

## 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

until 5 pm 

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

Orange juice 4€



## Take a Beer

### TAP BEERS 0,40 CL.

**Ichnusa** 5€ | happy hour ▶ 8€  
(from sardina, bitter beer)

**Ichnusa non filtrata** 6€ | happy hour ▶ 8€  
(left to settle, the beer keeps the yeasts)

**Birra Moretti la bianca** 6€ | happy hour ▶ 8€  
(the new italian Weiss)

**Birra Moretti la rossa** 6€ | happy hour ▶ 8€  
(bock beer, produced with 100% Italian malt)

**Birra Moretti IPA** 6€ | happy hour ▶ 8€  
(high fermentation beer, long maturation of yeasts in vats)

### BOTTELED BEERS 0,33 CL.

Heineken, Sol, Slalom strong  
Desperados, Ichnusa cruda  
Heineken 0.0, Daura gluten free

5,00€ happy hour ▶ 8€



Take Away  
...and see you soon!

## GUD COCKTAILS



HAPPY HOUR  
▼

**Gud Spritz** 8€ | 10€

Aperol, Cinar, Prosecco, Grapefruit juice

**Gud Mule** 8€ | 10€

Rabarbaro Zucca, Lime, Ginger Beer

**Sbagliatissimo Gud** 8€ | 10€

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

**Gud & Tonic** 10€ | 12€

Gin Mare, Orange jam, Orange bitter, Tonic water

**Mojito Gud** 8€ | 10€

White and black Ron, Cane sugar, Lime,  
Fresh mint, Pomegranate juice

**Caipi Gud** 8€ | 10€

Cachaca, Blackberries & Fresh ginger, Lime

**Gud 0%** 6€ | 8€

Apple juice, Grapefruit, Barley water

➔ **SPECIAL GUD COCKTAIL** 8€ | 10€

Ask our staff which is the cocktail of the day

## COFFEE AND INFUSIONS FROM 1€

Coffee, Cappuccino, Iced coffee, Latte macchiato

## BEVERAGES

Water (Levissima and San Pellegrino 50 cl) 1,50€

Soft drinks 3,50€ | happy hour ▶ 5€

Crodino - San Bitter 3,50€ | happy hour ▶ 5€

Bitter and liquor 3,50€ | happy hour ▶ 5€

Seasoned tomato juice 5€ | happy hour ▶ 7€



## SOFT DRINKS

**Red Bull Energy Drink** 4€ | happy hour ▶ 5€

Red bull, lime, sugarfree

## ORGANICS SOFT DRINK BIO 5€

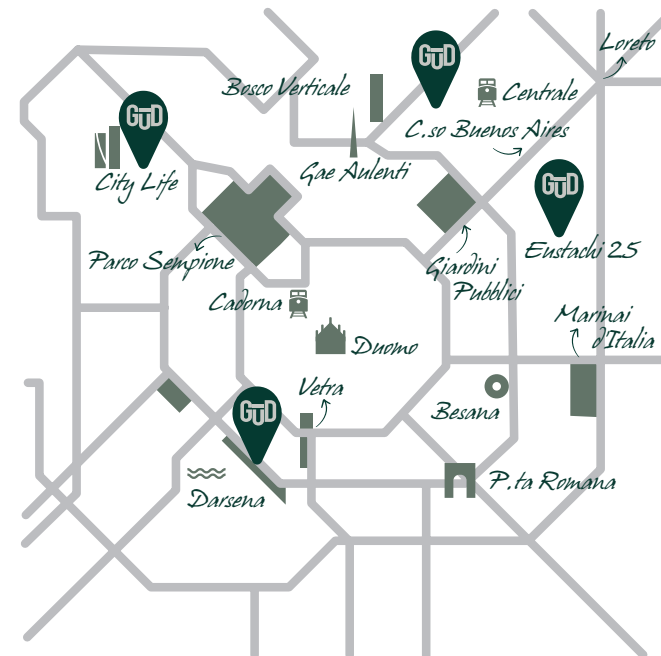
Organics Ginger Ale, Organics Bitter Lemon, Organics Tonic Water



6pm - 9pm  
happy hour  
with food box



**CITY LIFE**  
ALL DAYS 12.00-22.30



### GUD CITY LIFE

Via Demetrio Stratos, 5  
T 351 9393770  
citylife@gudmilano.com

### GUD DARSENA

Viale Gabriele d'Annunzio, 30  
T 02 8358467  
darsena@gudmilano.com

### GUD BEACH

Punta dell'Est - Idroscalo (Segrate)  
Via Circonvallazione Est 19

### GUD EUSTACHI 25

Via Eustachi, 25  
T 02 91663247  
eustachi@gudmilano.com

### GUD STAZIONE CENTRALE

P.za Luigi di Savoia 1/15  
T 02 49540502  
stazionecentrale@gudmilano.com



## ITALIAN CIRASCI BOWLS



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

## GTJD 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

## 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.

to try

### Strepitosa 10€

Stacciatella Cheese, Cherry Tomato, Rucola, Parma Ham

### Contadina 10€

Mortadella, Toasted Pistachios, Stracciatella Cheese, Dried Tomatoes Pesto

### Regina Margherita 9€

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

### Ligure 12€

Octopus carpaccio, mashed potatoes, pesto sauce

### Bimbo felice 8€

Mozzarella Cheese, Ham



...from the cellar

## White Wines X X

### WINE GLASS 6€ BOTTLE 30€

### HAPPY HOUR 6pm-9 pm WINE GLASS 8€ BOTTLE 40€

- Gewurtztraminer Az.agricola Roeno, Trentino
- Sauvignon, Ronco dei Tassi, Collio, Friuli
- Vermentino, Audarya DOC, Sardegna
- Falanghina del Beneventano IGT, Campania
- Ribolla gialla 2018, Livio Felluga, Friuli
- Arneis blancgé 2018, Ceretto, Piemonte



### ONLY BOTTLE 40€

- Sancerre, Domaine de la porte, Chavignol 2017
- Chablis, Domaine Louis Moreau 2017
- Pouilly fumé 2017, Domaine serve Dagueneau

## Rosé Wines

### WINE GLASS 6€ BOTTLE 30€

### HAPPY HOUR 6pm-9 pm WINE GLASS 8€ BOTTLE 40€

- Solarea Rosé, Agriverde, Abruzzo 2017 DOC

### ONLY BOTTLE 45€

- Bandolo Rosé, Cote de Provence 2017

## Red Wines

### WINE GLASS 6€ BOTTLE 30€

### HAPPY HOUR 6pm-9 pm WINE GLASS 8€ BOTTLE 40€

- Cannonau, Audarya d.o.c., Sardegna
- Barbera d'Alba "Pelisa" d.o.c., Piemonte
- Vertigo Cabernet Merlot, Livio Felluga d.o.c., Friuli
- Rosso di Montalcino Bio, Col d'orcio 2016, Toscana

### ONLY BOTTLE 45€

- Brunello di Montalcino, Col d'orcio 2014, Toscana

## Sparkling Wines

### WINE GLASS 6€ BOTTLE 30€

### HAPPY HOUR 6pm-9 pm WINE GLASS 8€ BOTTLE 40€

- Jeio prosecco docg Valdobbiadene, Veneto

### WINE GLASS 10€ BOTTLE 45€

### HAPPY HOUR 6pm-9 pm WINE GLASS 10€ BOTTLE 50€

- Franciacorta, Barone Pizzini, Animante Extra Brut
- Franciacorta, Barone Pizzini, Animante Rosé
- Bellavista Brut, Alma gran Cuvée
- Ferrari maximum brut (trentodoc)
- Ferrari maximum Rosé (trentodoc)

### ONLY BOTTLE

- Soul saten, Contadi Castaldi **70€**
- Champagne Delamotte Brut **70€**
- Champagne Delamotte Rosé **100€**



We care about you but there is no table service