



Milano

MENU

seasonal SIGNATURE BOWLS

Mind Restorer

11,50€

Spelt, spinach leaves, sesame green beans, peas with parsley pesto, chickpea and roveja hummus, pecorino cheese, baked zucchini, sunflower seeds, tahina sauce

 484 Kcal  0,28 Co2

Protein+ 12,50€

Spelt, rocket salad, organic chicken baked with rosemary and sage, thyme cherry tomatoes, baked zucchini, baked carrots, pumpkin seeds, spicy yogurt sauce

 386 Kcal  0,34 Co2

Garden Salad

10,90€

Rocket salad, chicory leaves, pink pickled egg, baked zucchini, baked aubergines, white cabbage, radish, sweet and sour beetroots, flaked almonds, balsamic vinegar glaze
Extra feta cheese + 2,00€

 245 Kcal  0,37 Co2

Pulled Dream 12,90€

Couscous, pulled pork, baked peppers, sweet and sour carrots, baked potatoes, sunflower seeds, miso mayo sauce

 456 Kcal  0,50 Co2

Country Breeze

10,90€

Rocket salad, chicory leaves, lentils, thyme cherry tomatoes, baked carrots, feta cheese, cucumber, sweet and sour zucchini, Taggiasca olives, spicy yogurt sauce

 320 Kcal  0,46 Co2

Vegan Republic

10,90€


Couscous, baked aubergines, baked peppers, thyme cherry tomatoes, baked zucchini, baked carrots, sesame seeds, extra virgin olive oil


 340 Kcal  0,16 Co2


A Kind of Poke 14,20€

Red rice, marinated Mediterranean tuna tartare, carrots, pea and zucchini guacamole, dried tomatoes in oil, baked zucchini, sesame seeds, miso mayo sauce

 453 Kcal  0,45 Co2

 Vegetarian

 Vegan

 Energy

 Carbon footprint

PANINI

Porta Venezia

8,50€

Artisanal panino, turkey ham, rocket salad, robiola cheese, green apple, mustard

Porta Nuova

8,50€

Artisanal panino, chickpea and roveja hummus, spinach leaves, baked aubergines, artichokes in oil, dried tomatoes in oil, balsamic vinegar glaze

Porta Genova

11,00€

Artisanal panino, marinated Mediterranean tuna tartare, rocket salad, baked zucchini, robiola cheese, dried tomatoes in oil, balsamic vinegar glaze

SIDES

Chickpeas and roveja hummus with pita bread

5,00€

Baked potatoes

4,00€

Pea and zucchini guacamole with pita bread

9,50€

Mini mix of baked vegetables

4,00€

SANDWICH

Italian Summer Sandwich

9,50€

Artisanal white bread, Az. Agricola Moretti Parma ham, mozzarella, tomato, basil, extra virgin olive oil

Martas Club Sandwich

10,00€

Cereal bread, turkey ham, spinach leaves, tomato, sweet and sour zucchini, spicy yogurt sauce

Pulled Pork Sandwich

11,00€

Artisanal white bread, green salad, pulled pork, baked peppers, miso mayo

KIDS

Snack-ino

2,90€

Dried fruit mix + dark chocolate
or Dried fruit mix + dates

Yummy Pappa

2,90€

6-12
months

Carrots and potato cream without salt
Extra Parmigiano Reggiano +0,50€

Yummy Pappa

3,90€

12-24
months

Carrots, potato and lentils cream without salt
Extra Parmigiano Reggiano +0,50€

BOWL IT YOURSELF

Choose your bases

REGULAR 10,90€

Cous Cous	Green Salad
Spelt	Rocket Salad
Red rice - gluten free (+ 0,40€)	Chicory leaves
	Spinach leaves

Choose your greens

4 CHOICES

COOKED

Pea and zucchini guacamole
Sesame green beans
Baked carrots
Baked zucchini
Baked eggplant
Baked peppers

RAW

Thyme cherry tomatoes
Carrots
Cucumber
Cabbage
Radish

FRUIT

Green apple
Strawberries

SWEET AND SOUR

Sweet and sour carrots
Sweet and sour zucchini
Sweet and sour beets

POTATOES SPECIAL*

Baked potatoes
*NB Remember that potatoes are carbs!

Choose your proteins

2 CHOICES, ONE VEGETARIAN AND ONE ANIMAL PROTEIN

Organic chicken baked with rosemary and sage (+€2.00)	Pecorino cheese (+€0.50)
Pulled pork (+€2.00) Marinated	Hummus with chickpeas and roveja (+0,40€)
Mediterranean tuna tartare (+€3.30)	Baked chickpeas with paprika
Pink pickled egg Feta cheese (+€0.50)	Peas with parsley pesto
	Lentils

Choose your topping

1 CHOICE

Flaked almonds (+0,30€)	Dried tomatoes in oil (+0,30€)
Sesame seeds	Artichokes in oil (+0,30€)
Sunflower seeds	Taggiasca olives (+ €0.30)
Pumpkin seeds	

Choose your dressing

1 CHOICE

Extra virgin olive oil	Spicy yoghurt sauce
Balsamic vinegar glaze	Miso mayo sauce (+0,40€)
Tahini sauce (+0,40€)	Mustard

BEVERAGE

Coffee	1,10€	Legend Kombucha Original 0,25cl	3,50€
Still water 0,50cl	1,50€	Forst non-alcoholic beer 0,33cl	3,50€
Sparkling water 0,50cl	1,50€	Red Beer "Scorretta"	
Mole Coca Zero Bio 0,33cl	2,50€	Birrificio La Gramigna 6%alc 0,33cl	3,50€
Lemonaid al passion fruit 0,33cl	3,50€	Pils Beer "Pura Vida"	
Kimino Yuzu sparkling juice 0,25cl	3,50€	Birrificio La Gramigna 5%alc 0,33cl	3,50€
Legend Kombucha Zenzero e Limone 0,25cl	3,50€		