



Take a Beer



BOTTLED BEERS 0,33 CL. 5€

Ichnusa non filtrata, Daura gluten free, Heineken 0.0, Birra Messina Cristalli di Sale

BOTTLED CRAFT BEER 0,33 CL. 7€

Birrificio Italiano

Tipopils 5,2 % vol. (blonde, hopped and light beer)

Finisterrae 5 % vol. (blonde, malt and scented beer)

Bibock 6,2 % vol. (amber, fruity, double malt beer)

GUD COCKTAILS

Gud Spritz

Aperol, Cinar, Prosecco, Grapefruit juice



8€

Gud Mule

Rabarbaro Zucca, Lime, Ginger Beer

8€

Sbagliatissimo Gud

Punt e Mes, Campari, Prosecco, Tonic water, Secret drops

8€

Gud & Tonic

Gin Mare, Orange jam, Orange bitter, Tonic water

10€

Mojito Gud

White and black Ron, Cane sugar, Lime,

Fresh mint, Pomegranate juice

8€

Caipi Gud

Cachaca, Blackberries & Fresh ginger, Lime

8€

Gud 0%

Apple juice, Grapefruit, Barley water

7€

Special Gud cocktail

Ask our staff which is the cocktail of the day

10€

No alcohol



...from the cellar

White Wines X X

WINE GLASS 6€ BOTTLE 25€

- Falanghina del Beneventano IGT, Campania
- Gewurtztraminer, Az.agricola Roeno, Trentino
- Sauvignon, Ronco dei Tassi, Collio, Friuli
- Vermentino, Audarya DOC, Sardegna
- Grechetto, Fioranello, Tenuta di Fiorano, Lazio

Red Wines

WINE GLASS 6€ BOTTLE 25€

- Don Pietro Nero d'Avola Igp Bio, Sicilia
- Cannonau, Audarya DOC, Sardegna
- Barbera d'Alba "Pelisa" DOC, Piemonte

WINE GLASS 7€ BOTTLE 35€

- Cabernet Sauvignon, Fioranello, Tenuta di Fiorano, Lazio

Sparkling Wines

WINE GLASS 6€ BOTTLE 25€

- Jeio prosecco DOCG Valdobbiadene, Veneto
- Baretta Prosecco di Valdobbiadene DOCG Brut, Veneto

WINE GLASS 7€ BOTTLE 35€

- Ferrari maximum brut (trentodoc)

WINE GLASS 8€ BOTTLE 40€

- Ferrari maximum Rosè (trentodoc)

ONLY BOTTLE 40€

- Franciacorta, Barone Pizzini, Animante Extra Brut
- Franciacorta, Barone Pizzini, Animante Rosè



CAFFETERIA E TISANE



Coffee	1€
Coffee and liquor	2€
Decaffeinated coffee	1,30€
Long black	1,30€
Marocchino (espresso, steamed milk and cocoa)	1,30€
Cappuccino (classic, almond, soya milk)	1,50€
Decaffeinated cappuccino	1,80€
Iced coffee	3,50€
Iced coffee and liquor	5€
Latte macchiato (classic, almond, soya milk)	2,30€
Tea damman frères (green, black, white tea)	3,00€
Tisana Fid Ji (apple, ginger, lime, citronella, orange)	3,00€
Rooibos infusion	3,00€
(decaffeinated tea)	



BEVERAGES

Water San Pellegrino and Levissima 50 cl	1€
Soft drinks	3,50€
Ginger beer	4€
Crodino - San Bitter	3,50€ from 18.00 ▶ 5€
Bitter and liquor	3,50€ / 5€
Seasoned tomato juice	6€



SOFT DRINKS

Red Bull Energy Drink	4€
Red bull, lime, sugarfree	

ORGANICS SOFT DRINK BIO

Organics Ginger Ale	5€
Organics Bitter Lemon	5€
Organics Tonic Water	5€

Take Away
...and see
you soon!



NATURAL CENTRIFUGES 5€

GUD DETOX: Apple, celery, cucumber

GUD TASTE: Strawberries, pineapple, apple

GUD VIBES: Mint, lime, apple, pineapple

GUD ENERGY: Carrots, ginger, orange and lemon juice

GUD ZICO: Pineapple, green apple, ginger and coconut water

➔ **ZICO:** Coconut water rich in potassium and low in calories, no added sugar. Pair it with our Hawaian cirasci bowl. **4€**

FRESH JUICE

Fresh pineapple or Apple juice

Orange juice, Grapefruit juice



5€

4€

Smoothies 6€

Gud Morning

Strawberries, avocado, coconut milk, açai, lemon, maple syrup

Gud Looking - anti aging

Blueberries, strawberries, apple, coconut milk, almond milk, goji berries, agave, lemon, vanilla, chia seeds

Gud Love - energizzante

Banana, coconut milk, dates, maple syrup, maca, lucuma, chia seeds, turmeric, cinnamon, hemp proteins

CROISSANT & MUFFIN

Plain, apricot, nutella, pistachio, hazelnut, cream, berries, cereals and honey

Vegan

Mini croissant filled or plain

Muffin chocolate, apple, blueberry

Mini muffin chocolate, blueberry



1,50€

1,50€

1€

3€

1€

➔ **Pane & ChocoHealth** **2,50€**
Crispy rye bread with hazelnut cream: rich in fiber, lactic ferments and stevia for a Gud day balance

Biscuits 2€

Sbrisolona, whole grain biscuits w/ dark or milk chocolate

in the window

TRAMEZZINI - SANDWICHES

Smoked ham

Ham

Tuna

Vegetarian



4€

4€

4€

4€

AVO TOAST 5€

Avo Treat

Rye bread, avo, radish

Let's Avo!

Rye bread, avo, pickled cucumber

Avocado smash

Rye bread, avo and tomatoes



ITALIAN CIRASCI BOWLS



the new Poke

The idea was born from the interpretation of the classical Chirasci from Japanese cuisine, prepared using different varieties of rice, cooked sushi style. Our Italian Cirasci is seasoned with top quality ingredients from Italian, mediterranean and international cuisine.

Hawaiano **12€**

Whole Grain Red Rice, Marinated Salmon, Mango, Avocado, Sesame, Spring Onion, Soya Sauce

Sea-ciliano **13€**

Whole Grain Red Rice, Prawns, Dry Tomatoes Pesto, Buffalo Mozzarella Cheese, Crispy Capers, Basil, Lemon Zest

Hell's Chicken **12€**

Basmati rice, spicy chicken, Iceberg salad, mango, sweet Italian chill pepper, smoked paprika and tzatziki sauce

Green **11€**

Basmati rice, green beans, courgettes, asparagus, peas, ginger, avocado and cucumber

Le Focacce CLASSIC AND GOURMET



Focaccia is made with a dough of whole grain Bio flour, 24 hours natural rising, light and crispy.

The Focaccia is seasoned with top quality Italian ingredients.

Strepitosa **10€**

Stacciatella Cheese, Cherry Tomato, Rucola, Parma Ham

Ligure **12€**

Octopus sautéed, mashed potatoes, pesto sauce

Contadina **10€**

Mortadella, Toasted Pistachios, Stracciatella Cheese, Dried Tomatoes Pesto

Regina Margherita **9€**

Buffalo Mozzarella Cheese, San Marzano Tomato, Basil, Evo Oil

Bimbo felice **8€**

Mozzarella Cheese, Ham

to try

GUD fresh salads



Delicata **8€**

Iceberg salad, Green Apple, Ricotta Cheese, Walnuts, Maldon Salt, Evo Oil

Caesar **11€**

Iceberg salad, Italian chicken raised on the ground, Caesar sauce, croutons, parmesan flakes

Norvegese **10€**

Iceberg salad, marinated salmon, sweet and sour pear, cream cheese, dill, croutons

try our famous

* Raw fish products are blast chilled. In case of lack of fresh product some products could be frozen. - The allergens identified by EU Reg. No. 1169/2001 are underlined. Ask our staff for any other details.