure crude di stagione, feta, olive

Allergeni: 7

Piccola / Grande ..... € 6,0 / 10,0  
GREEK SALAD

Seasonal raw vegetables, feta cheese, black olives

Allergens: 7

Small / Large

### CESAR SALAD

Verdure crude di stagione, pollo, crostini, montasio, salsa Cesar

Allergeni: 1,3,4,7

Piccola / Grande ..... € 6,0 / 10,0  
CESAR SALAD

Seasonal raw vegetables, chicken, croutons, montasio cheese, Cesar sauce

Allergens: 1,3,4,7

Small / Large

### TROTA FRIULANA

Verdure crude di stagione, carpaccio di trota, sesamo

Allergeni: 4,11

Piccola / Grande ..... € 6,0 / 10,0  
FRIULIAN TROUT

Seasonal raw vegetables, trout carpaccio, sesame

Allergens: 4.11

Small / Large

# CONTORNI <sup>(V)</sup> <sup>(V)</sup>

## SIDE DISH

**PATATE AL ROSMARINO salvia&curcuma** ..... € 4,5  
POTATOES WITH ROSEMARY sage&turmeric

**VERDURE SPEZIATE AL WOK** ..... € 6,5  
SPICY VEGETABLES WOK STYLE

**VERDURE GRIGLIATE** ..... € 6,5  
GRILLED VEGETABLES

# PRIMI

## FIRST DISHES

### SPAGHETTI ALLA SCOGLIERA

#### (MIN 2 PERSONE)

Con spaghetti biologici, salsa pomodoro ed il pescato disponibile\*

Allergeni: 2,4,9 ..... € 16,5

*SPAGHETTI WITH CLIFF*

*(MIN 2 PEOPLE)*

*With organic spaghetti, tomato sauce and available fish\**

*Allergens: 2,4,9*

### RISO VENERE TROPICAL

Zenzero, verdure estive, olio di cocco, curry

Allergeni: (1),4 ..... € 11,0

*TROPICAL BLACK RICE*

*Ginger, summer vegetables, coconut oil, curry*

*Allergens: (1), 4*

### COCOTTE DI MELANZANE ALLA PARMIGIANA E BUFALA <sup>(V)</sup>

Melanzane al forno gratin

Allergeni: 7 ..... € 9,5

*EGGPLANT PARMESAN AND BUFFALO*

*Baked gratin eggplants*

*Allergens: 7*

### GNOCCHI DI PATATE FATTI IN CASA AI FUNGHI <sup>(V)</sup> <sup>(V)</sup>

#### E CREMA DI NOCCIOLE

Con formaggio vegetale e lievito secco

Allergeni: 1, 8 ..... € 12,5

*HOMEMADE POTATO GNOCCHI WITH MASHROOMS AND HAZELNUT CREAM*

*With plant-based cheese and dry yeast*

*Allergens: 1.8 €*

### AMATRICE INTEGRALDO

Pomodoro, prosciutto crudo San Daniele, cipolla, pecorino, pepe

Allergeni: 1, 3, 7 ..... € 10,0

*INTEGRALDO AMATRICE*

*Tomato, San Daniele raw ham, onion, pecorino cheese, pepper*

*Allergens: 1, 3, 7*

# SECONDI

## MAIN COURSE

### **HUMMUS ESTIVO, CAPONATA DI VERDURE, RUCOLA E PINOLI<sup>(V)</sup> <sup>(V)</sup>**

Hummus di ceci, sesamo, limone, zucchine, melanzane, pomodorini, pinoli, rucola

Allergeni: 6,8,11 ..... € 13,0

*SUMMER HUMMUS, VEGETABLE CAPONATA,  
ARUGULA, AND PINE NUTS*

*Hummus made from chickpeas, sesame, lemon, zucchini, eggplant,  
cherry tomatoes, pine nuts, arugula*

*Allergens: 6,8,11*

### **TAGLIATA DI MANZO (c.ca 200 gr) ..... € 17,0**

pomodorini, rucola

*SLICED BEEF (c.ca 200 gr)*

*cherry tomatoes, arugula*

### **VEGAN POKE BOWL<sup>(V)</sup> <sup>(V)</sup>**

Verdure crude di stagione, riso integrale,  
polpettine green proteiche con semi misti, maionese, salsa soia

Allergeni: 1,6,8,9, 11 ..... € 17,0

*VEGAN POKE BOWL(V) (V)*

*Seasonal raw vegetables, brown rice,*

*Green protein meatballs with mixed seeds, mayonnaise, soy sauce*

*Allergens: 1,6,8,9, 11*

### **TONNO POKE BOWL**

Verdure crude di stagione, riso integrale, tonno scottato al sesamo, salsa soia,  
maionese

Allergeni: 6,8,9,11 ..... € 20,0

*TUNA POKE BOWL*

*Seasonal raw vegetables, brown rice, seared tuna with sesame,  
soy sauce, mayonnaise*

*Allergens: 6, 8, 9, 11*

### **TAGLIATA DI TONNO AL SESAMO**

Verdure estive, olio al pistacchio

Allergeni: 4,6,8,11 ..... € 18,5

*SESAME-CRUSTED TUNA STEAK*

*Summer vegetables, pistachio oil*

*Allergens: 4, 6, 8, 11*

### **POLLO RUSPANTE GRIGLIATO, ALLA DIAVOLA**

Patate al forno, salsa al curry, zenzero e peperoncino

Allergeni: 3,10 ..... € 14,5

*FREE-RANGE GRILLED CHICKEN, DEVILLED*

*Baked potatoes, curry sauce, ginger and chilli*

*Allergens: 3,10*

# LE FOCACCE

## A LUNGA LIEVITAZIONE

THE FOCACCIA MADE WITH LONG LEAVENING DOUGH

with organic stone-ground flours with three semi-whole grains: spelt, wheat, rye

We use

various organic products:

cereals, flours, fruit, vegetables, dairy products

coming from local farms or from southern Italy.

Organic because

healthy and good for those who eat it

because it is respectful to the environment and to those who cultivate it

### MELANZANE, CAPPERI, ACCIUGHE E STRACCIATELLA<sup>(V)</sup>

mozzarella, melanzane, origano, pomodorini, basilico, stracciatella

Allergeni: 1,4,7 ..... € 16,0

EGGPLANT, CAPERS, ANCHOVIES AND STRACCIATELLA

mozzarella, eggplant, oregano, cherry tomatoes, basil, stracciatella

Allergens 1,4,7

### ZUCCHINE, MANDORLE, LIMONE E STRACCHINELLA<sup>(V)</sup> <sup>(V)</sup>

Crema vegan stracchinella, zucchine, origano, basilico, mandorle, olio al limone

Allergeni: 1,8 ..... € 14,5

ZUCCHINE, ALMONDS, LEMON AND STRACCHINELLA

Vegan stracchinella cream, zucchine, oregano, basil, almonds

Allergens: 1.8

### VEGGY<sup>(V)</sup> <sup>(V)</sup>

paté di radicchio, verdure di stagione, pomodorini, olive nere, rucola

Allergeni: 1 ..... € 14,0

VEGGY

artichoke paté, seasonal vegetables, tomatoes, riviera olives, and rocket

Allergens: 1

### MORTADELLA BIO E PISTACCHI

Mozzarella, mortadella, formaggio stravecchio, rucola, pistacchi

Allergeni: 1,7 ..... € 16,5

ORGANIC MORTADELLA AND PISTACHIOS Mozzarella, mortadella,

aged cheese, arugula, pistachios

Allergens: 1,7

### SAN DANIELE E BUFALA

Pomodoro, mozzarella, bufala d'Aviano, crudo di San Daniele, pomodorini

Allergeni: 1,7 ..... € 16,5

SAN DANIELE AND BUFFALO

Tomato, mozzarella, Aviano buffalo cheese, San Daniele ham, tomatoes

Allergens: 1,7

# PIZZE

con farine biologiche macinate a pietra.

**Impasto ai tre cereali semi-integrali: farro, grano e segale**

*with stone-ground organic flours.*

*Dough with three semi-wholemeal cereals: spelt, wheat and rye*

**In alternativa alla mozzarella puoi ordinare**

**la mozzarella vegetale** ..... € 2,0

**Aggiunte** ..... € 0,5 – 3,0

*As an alternative to mozzarella, you can order*

*vegetable mozzarella for* ..... € 2,0

*Extra* ..... € 0,5 – 3,0

## **MARINARA** <sup>(V)</sup> <sup>(V)</sup>

Pomodoro, aglio, origano

Allergeni: 1 ..... € 6,0

*MARINARA* <sup>(V)</sup> <sup>(V)</sup>

*Tomato, garlic, oregano*

*Allergens: 1*

## **MARGHERITA** <sup>(V)</sup>

Pomodoro, mozzarella

Allergeni: 1, 7 ..... € 6,9

*MARGARITA* <sup>(V)</sup>

*Tomato mozzarella*

*Allergens: 1, 7*

## **SICILIANA**

Pomodoro, acciughe, capperi, olive riviera, origano (a richiesta con mozzarella)

Allergeni: 1, 4, (7) ..... € 8,9

*SICILIAN*

*Tomato, anchovies, capers, riviera olives, oregano (on request with mozzarella)*

*Allergens: 1, 4, (7)*

## **ESTATE**

Pomodoro, mozzarella, pomodorini, melanzane, zucchine, bufala, olive nere, basilico, origano

Allergeni: 1, 4, 7 ..... € 13,00

*SUMMER*

*Tomato, mozzarella, cherry tomatoes, eggplant, zucchini, buffalo mozzarella, black olives, basil, oregano*

*Allergens: 1, 4, 7*

## **BUFALA** <sup>(V)</sup>

Pomodoro, mozzarella, bufala, pomodorini, origano

Allergeni: 1, 7 ..... € 10,0

*BUFFALO* <sup>(V)</sup>

*Tomato, mozzarella, buffalo mozzarella, cherry tomatoes, oregano*

*Allergens: 1, 7*

# PIZZE

con farine biologiche macinate a pietra.

**Impasto ai tre cereali semi-integrali: farro, grano e segale**

*with stone-ground organic flours.*

*Dough with three semi-wholemeal cereals: spelt, wheat and rye*

**In alternativa alla mozzarella puoi ordinare**

**la mozzarella vegetale** ..... € 2,0

**Aggiunte** ..... € 0,5 – 3,0

*As an alternative to mozzarella, you can order*

*vegetable mozzarella for* ..... € 2,0

*Extra* ..... € 0,5 – 3,0

## **ORTOLANA DI STAGIONE** (V)

Pomodoro, mozzarella, verdure miste di stagione spadellate, pomodorini, rucola

Allergeni: 1, 7 ..... € 11,0

*GARDEN (SEASONAL VEGETABLES)* (V)

*Tomato, mozzarella, sautéed seasonal vegetables, cherry tomatoes, rocket*

*Allergens: 1,*

## **FETA E ZUCCHINE** (V)

mozzarella, feta, zucchine, olive nere, pomodorini, rucola, basilico

Allergeni: 1, 7 ..... € 11,0

*FETA AND ZUCCHINI* (V)

*mozzarella, feta, zucchini, black olives, cherry tomatoes, arugula, basil*

*Allergens: 1, 7*

## **ZUCCHINE E GORGONZOLA** (V)

Pomodoro, mozzarella, zucchine, gorgonzola, rucola

Allergeni: 1, 7 ..... € 11,0

*ZUCCHINI AND GORGONZOLA* (V)

*Tomato, mozzarella, zucchini, gorgonzola, arugula*

*Allergens: 1, 7*

## **FUNGHI MISTI E MORBIDONE**

Pomodoro, mozzarella, porcini, champignon, morbidone

Allergeni: 1, 7 ..... € 10,5

*MIXED AND SOFT MUSHROOMS*

*Tomato, mozzarella, porcini, mushrooms, soft*

*Allergens: 1, 7*

## **PARMIGIANA** (V)

Pomodoro, mozzarella, melanzane, pomodorini, grana, basilico

Allergeni: 1, 7 ..... € 11,5

*PARMIGIANA* (V)

*Tomato, mozzarella, eggplant, cherry tomatoes, Grana cheese, basil*

*Allergens: 1, 7*

(V) VEGETARIANO (V) (V) VEGANO

# PIZZE

con farine biologiche macinate a pietra.

**Impasto ai tre cereali semi-integrali: farro, grano e segale**

*with stone-ground organic flours.*

*Dough with three semi-wholemeal cereals: spelt, wheat and rye*

**In alternativa alla mozzarella puoi ordinare**

**la mozzarella vegetale** ..... € 2,0

**Aggiunte** ..... € 0,5 – 3,0

*As an alternative to mozzarella, you can order*

*vegetable mozzarella for* ..... € 2,0

*Extra* ..... € 0,5 – 3,0

## **BUFALA E CRUDO**

Pomodoro, mozzarella, pomodorini, bufala, crudo, origano

Allergeni: 1, 7 ..... € 13,0

*BUFFALO AND RAW HAM*

*Tomato, mozzarella, tomatoes, buffalo mozzarella, raw ham, oregano*

*Allergens: 1, 7*

## **AMATRICE**

Pomodoro, mozzarella, pancetta, pecorino

Allergeni: 1, 7 ..... € 10,0

*AMATRICE*

*Tomato, mozzarella, bacon, pecorino*

*Allergens: 1, 7*

## **CARNICA**

Pomodoro, mozzarella, salsiccia, porcini e caciotta di capra

Allergeni: 1, 7 ..... € 11,0

*CARNICA*

*Tomato, mozzarella, sausage, porcini mushrooms and goat caciotta*

*Allergens: 1, 7*

## **CAPRICCIOSA**

Pomodoro, mozzarella, prosciutto cotto naturale, champignon, carciofi

Allergeni: 1, 7 ..... € 10,5

*CAPRICCIOSA*

*Tomato, mozzarella, natural cooked ham, mushrooms, artichokes*

*Allergens: 1, 7*

## **SPECK, PORCINI E GORGONZOLA**

Pomodoro, mozzarella, porcini, gorgonzola, speck

Allergeni: 1, 7 ..... € 10,5

*SPECK, PORCINI AND GORGONZOLA*

*Tomato, mozzarella, porcini mushrooms, gorgonzola, speck*

*Allergens: 1, 7*

# PIZZE

## VIENNESE

Pomodoro, mozzarella, wurstel

Allergeni: 1, 7 ..... € 8,0

*VIENNESE*

*Tomato, mozzarella, wurstel*

*Allergens: 1, 7*

## SGOMBRO E CIPOLLA

Pomodoro, mozzarella, sgombro e cipolla

Allergeni: 1, 4, 7 ..... € 10,0

*MACKEREL AND ONION*

*Tomato, mozzarella, mackerel and onion*

*Allergens: 1, 4, 7*

## SALAMINO PICCANTE E PEPERONI

Pomodoro, mozzarella, salamino, peperoni

Allergeni: 1, 7 ..... € 9,0

*SPICY SALAMI AND BELL PEPPERS*

*Tomato, mozzarella, salami, sweet bell peppers*

*Allergens: 1, 7*

## BOSCAIOLA

Pomodoro, mozzarella, salsiccia, pancetta, porcini, cipolla e grana

Allergeni: 1, 7 ..... € 13,0

*BOSCAIOLA*

*Tomato, mozzarella, sausage, bacon, porcini mushrooms, onion and parmesan*

*Allergens: 1, 7*

## COTTO ZUCCHINI E MORBIDONE

Mozzarella, prosciutto cotto naturale, zucchine, morbidone, pomodorini

Allergeni: 1, 7 ..... € 11,0

*HAM ZUCCHINI AND MORBIDONE*

*Mozzarella, natural cooked ham, zucchini, soft cheese, tomatoes*

*Allergens: 1, 7*

## CALZONE

Pomodoro, mozzarella, prosciutto cotto naturale, champignon, grana

Allergeni: 1, 7 ..... € 10,5

*CALZONE*

*Tomato, mozzarella, natural cooked ham, mushrooms, parmigiano cheese*

*Allergens: 1, 7*

<sup>(V)</sup> **VEGETARIANO**    <sup>(V)</sup> <sup>(V)</sup> **VEGANO**

# BIRRA ALLA SPINA

*DRAUGHT BEER*

## BRAU IM MOOS

### EXPORT HELL

5.3% Light, delicate taste

Small (200 ml) .....	€ 3,0
Medium (400 ml) .....	€ 5,0
Jag (1500 ml) .....	€ 18,5

# BIRRA IN BOTTIGLIA

*BOTTLED BEER*

## BRAU IM MOOS

### EXPORT DUNKEL (RED)

Bottle 500ml .....	€ 5,5
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5.2% Red, malty, full-bodied beer with delicate roasted and caramelised notes. A real treat for lovers of dark beers.

### HEFE WEIZEN (WHITE)

Bottle 500ml .....	€ 5,5
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5.2% A delicate yet crisp beer with a strong clove aroma, combined with a discreet banana note.

### RADLER

Bottle 500ml .....	€ 5,5
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2.6% Export Hell is mixed with lemonade, resulting in a thirst-quenching drink with reduced alcohol content.

### HELLES analcoholic

Bottle 500ml .....	€ 5,5
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Our assortment also offers non-alcoholic beer, which always meets the taste of many friends.

## GJULIA

**(Friulian agricultural brewery)**

### IOI gluten free

Bottle 500 ml .....	€ 8,0
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Beer produced with an artisanal method, top fermented, not filtered or pasteurized. The light sediment present is the result of the natural and traditional process of refermentation in the bottle.

Obtained exclusively from barley malt, this gluten-free beer retains all the taste of a craft beer.

### NOSTRANA bio

Bottiglia 330 ml .....	€ 6,0
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Beer produced with an artisanal method, top fermented, not filtered or pasteurized. The light sediment present is the result of the natural and traditional process of refermentation in the bottle.

Obtained from organic malt. Light and opalescent color. The special hops used recall aromas of citrus fruits and tropical fruits. On the palate it is very fresh.

# BAR

## water Goccia di Carnia

Glass bottle 250 ml .....	€ 1,0
Glass bottle 500 ml .....	€ 2,0
Glass bottle 750 ml .....	€ 2,9

**EXTRACT** of the day (fruit o vegetable) ..... € 4,5

## ORGANIC FRUIT JUICE

Pineapple, apple, pear, peach, apricot, orange, blueberry € 3,7 - 5,5

**WATER + mint / elderflower / ginger** ..... € 2,5

## DRINKS without preservatives or colouring agents, Slow Food Presidium

Cola, ginger, citrus 200 ml ..... €3,5

Indian Fever Tree Tonic / ginger / lemon ..... € 3,5

## APERITIVO

Wine by the glass (white/red) ..... € 3,0 - 5,5

Prosecco ..... € 3,0

Ginger Zen (non-alcoholic) ..... € 4,0

Hugo zero (non-alcoholic) ..... € 3,5

Prosecco Zen ..... € 4,0

Prosecco Extra (with day extract) ..... € 4,5

Spritz Aperol / Hugo ..... € 3,5

Spritz Campari ..... € 4,0

Americano ..... € 5,0

Gin Tonic ..... € 6 - 9,0

**Other cocktails on request**

## Substances or products causing allergies or intolerance

1. **Cereals** containing gluten (i.e. wheat, rye, barley, oats, spelt, kamut or their hybridised strains) and products thereof, except:
  - Wheat-based glucose syrups, including dextrose;
  - Wheat-based maltodextrins;
  - Barley-based glucose syrups;
  - Grains used in the manufacture of alcoholic distillates, including ethyl alcohol of agricultural origin.
2. Crustaceans and crustacean products.
3. **Eggs** and egg products (this includes eggs of all oviparous animal species).
4. Fish and fish products, except:
  - fish gelatine used as a carrier for vitamin or carotenoid preparations;
  - gelatine or isinglass used as a clarifying agent in beer and wine.
5. **Peanuts** and peanut products.
6. Soya and soya products, except:
  - refined soya oil and fat;
  - natural mixed tocopherols (E306), natural D-alpha tocopherol, natural D-alpha tocopherol acetate, natural D-alpha tocopherol succinate from soya;
  - vegetable oils derived from soy-based phytosterols and phytosterol esters;
  - Plant stanol ester produced from sterols
  - soya-based vegetable oil.
7. Milk and milk products (including lactose), except:
  - whey used for the manufacture of alcoholic distillates, including ethyl alcohol of agricultural origin;
  - milk (including cow's milk, goat's milk, sheep's milk, and any type of product derived from them).
8. **Nuts that is:**
  - almonds (*Amigdalus communis* L.), hazelnuts (*Corylus avellana*), walnuts (*Juglans regia*), cashews (*Anacardium occidentale*), pecans (*Carya illinoensis* (Wangenh) K. Koch], Brazil nuts (*Bertholletia excelsa*), pistachio nuts (*Pistacia vera*), macadamia nuts or Queensland nuts (*Macadamia ternifoliae*) their products, except for nuts used in the manufacture of alcoholic distillates, including ethyl alcohol of agricultural origin.
9. Celery and celery products.
10. Mustard and mustard products.
11. Sesame seeds and sesame seed products.
12. **Sulphur dioxide** and sulphites in concentrations exceeding 10mg/kg or 10mg/l expressed in terms of total SO<sub>2</sub> to be calculated for products as proposed ready for consumption or reconstituted according to manufacturers' instructions.
13. **Lupins** and lupin products.
14. **Shellfish** and shellfish products.

### Please notify the host for allergies and intolerances

All products on the menu may be negatively affected  
In the absence of fresh product, a *quality* frozen food can be used

<sup>(v)</sup> **VEGETARIAN** <sup>(v)</sup> <sup>(v)</sup> **VEGAN**

**SERVICE** .....€ 2.50