

NATURAL CENTRIFUGES & SPREMUTE

GUD DETOX 5€

Apple, celery, cucumber

GUD TASTE 5€

Strawberries, pineapple, apple

GUD VIBES 5€

Mint, lime, apple, pineapple

GUD ENERGY 5€

Carrots, ginger, orange and lemon juice

GUD ZICO 5€

Pineapple, green apple, ginger and coconut water

ORANGE JUICE 4€



Fresh fruit salad 4€



Take a Beer

TAP BEERS

Ichnusa

(from sardina, bitter beer)

small 0,2 cl	medium 0,4 cl
3,50€	5€
3,50€	6€
3,50€	6€

Ichnusa non filtrata

(left to settle, the beer keeps the yeasts)

Birra Moretti la rossa

(bock beer, produced with 100% Italian malt)



BOTTELED BEERS 5,00€ 0,33 CL.

Heineken - Sol

Slalom strong - Desperados

Ichnusa cruda- Heineken 0.0

Daura gluten free



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

6€

SPECIAL GUD COCKTAIL

Ask our staff which is the cocktail of the day

10€

CAFFETTERIA E INFUSIONI



Coffee	1,00€
Coffee and liquor	2,00€
Decaffeinated coffee	1,50€
Long black	2,00€
Marocchino (espresso, steamed milk and cocoa)	2,00€
Cappuccino (classic, soya milk)	2,00€
Decaffeinated cappuccino	2,00€
Iced coffee	3,50€
Iced coffee and liquor	5,00€
Latte macchiato	2,00€
Te Damman Freres (green, black, white tea)	3,50€
Tea chamomile	3,50€
Rooibos infusion (decaffeinated tea)	3,50€



BEVERAGES

Water San Pellegrino and Levissima 50 cl	1,50€
Crodino - San Bitter	4€
Spritz	7€
Bitter and liquor	5€
Seasoned tomato juice	6€

SOFT DRINKS

Red Bull Energy Drink

Red bull, lime, sugarfree

4€

Organics Soft Drink Bio

Organics Ginger Ale, Organics Bitter Lemon
Organics Tonic Water

5€



CROISSANT & MUFFIN



Plain, apricot, nutella, pistachio, cream, berries, cereals and honey	1,50€
Vegan	1,50€
Mini croissant filled or plain	1€
Muffin chocolate, apple, blueberry	3€
Mini muffin chocolate, blueberry	1€

Pancakes 4,5€

Berries // Maple syrup // Banana and chocolate

CAKE OF THE DAY from 3€



No alcol



...from the cellar White Wines X X

WINE GLASS 6€ BOTTLE 25€

- Falanghina del Beneventano IGT, Campania
- Gewurtztraminer, Az.agricola Roeno, Trentino
- Vermentino, Audarya DOC, Sardegna
- Sauvignon, Ronco dei Tassi, Collio, Friuli

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

Rosé Wines

WINE GLASS 6€ BOTTLE 25€

- Solarea Rosé, Agriverde, Abruzzo 2017 DOC

Sparkling Wines

WINE GLASS 6€ BOTTLE 25€

- Jeio prosecco docg Valdobbiadene, Veneto

WINE GLASS 7€ BOTTLE 35€

- Ferrari maximum brut (trentodoc)

WINE GLASS 8€ BOTTLE 40€

- Ferrari maximum Rosé (trentodoc)



TRY

our ZICO coconut water rich in potassium and low in calories, no added sugar. Pair it with our Hawaiian cirasci bowl.



Accompany your aperitif with our amazing buns in mini version or in classic format choose your flavour

Take Away ...and see you soon!



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

Green (is the new black) 11€

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



Hell's Chicken 12€

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

Le Focacce CLASSICHE E 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.

to try

	ORIGINAL	MINI 012
Strepitosa <u>Stacciatella Cheese</u> , Cherry Tomato, Rucola, Parma Ham	10€	5,5€
Ligure <u>Octopus carpaccio</u> , mashed potatoes, <u>pesto sauce</u>	12€	6,0€
Contadina Mortadella, <u>Toasted Pistachios</u> , <u>Stracciatella Cheese</u> , <u>Dried Tomatoes Pesto</u>	10€	5,5€
Regina Margherita <u>Buffalo Mozzarella Cheese</u> , San Marzano Tomato, Basil, Evo Oil	9€	5,5€
Bimbo felice <u>Mozzarella Cheese</u> , Ham	8€	5,0€

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



GUD PIZZA from 4€
naturally leavened slice

Ask us tastes of the day