

GŪD JUICE 5 €

FRESH FRUIT
EXTRACTS

- Maddalena** - pomegranate, lemon, apple
Vulcano - apple, pear, avocado, baby spinach
Panarea - lemon, mint, apple
Linosa - mango, apple, orange
Giglio - ginger, apple



TAKE A BEER

TAP BEERS 40 CL.

FROM 5pm ▶ 7€

ICHNUSA 6€
(from sardina, bitter beer)

ICHNUSA NON FILTRATA 6€
(left to settle, the beer keeps the yeasts)

BIRRA MORETTI LA BIANCA 6€
(the new italian Weiss)

BIRRA MORETTI LA ROSSA 6€
(bock beer, produced with 100% Italian malt)

BIRRA MORETTI IPA 6€
(high fermentation beer, long maturation of yeasts in vats)



BOTTLED CRAFT BEER 33 CL.

FROM 5pm ▶ 7€

**ICHNUSA CRUDA, HEINEKEN SILVER,
HEINEKEN 0.0, DAURA GLUTEN FREE,
SLALOM STRONG**

GŪD SWEETS 5€

BARLEY BASED TIRAMISŪ
Allergens: egg, lactose, gluten

**CHEESECAKE WITH WILD BERRIES
AND ALMOND CRUMBLE**
Allergens: egg, nuts, lactose



APERIGŪD

WITH MARTINI FIERO E TONIC

FIERO & TONIC 7€ from 17.00 ▶ 10€

Martini Fiero, Organics Tonic Water

FIERO SPRITZ 7€ from 17.00 ▶ 10€

Martini Fiero, Prosecco, Soda water

FIERO GUD 10€

Martini Fiero, Bombay Sapphire Gin,
Ginger, Cucumber

NEGRONI RISERVA 12€

Martini Riserva Bitter, Martini Riserva Rubino,
Bombay Sapphire

AMERICANO RISERVA 12€

Martini Riserva Bitter, Martini Riserva Rubino, Soda Water

ST-GERMAIN HUGO 12€

St-Germain, Prosecco, Soda Water, Lime juice



GŪD COCKTAILS

GIN TONIC ZERO 10€

Seedlip Spiced, Grapefruit juice, Organics Tonic

LONDON MULE ZERO 10€

Seedlip Groover, Lemon juice, Organics Ginger Beer

PEACH BITTER 11€

Martini Riserva Bitter, Alamea Peach Brandy,
Organics Black Orange, Lemon juice

MANGO COOLER 11€

42below, bitter truth pimento dram, mango,
Orange juice, Lime juice, angostura bitter

VIOLETTA COLLINS 12€

Bombay Sapphire Premier Cru Gin, Liquore alla Violetta,
cordiale St-Germain, Succo al Limone, Peychaud's Bitter

COCO PASSION 13€

Santa Teresa 1796 Rum, Leblon Cachaca, Alamea Coconut,
Lime juice, Passion Fruit, Sugar

SEX TOMMY'S 13€

Patron Silver Tequila, Crème de Banana,
Illegal Mezcal, Lime juice

GIN TONIC LIST

WITH ORGANICS
TONIC

BOMBAY SAPPHIRE LONDON DRY GIN, UK 12€

OXLEY LONDON DRY GIN, UK 14€

BOMBAY SAPPHIRE PREMIER CRU, UK 14€

TANQUERAY LONDON DRY GIN 12€

BULLDOG, LONDON DRY GIN, UK 14€

ELEPHANT, BOTANICHE AFRICANE, GERMANY 14€

GIN MARE, MEDITERRANEAN GIN, SPAIN 14€

MONKEY 47, BLACK FOREST DRY GIN, GERMANY 14€

HENDRICK'S UK 14€

FIFTY POUNDS LONDON GIN, UK 14€

COPPERHEAD BLACK BATCH, LONDON DRY GIN, BELGIO 14€

PORTOFINO DRY GIN, ITALY 14€

SEVEN HILLS, DRY GIN, ITALY 14€

COFFEE & INFUSION

Coffee 1,50€

Cappuccino 2,20€

Iced Coffee 4€

Te and tisane 3,50€

Hot chocolate 4€ | from 5 p.m. ▶ 5€

Hot chocolate with cream 4,5€ | from 5 p.m. ▶ 5,5€



BEVERAGES



Water 1,50€

Soft drinks 4€ | from 5 p.m. ▶ 5€

Red Bull Energy Drink:

Regular, Zero, White Edition,

Red Edition 4€ | from 5 p.m. ▶ 5€

Organics by Red Bull:

Organics Tonic Water, Bitter Lemon,

Ginger Beer, Ginger Ale,

Black Orange, Viva Mate 4€ | from 5 p.m. ▶ 5€

Crodino - San Bitter 4€ | from 5 p.m. ▶ 5€

Seasoned tomato 7€

Bitter and Liqueurs from 4€ | from 5 p.m. ▶ from 5€

Vin brûlé 5€ | from 5 p.m. ▶ 6€

FRESH ORANGE JUICE 5€

happy
GŪD

from 5 p.m.

ALL DRINKS AND BEERS WILL BE
SERVED WITH OUR POP GUD



GŪD POKÈ 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.

Sea-ciliano 13€

Whole grain red rice, shrimps*, dried tomato pesto, crispy capers, buffalo mozzarella DOP, basil, lemon zest
Allergens: lactose, shellfish, nuts



Teriaky 12€

Basmati Rice, "Free Range" Chicken, Avocado*, Cashew Nuts, Teriaky Sauce, Spring Onion, Lime Zest
Allergens: gluten, nuts

BEST SELLER

Hawaiano 12€

Basmati Rice, Marinated Salmon, Avocado*, Edamame*, Spring Onion, Ponzu Souce
Allergens: gluten, fish

VEG

Autumn Green 12€

Whole Red Rice, Pumpkin Cream, Shitake Mushrooms, Kale, Roasted Chestnuts, Horseradish
Allergens: nuts, lactose, sesame

GŪD BAO

The inspiration comes from Gua-Bao, a steamed Chinese sandwich filled with various flavors. We use natural yeast and only highest quality Italian flours with stuffing that range from various gastronomic cultures. **All this makes them soft, delicate, easily digestible and... fun!**



NEW

Pulled BAO 5€

Bao, Pulled Pork*, BBQ spicy sauce, Caramelized Onion
Allergens: gluten, lactose, soy

Bubba BAO 5€

Bao, Shrimp*, Coconuts and Lime Mayo, Chive, Lattuce, Zest Lime
Allergens: shellfish, gluten, eggs, lactose

Green BAO 5€

Bao, Kale, Marinated Shitake Mushrooms in Green Sauce
Allergens: sulphite, lactose, gluten, mushmellow

TASTE ALL OF THEM AND TRY OUR COMBO!
13€

LE FOCACCE OUR HOME-MADE FOCACCIA

Our 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 12€

Stracciatella cheese, Cherry tomatoes, rocket, Parma ham, Evo Oil
Allergens: lactose, sulphites, gluten, soy, sesame

Regina Margherita 11€

Tomato of Piennolo DOP, Mozzarella of bufala campana DOP, Basil, Oregano and extra virgin olive oil
Allergens: lactose, gluten, soy, sesame

NEW

Contadina 12€

Mortadella with pistachio, Stracciatella cheese, Pistachios, Dried tomatoes pesto
Allergens: lactose, gluten, nuts, soy, sesame

MADE WITH
A DOUGH OF WHOLE
GRAIN BIO FLOUR



CREAMY VEGETABLE SOUP 10€

Pumpkin Cream, Chestnuts, Kale, Toasted Bread
Allergens: gluten, lactose

JUST WITH QUALITY
RAW MATERIALS

GŪD
fresh salads



Caesar Salad 12€

Curly salad, free-range chicken, crispy bacon*, parmesan flakes, croutons of bread, Caesar sauce
Allergens: lactose, gluten, sulphites, eggs

La Messinese 12€

Iceberg and Lamb's Lettuce, Smoked Swordfish, Fennel, Orange, Toasted Almonds, Citrus Oil
Allergens: fish, nuts

WHITE WINES

Wine glass 6€ Bottle 30€

FROM 5PM Wine glass 7€ Bottle 35€

- Vermentino di Sardegna DOC, Audarya, Sardegna - 13,5%
- Ribolla Gialla IGP, Vigna del Lauro, Venezia Giulia - 13%

Wine glass 7€ Bottle 35€

FROM 5PM Wine glass 8€ Bottle 40€

- La Capranera Falanghina IGP, San Salvatore, Campania - 12,5%
- Grechetto Fioranello IGP, Tenuta di Fiorano, Lazio - 13%
- Gewürztraminer DOC, Kossler, Südtirol Alto Adige - 14%

ROSÈ WINES

Wine glass 6€ Bottle 30€

FROM 5PM Wine glass 7€ Bottle 35€

- Susumaniello Rosè IGP, Vallone Tenuta Serranova, Salento - 12%

RED WINES

Wine glass 6€ Bottle 30€

FROM 5PM Wine glass 7€ Bottle 35€

- Barbera d'Alba Pelisa DOC, Monchiero Carbone, Piemonte - 14,5%

Wine glass 7€ Bottle 35€

FROM 5PM Wine glass 8€ Bottle 40€

- Pinot Nero DOC, Kossler, Südtirol Alto Adige - 13%
- Cabernet Sauvignon Fioranello IGP, Tenuta di Fiorano, Lazio - 13%

SPARKLING WINES

Wine glass 6€ Bottle 30€

FROM 5PM Wine glass 7€ Bottle 35€

- Jeio Prosecco Superiore DOCG Brut, Bisol Valdobbiadene, Veneto - 11,5%

Wine glass 8€ Bottle 45€

FROM 5PM Wine glass 10€ Bottle 50€

- Ferrari Maximum Blanc de Blancs Brut (Trentodoc) - 12,5%
- Ferrari Maximum Rosè (Trentodoc) -
- Franciacorta Animante Extra Brut, Barone Pizzini - 12%
- Franciacorta Rosè, Barone Pizzini - 12%

CHAMPAGNE

Bottle 120€

- Champagne Brut "Cuvée Saint-Pétersbourg", Veuve Clicquot - 12%



FROM 5 P.M.

happy
GŪD



FOLLOW US
GUD.MILANO



TAKE AWAY

In compliance with health and hygiene regulations, all raw fishery products are stored at -22° for 24 hours. In case of lack of fresh products some ingredients could be frozen. Allergens are selected by Reg UE N.1169/2001. In our lab kitchen we use flour, soy, nuts and this ingredients might contaminate others food. Please ask to our staff for further details.