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# Energy Bowls - Tigela

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*For a feeling of well-being and vitality. Try the classic "Tigela" with granola and fresh fruit*

## Açaí - 13

Organic açai, banana, strawberries, guaranà,  
homemade organic granola / Naturally rich in  
antioxidants and omega-3, a light and energizing bowl

— DF VGN

## Mango - 13

Mango, strawberries, banana, guaranà,  
homemade organic granola, blueberries  
Packed with vitamins A and C for a fresh, tropical flavor

— DF VGN



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# Centrifugati e Spremute

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*Refreshing, healthy, rich in vitamins and minerals*

## Arancia - 8

Fresh orange juice

*Classic and refreshing source of vitamin C*

## Ornella - 9

Celery, fennel, carrot, ginger

*Light and cleansing with a delicate spicy kick.*

## Annette - 9

Orange, pineapple, apple, lemon

*Bright and citrusy, with a smooth finish*

## Ginger - 9

Pineapple, fennel, ginger, apple

*Zesty and refreshing, ideal after a meal*

## Sucoverde - 9

White cabbage, spinach, pineapple, organic  
spirulina seaweed / A powerful green blend, full of  
character and balance

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# Frullati benefici - Healthy smoothies

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*Smoothies that improve your well-being with super fruits*

## Veracruz - 11

Organic chia seeds, mango, papaya, pineapple

*A tropical mix enriched with chia for a smooth, silky texture*

## Madagascar - 11

Baobab fruit, maracuja, guayaba, banana,  
pineapple / Exotic and satisfying, with a naturally sweet  
finish

## Formosa - 11

Papaya, strawberry, orange

*A juicy combination with a delicate balance of sweetness and  
acidity*

## Alessio - 11

Maracuja, strawberry, apple

*A relaxing and aromatic blend, fruity yet light*

## Floripa - 11

Açaí, banana, apple

*Smooth, rich in body, with a gentle berry note*

## Buzz - 11

Mango, graviola, ginger, apple

*Tropical and slightly tangy, with a lively kick*

## Bahia - 11

Blueberries, pineapple, banana

*Refreshing and naturally sweet, with a touch of summer  
berries*

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**Add protein \$3**



# Caffè

## Double Espresso - 6

Organic double espresso

## Americano - 5

Organic blend by Lavazza

## Organic drip coffee - 6



## Espresso bio - 4

Organic espresso

## Organic Latte - 7

## Cappuccino bio - 6

Cappuccino made with organic milk and coffee — 7

## Cappuccino vegano bio - 6

Cappuccino vegano bio - 6 Vegan cappuccino with organic oat milk — 18 / DF VGN

## Matcha Latte Bio

- 6 -

Organic milk and Matcha Tea

## Cioccolata Calda Bio

- 6 -

Organic hot chocolate

# Teas

TÈ E TISANE

## English breakfast - 7

An invigorating, full-bodied blend of organic Indian, Chinese, and Ceylon single-estate black teas. A winsome take on the classic breakfast blend - and one of our most requested.

## Chamomile - 7

Egyptian chamomile blossom tea is a naturally calming botanical used for centuries to promote rest and relaxation. With pleasant aromatic suggestions of pineapple and quince, this deeply satisfying herbal tea may be enjoyed hot or chilled.

## Majorelle mint - 7

A Moroccan paradise of organic gunpowder green tea and vibrant mint with a stylish citrus twist.

## Jasmine pearls - 7

A perennial favorite, fragrant jasmine pearls is a tightly rolled (pearl shape) tea, scented only with jasmine blossoms. Wonderfully floral, this exceptional grade of jasmine pearls is from the Da Bai Cha cultivar and processed, not as a white tea, but as a green.

## WATER

## Filtered natural or sparkling water - 3

Saratoga - Natural or sparkling water - 10

## SODAS

Coca Cola, Tonica, Coke Zero, Ginger Beer, Sprite - 6

## NON ALCOHOLIC BEER

Best Day Brewing N/A Kolsch *California* - 8

## DRAFT BEER

## House Lager - 9

Sixpoint Brewing Bengali IPA *New York* - 11

## Birrificio Del Ducato Torrente - 13

*Emilia-Romagna, Italy (Hopped lager)*

## BOTTLE BEER

## Birra Baladin Nazionale - 14

*Piedmont, Italy (Belgian style golden ale)*

Ask for our wine by the glass and our wine list / Ask for ginger selection of cocktails and amari

