

Quick light lunch

**LOW CARBS MENU**

with  
Vegetarian Protein and Pescatarian Protein  
+  
Omega 3

Take our proposal

**WARM CANNELLINI AND CAULIFLOWER**

with wild arugola  
crispy celery, red onion  
Extra-virgin olive oil lemon dressing  
and  
grated mullet bottarga eggs  
(organic)  
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**ROLLED SALMON AND SPINACH**

with chopped tomatoes, cucumbers, spicy chili pepper  
Extra-virgin olive oil

\$ 46

Quick light lunch

**VEGETARIAN - CARBS - MENU**

with  
Vegetarian Protein  
+  
Omega 3

Take our proposal

**GOAT CHEESE CRUTON BREAD SALAD**

with bby mix greens, hulzenut and bee pollen  
(organic)

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**FETTUCCINE PESTO**

with peas, fava and green beans  
with basil pesto and pecorino cheese  
Extra-virgin olive oil

\$ 44

Quick light lunch

**VEGAN - CARBS - MENU**

with  
Vegan Protein  
+  
Omega 3

Take our proposal

**FAVA BEAN SOUP**

With spicy chicory and extra-virgin olive oil  
(organic)

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**TORTELLI STUFFED PASTA**

with porcini mushrooms and cabbage and truffle oil

\$ 38

Quick light lunch

**NO CARBS - NO GLUTEN MENU**

with  
White meat animal Protein  
+  
Omega 3

Take our proposal

**WILD ARUGOLA**

with crunchy watery celery, walnuts, shaves Parmigiano cheese  
and extra-virgin olive oil lemon dressing

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**AMLONDS CRUST CHICKEN BREAST MEDALLION**

with avocado, red onion and cherry tomatoes  
extra-virgin olive oil

\$ 46

Quick light lunch

**VEGETARIAN - NO CARBS - NO GLUTEN MENU**

with  
Vegetarian Protein  
+  
Omega 3

Take our proposal

**BURRATA CHEESE**

delicious softy creamy mozzarella cheese  
served with avocado and mini heirlooms tomatoes  
(organic)  
Aged balsamic

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**EGGPLANT PARMIGIANA**

grilled eggplant parmigiana style  
with basil mozzarella and parmigiano cheese

\$ 41

Quick light lunch

**VEGAN- LOW CARBS - NO GLUTEN MENU**

with  
Vegetarian Protein  
+  
Omega 3

Take our proposal

**SOUP OF GARBANZO BEANS AND CHESTNUTS**

Extra-virgin olive oil  
(organic)

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**VEGETARIAN BARBEQUE**

Eggplant, Radicchio, Zucchini, Asparagus and Green Onions and  
Mushrooms  
With balsamic vinegar and extra-virgin olive oil

\$40