

Superfood smoothies

WARNING! THEY MAY CAUSE A HEALTHY ADDICTION

FIBER BOMB

LATTE DI MANDORLE, SPINACI, CAVOLO NERO, BANANA, AVOCADO, MANDORLE
ALMOND MYLK, MANDORLE, BLACK KALE, BANANA, AVOCADO, ALMONDS

INNER STRENGTH

LATTE DI MANDORLE, BANANA, MATCHA, MACA, MANGO
ALMOND MYLK, MANDORLA, MATCHA, MACA, MANGO

WAKE ME UP

LATTE D'AVENA, CAFFÈ FREDDO, BANANA, DATTERI, MANDORLE
OAT MYLK, COLD BREW COFFEE, BANANA, DATES, ALMONDS

SWEET BOY

LATTE D'AVENA, CACAO CRUDO, BURRO DI ARACIDI, BANANA, DATTERI, SCAGLIE DI CACAO
OAT MYLK, RAW CACAO, PEANUT BUTTER, BANANA, DATES, CACAO NIBS

BERRY SPECIAL

LATTE DI MANDORLE, FRAGOLE, MORE, CANNELLA, BANANA, SEMI DI CHIA
ALMOND MYLK, STRAWBERRIES, BLACKBERRIES, CINNAMON, BANANA, CHIA SEEDS

THE BREAKFAST

LATTE D'AVENA, FIOCCHI D'AVENA, CAFFÈ FREDDO, BURRO DI MANDORLE, BANANA, MANGO
OAT MYLK, OATS, COLD BREW COFFEE, ALMOND BUTTER, BANANA, MANGO

THE PUMP

LATTE DI MANDORLE, SPINACI, BANANA, DATTERI, SPIRULINA, PROTEINE DELLA CANAPA
ALMOND MYLK, SPINACI, BANANA, DATES, SPIRULINA, HEMP PROTEIN

THE SHIELD

LATTE DI AVENA, BANANA, ANANAS, POLLINE BIO, CURCUMA, GUARANA
OAT MYLK, BANANA, PINEAPPLE, ORGANIC POLLEN, TURMERIC, GUARANA

Açaí & fruit bowls

ONLY FRESH AND DAILY
HOMEMADE INGREDIENTS!

ÇAÍ BOWL 8.5

ÇAÍ, LATTE DI SOIA, FRUTTI ROSSI, MUESLI, BANANA, MANGO
ÇAÍ, BANANA, SOY MYLK, BERRIES, GRANOLA, BANANA, MANGO

CACAO PEANUT BUTTER BOWL 8.5

CACAO CRUDO, BURRO DI ARACIDI, LATTE DI SOIA, BANANA, MUESLI, FRUTTI ROSSI, SCAGLIE DI CACAO
RAW CACAO, BANANA, PEANUT BUTTER, SOY MYLK, BANANA, GRANOLA, BERRIES, CACAO NIBS

FRUIT BOWL 6

ANANAS, MANGO, BANANA, MELA, FRAGOLE E FRUTTA STAGIONALE IN BASE ALLA DISPONIBILITÀ
PINEAPPLE, MANGO, BANANA, APPLE, STRAWBERRIES AND SEASONAL FRUITS DEPENDING ON AVAILABILITY

YOGURT BERRY BOWL 6.5

YOGURT GRECO, MUESLI, MIELE, FRUTTI ROSSI
GREEK YOGURT, GRANOLA, HONEY, BERRIES

YOGURT FRUIT BOWL 6

YOGURT GRECO, FRUTTA
GREEK YOGURT, FRUITS

Coffeebar

ONLY HIGH-QUALITY
SINGLE ORIGIN COFFEES
KINDLY SELECTED BY
CAFFELAB.IT

COLD BREW ICED COFFEE

CAFFÈ ESTRATTO A FREDDO

FILTER COFFEE

CAFFÈ FILTRO

ESPRESSO

OAT CAPPUCCINO

CAPPUCCINO D'AVENA

ORGANIC TEAS & INFUSIONS

YOGI INFUSION DECAF
INFUSIONE A YURVEDICA, SPEZIE DOLCI E FIORI
AYURVEDIC INFUSION, SWEET SPICES AND FLOWERS

CHAI MEETS MATCHA

TÈ INDIANO CON MATCHA
INDIAN SPICED TEA WITH MATCHA

DETOX SUPER GREEN

SELEZIONE DI TÈ VERDE CON CITRONELLA,
ZENZERO, SCORZA DI LIMONE
SELECTED GREEN TEAS WITH LEMON GRASS,
GINGER, LEMON ZEST

ENERGIZING SUPER TEA

MATE VERDE, CURCUMA, MATCHA, GUARANA,
SPIRULINA
GREEN MATE, TURMERIC, MATCHA, GUARANA,
SPIRULINA

KEEMUN BLACK TEA

TÈ NERO FORTE
HIGH GRADE BLACK BREAKFAST TEA

GUNPOWDER GREEN TEA

TÈ VERDE CINESE
CHINESE GREEN TEA

Superlattes

GREMLIN LATTE HOT
LATTE D'AVENA, SPIRULINA, CACAO CRUDO,
SCAGLIE DI CACAO
OAT MYLK, SPIRULINA, RAW CACAO, CACAO NIBS

MOON LATTE HOT
LATTE DI MANDORLE, CANNELLA, CURCUMA,
NOCCE MOSCATA, PEPE NERO, ASHWAGANDHA
OLIO DI COCCO BIO
ALMOND MYLK, CINNAMON, NUTMEG, BLACK PEPPER,
ORGANIC COCONUT OIL, TURMERIC, ASHWAGANDHA

GOLDEN MYLK ICED / HOT
LATTE D'AVENA, CURCUMA, ZENZERO,
PEPE NERO, CANNELLA
OAT MYLK, TURMERIC, GINGER,
BLACK PEPPER, CINNAMON

MATCHA LATTE ICED / HOT
LATTE DI MANDORLE, MATCHA
ALMOND MYLK, MATCHA

100% PLASTIC FREE!
ALL PACKAGING
IS COMPOSTABLE

Signature toasts

PAIR IT WITH JUICE OR SMOOTHIE
FOR THE PERFECT QUICK LUNCH!

AVOCADO TOAST 6.5

PANE AL CARBONE ATTIVO, AVOCADO SMASH, SEMI DI CHIA
ACTIVATED CHARCOAL BREAD, AVOCADO SMASH, CHIA SEEDS

AVOCADO SPECIAL 7.5

PANE AL CARBONE ATTIVO, AVOCADO SMASH, PECORINO E PEPERONCINO
ACTIVATED CHARCOAL BREAD, AVOCADO SMASH, PECORINO CHEESE CHUNKS, CHILI PEPPER

AVO GRAIN 7.5

PANE AL CARBONE ATTIVO, AVOCADO SMASH, QUINOA
ACTIVATED CHARCOAL BREAD, AVOCADO SMASH, QUINOA

AVOCADO GREEK 8

PANE AL CARBONE ATTIVO, AVOCADO SMASH, FETA, POMODORINI
ACTIVATED CHARCOAL BREAD, AVOCADO SMASH, FETA CHEESE, CHERRY TOMATOES

AVOCADO Mr.T 8

PANE AL CARBONE ATTIVO, AVOCADO SMASH, TOFU, FUNGHI AL FORNO, RAVANELLI
ACTIVATED CHARCOAL BREAD, AVOCADO SMASH, TOFU, ROASTED MUSHROOMS, RADISH

AVO SALMON & EGGS 11

AVOCADO SMASH, SALMONE AFFUMICATO, UOVO IN CAMICIA
AVOCADO SMASH, SMOKED SALMON, POACHED EGG

HUMMUS TOAST 6.5

PANE AI CEREALI, HUMMUS, OLIO D'OLIVA, SEMI DI SESAMO
BROWN GRAIN BREAD, HUMMUS, OLIVE OIL, SESAME SEEDS

HUMMUS BRUSCHETTA 7.5

PANE AI CEREALI, HUMMUS, POMODORINI, OLIO D'OLIVA
BROWN GRAIN BREAD, HUMMUS, CHERRY TOMATOES, OLIVE OIL

HUMMUS SIGNATURE TOAST 8

PANE AI CEREALI, HUMMUS, PATATE DOLCI ARROSTATE, QUINOA
BROWN GRAIN BREAD, HUMMUS, ROASTED SWEET POTATOES, QUINOA

HUMMUS PARMIGIANA 8

PANE AI CEREALI, HUMMUS, MELANZANE AL FORNO, SCAGLIE DI PARMIGIANO
BROWN GRAIN BREAD, HUMMUS, ROASTED EGGPLANT, PARMESAN CHUNKS

HUMMUS VEG & EGG 9.5

PANE AI CEREALI, HUMMUS, ZUCCHINE ARROSTATE, UOVO IN CAMICIA, SEMI DI SESAMO
BROWN GRAIN BREAD, HUMMUS, ROASTED ZUCCHINI, POACHED EGG, SESAME SEEDS

HUMMUS LEGENDARY 9.5

PANE AI CEREALI, HUMMUS, FUNGHI, PATATE DOLCI, RUCOLA, TOFU
BROWN GRAIN BREAD, HUMMUS, MUSHROOMS, SWEET POTATOES, ROCKET, TOFU

Salads & bowls

ONLY FRESH INGREDIENTS
HIGH QUALITY NUTS & SEEDS

Bb SPINACH MANGO SWEETNESS 9

SPINACIO, CAVOLO NERO, RAPE ROSSE AL VAPORE, MANGO, SEMI DI GIRASOLE, MANDORLE
BABY SPINACH, TUSCAN KALE, STEAMED BEETS, MANGO, SUNFLOWER SEEDS, ALMONDS

MR. HASS & MRS. SMITH 9

LATTUGA ROMANA, SONGINO, AVOCADO, MELA VERDE, SEMI DI GIRASOLE, NOCI
ROMANO-SONGINO SALAD, AVOCADO, GREEN APPLE, SUNFLOWER SEEDS, WALNUTS

3 REDS MISTICANZA 9

BIETOLA ROSSA, RADICCHIO ROSSO, RUCOLA, LATTUGA ROMANA, CIPOLLOTTI, AVOCADO,
FRUTTI ROSSI SECCHI
RED CHARD, RED RADICCHIO, ROMAINE, ROCKET, SPRING ONIONS, AVOCADO, DRIED RED FRUITS

I.T.P. ICEBERG TOMATO PARM 9

BIETOLINE, LATTUGA, ICEBERG, SEMI DI ZUCCA, POMODORINI, SCAGLIE DI PARMIGIANO,
ANACARDI
LAMB'S LETTUCE, ICEBERG, PARMESAN CHUNKS, PUMPKIN SEEDS, TOMATOES, CASHEW NUTS

SWEET POTATO GOAT CHEESE! 11

PATATE DOLCI, FORMAGGIO CAPRINO, MELA, SPINACIO, CAVOLO NERO, RISIO VENERE,
MANDORLE, PROSCIUTTO ARROSTO
SWEET POTATOS, GOAT CHEESE, BLACK RICE, ALMONDS, ROASTED PROSCIUTTO, GREEN APPLE, BABY SPINACH, TUSCAN KALE

PUMPKIN MANGO RADISH! 11

ZUCCA AL FORNO, MANGO, RAVANELLI, SPINACIO, RUCOLA, QUINOA, LENTICCHIE
ROASTED PUMPKIN, MANGO, RADISH, BABY SPINACH, ARBUOLA, QUINOA, LENTILS

EXTRA QUINOA BOWL 9

SPINACIO, QUINOA, PATATE DOLCI, FUNGHI, UVETTA PASSA, LENTICCHIE, MANDORLE
BABY SPINACH, QUINOA, SWEET POTATOES, MUSHROOMS, RADISH, LENTILS, ALMONDS

EXTRA RICE BOWL 9

RISIO VENERE AL VAPORE, RUCOLA, SPINACIO, ZUCCHINE AL FORNO, TOFU, HUMMUS,
POMODORINI, SEMI DI SESAMO
BLACK RICE, ROCKET, BABY SPINACH, ROASTED ZUCCHINI, TOFU, HUMMUS, CHERRY TOMATOES, SESAME SEEDS

HUMMUS BOWL & ROASTED VEGGIES 8

HUMMUS FATTO IN CASA CON FUNGHI ARROSTO, MELANZANE ARROSTO, CIPOLLE ARROSTO
HOME MADE HUMMUS WITH ROASTED EGG PLANT, ONIONS AND MUSHROOMS

HUMMUS BOWL CELERY & CARROTS 8

HUMMUS FATTO IN CASA CON SEDANO, CAROTE CRUDE
HOME MADE HUMMUS WITH CELERY AND CARROTS

HOME MADE HUMMUS 6

HUMMUS FATTO IN CASA

Cold press juices

100% FRESH RAW JUICE
MADE IN STORE DAILY!

HEALTHY CHICK

MELA VERDE, SEDANO, SPINACI,
ZENZERO, LIMONE
GREEN APPLE, CELERY, SPINACH,
GINGER, LEMON

GREEN MONSTER

SEDANO, CETRIOLO, SPINACI,
CAVOLO NERO, LIMONE, FREZZENOLLO
CELERY, CUCUMBER, SPINACH, TUSCAN KALE,
PARSLEY, LEMON

HEALTHY DUDE

MELA GOLD, CAVOLO NERO, SEDANO,
ANANAS, LIMONE, ZENZERO
APPLE, TUSCAN KALE, CELERY, PINEAPPLE,
LEMON, GINGER

EMERALD GREEN

CETRIOLO, SPINACI, LATTUGA ROMANA,
ZENZERO, LIMONE
CUCUMBER, SPINACH, ROMAINE, GINGER, LEMON

PRETTY EYES

CAROTA, ANANAS, ARANCIA CURCUMA
CARROT, ORANGE, PINEAPPLE, TURMERIC

RUNNER

ANANAS, CAROTA, MENTA, GINGER
PINEAPPLE, CARROT, HINT, GINGER

HEART BEET

BARBABIETOLA, CAROTA, ARANCIA,
UVA ROSSA, ZENZERO
BEETROOT, CARROT, ORANGE,
RED GRAPES, GINGER

THIRST QUENCHER

KIWI, PERA, MELA, LIME
KIWI, PEAR, APPLE, LIME

ALMOND MYLK

MANDORLE, ACQUA DISTILLATA,
DATTERI
ALMONDS, FILTERED WATER, DATES

SWEET APPLE MINT

MELA, LIMONE, MENTA
APPLE, LEMON, MINT

PINEAPPLE BASIL

ANANAS, BASILICO
ANANAS, BASIL

THE OJ

SUCCO D'ARANCIA
ORANGE JUICE

BASE V Juicery

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