

MENU

Summer

PROTEIN PANCAKES

SWEET PANCAKES 14.5€
Served with fresh fruit and 1 sauce of your choice:

- Maple Syrup (V, NF)
- Peanut Butter and Berry Coulis (V)
- Hazelnut & Cocoa Cream (V)

SAVORY PANCAKES 17€
Smashed Avo, smoked salmon, sunny-side-up egg, chives, sprouts (LF, NF)

SWEET BOWL

GREEK YOGURT 12€
Berries, Sanamente Homemade Granola, Honey YOGURT GRECO: (GF)

OVERNIGHT OATMEAL 11€
Oats, Oat Milk, Berries, Cinnamon, Maple Syrup, Coconut Flakes (V, GF, NF)

COCONUT CHIA PUDDING 10.5€
Served with daily coulis and fresh fruit (V, GF, NF)

SMOOTHIE BOWL

AÇAÏ BOWL 15€
Sanamente Homemade Granola, Banana, Berries, Coconut Flakes (V, GF)
EXTRA GRANOLA, PEANUT BUTTER, VEG. PROTEIN (+2€)

MANGO BOWL 15€
Sanamente Homemade Granola, Peach, Strawberries, Coconut Flakes, Chocolate Flakes (V, GF)
EXTRA GRANOLA, PEANUT BUTTER, VEG. PROTEIN (+2€)

AVOCADO TOAST

SIMPLE Smashed Avo, Chili Flakes, 11€
Lime, Sprouts (V, NF)

N°1 Smashed Avo, Heirloom Tomatoes, 14.5€
Sunny-Side-up Egg (NF) +SMOKED SALMON 4€

HUMMUS Sliced Avo, Chickpea Hummus, Marinated 14€
Red Cabbage, Mildly Spicy Mango Chutney (V, NF)

HEALTHY SALMON Smashed Avo, Smoked 15€
Salmon, Salad, Radishes, Yogurt & Chive Dressing, Sprouts (NF)

MEDITERRANEAN DREAM Smashed Avo, 15.5€
Grilled Halloumi, Heirloom Tomatoes, Scallion and Olive Salad (NF)

SIDES TO SHARE

- Guacamole with Corn and Beetroot Chips (GF, NF, V) 10€
- Chickpea Hummus with Crispy Dark Bread (V) 9€
- Avocado Slice (V) 5€
- Grilled Halloumi with Sesame, Sprouts, Honey (GF) 9€

HOMEMADE CAKES

BROWNIES RASPBERRY / HAZELNUT (GF, NF) 6€

BANANA BREAD Plain or with Vegan Cheese Cream (V, NF) 5/6.5€

CARROT CAKE Plain or with berry coulis (V) 5/6.5€

COOKIES (V, NF) 4€

EGGS ORGANIC

Served with Avocado, Toasted whole Grain Bread and Side Salad with Citronette Dressing: +SMOKED SALMON 4€

- | | | | |
|-------------|-------|-----------------|-------|
| Scrambled | 14.5€ | Sunny-side-up | 14.5€ |
| Soft boiled | 14.5€ | Cheese Omelette | 16€ |

SALADS 12:00-15:00

SALAD WITH GRILLED SALMON with 22€
Romaine Salad, Red Quinoa, Steamed Edamame, Crispy Radishes, Avocado, Sprouts, Seed Mix
WITH YOGURT SAUCE AND CHIVES (GF)

CHICKEN SALAD with Mixed Salads, 21€
Avocado, Arugula, Marinated Purple Cabbage, Cherry Tomatoes, Celery, Radishes, Sprouts and Seed Mix
WITH MUSTARD VINAIGRETTE

FATTUSH with Cherry Tomato, Cucumber, 20€
Spring Onion, Olive, Mint Salad with Hummus, Falafel and Pita

+Halloumi 4€	+Eggs 3.5€	+Hummus 3€
--------------	------------	------------

SMART FOOD 12:00-15:00

PAPRIKA SHRIMP WOK WITH COCONUT MILK with Thai rice, crunchy Veggies, Fresh Ginger and Lime (GF, LF) 22€

CURRY CHICKEN 20€
with Vegetables and Basmati Rice (GF, LF)

FRESH TOMATO SOUP 18€
with Burrata and Anchovy Oil

V vegan
GF Gluten-free preparation but may not be suitable for celiacs
NF Nut-free
LF Lactose free

*Subject to availability, this product may be frozen.

SERVIZIO COPERTO 1.50€ GLUTEN FREE BREAD 1.50€

FOR ALLERGIES OR FOOD INTOLERANCES,
PLEASE SPEAK TO OUR STAFF

DIRETTIVA CE 2005/89 REG. (UE) N.1169/11

For any information on substances and allergens, it is possible to consult the specific documentation that will be provided, upon request by the service staff.

sanamente

MENU

Summer

COLD PRESSED JUICES 9€

GREEN DETOX

Green Apple, Celery, Cucumber, Spinach, Lime, Ginger

RED POWER

Beetroot, Red Apple, Carrot, Lime, Ginger

CLEANSE

Pineapple, Papaya, Carrot, Lemon, Turmeric, Black Pepper

ORANGE JUICE

100% Orange Juice

SMOOTHIES 10€

AÇAÏ SMOOTHIE

Açaï, Strawberry, Banana, Almond Milk

ENDLESS SUMMER

Mango, Pineapple, Almonds, Coconut Flakes, Coconut Milk

PROTEIN SHAKE

Banana, Avocado, Peanut Butter, Vegan Protein Powder, Soy Milk

POWER SHOT 4.5€

GINGER BOOM Lime, Ginger

TURMERIC SHOT Lemon, Turmeric, Black Pepper

HANGOVER REMEDY Celery, Lemon, Ginger

WINES

If you feel like drinking a wine you can ask the staff, otherwise consult our refrigerated display case and let yourself be inspired.

COCKTAIL

Mimosa 12€

Bloody Mary 12€

DRINKS

WATER 500 ML / 750 ML 3/3.5€

KOMBUCHA MUN ORGANIC 250ML 6€

Original

Lemon and Ginger

GALVANINA ORGANIC SODAS BIO 355 ML 6€

GALVANINA ICED TEA BIO 355 ML 6€

MOLECOLA SUGAR FREE 330 ML 6€

ICHNUSA BEER UNFILTERED 330 ML 6.5€

CRAFT AMERICAN IPA 330 ML 8€

CAFFETTERIA Classic

+VEG. MILK 1€

Espresso 3€

Double Espresso 4€

Barley Coffee 3€

Caffè Macchiato 3€

Cappuccino 4€

Flat White 4.5€

Latte Macchiato 4.5€

Filter Coffee 4.5€

Americano Coffee 3.5€

SPECIAL

+VEG. MILK 1€

V 60 Chemex 6€

Iced Latte 6€

Matcha Latte 6€

Matcha Tea 6€

Chai Latte 6€

Golden Milk 6€

Infuso 3.5€