

BEVERAGES

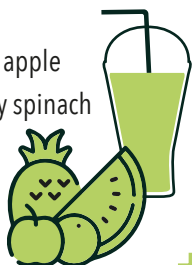
Water	1,20€
Soft drinks	3,50€ from 5 p.m. ▶ 5€
Crodino - San Bitter	4€ from 5 p.m. ▶ 5€
Seasoned tomato	7€
Red Bull Energy Drink: Regular, Zero, White Edition, Red Edition	4€ from 5 p.m. ▶ 5€
Organics by Red Bull: Organics Tonic Water, Bitter Lemon, Ginger Beer, Ginger Ale, Black Orange, Viva Mate	4€ from 5 p.m. ▶ 5€
Bitter and Liqueurs	from 4€ from 5 p.m. ▶ from 5€

GÜD JUICE 4,5€

from 5pm ▶ 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



FRESH ORANGE, GRAPEFRUIT
AND MIXED FRUIT JUICE
FROM 5pm ▶ 5€

4€

TAKE A BEER

BOTTLED BEER 5€ FROM 5pm ▶ 6€
33 CL.

HEINEKEN SILVER, ICHNUSA NON FILTRATA
BIRRA MESSINA CRISTALLI DI SALE
DAURA GLUTEN FREE



FROM 5PM
happy
GÜD

BOTTLED CRAFT BEER 7€
BIRRIFICIO ITALIANO 33 CL.

- 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)
- IPA ASTEROID 6,6€ VOL.**



WITH MARTINI FIERO E TONIC

APERIGÜD

FIERO & TONIC 7€ from 17.00 ▶ 8€

Martini Fiero, Organics Tonic Water

FIERO SPRITZ 7€ from 17.00 ▶ 8€

Martini Fiero, Prosecco, Soda water

FIERO GÜD 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



GÜD 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 10€

OXLEY LONDON DRY GIN, UK 14€

BOMBAY SAPPHIRE PREMIER CRU, UK 14€

TANQUERAY LONDON DRY GIN 10€

BULLDOG, LONDON DRY GIN, UK 12€

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 & HOT DRINKS

		FROM 5 P.M.
Coffee	1,20€	1,20€
Coffee and liqueur	1,60€	2,00€
Barley Coffee	small 1,50€ big 1,70€	2,00€
Caffe ginseng	small 1,50€ bog 1,70€	2,00€
Decaffeinated Coffee	1,50€	2,00€
Long Blac	2,00€	2,00€
Marocchino	2,00€	2,00€
Cappuccino	1,70€	2,00€
Cappuccino (classic, soya, almond)	2,00€	2,10€
Decaffeinated Cappuccino	1,80€	2,00€
Iced Coffee	3,50€	4,00€
Iced Coffee and liqueur	5,00€	5,00€
Latte macchiato	2,20€	2,50€
Latte macchiato (almonds, soya, coconut)	2,30€	3,00€
Te Damman Freres (green, black, white tea)	3,50€	4,00€
Tisana Fid Ji	3,50€	4,00€
(apple, ginger, lime, lemongrass, orange)		
Tisana rooibos	3,50€	4,00€
(low tannin infusion without caffeine)		
Chamomile	2,50€	3,00€
Macha latte	4,00€	5,00€
Macha cacao	4,00€	5,00€
Golden drink	4,00€	5,00€

happy
GÜD



from 5 p.m.

ALL DRINKS AND BEERS
WILL BE SERVED WITH OUR
ASSORTMENT OF APPETIZERS



NATURAL CENTRIFUGES 5€

GÜD DETOX: Apple, celery, cucumber

GÜD ENERGY: Carrots, ginger, orange and lemon juice

GÜD TASTE: Strawberries, pineapple, apple

GÜD VIBES: Mint, lime, apple, pineapple

CROISSANT & MUFFIN

Croissant filled or plain	1,50€
Mini Croissant filled or plain	1,00€
Mini muffin	1,20€
Muffin	3,00€
Dry biscuits	2,50€



GÜD SWEETS 5€

BARLEY BASED TIRAMISÙ

Allergens: egg, lactose, gluten

CHEESECAKE WITH WILD BERRIES AND ALMOND CRUMBLE

Allergens: egg, nuts, lactose

GÜD 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.



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

GÜD 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



JUST WITH QUALITY RAW MATERIALS

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€

Straciatella 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



MADE WITH A DOUGH OF WHOLE GRAIN Bio FLOUR

NEW

Contadina 12€

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

AVO TOAST

Güd Med 5€

Rye bread, avocado, cherry tomato, basil, sesame seeds
Allergens: sesame, gluten



Avospecial 7€

Rye bread, beet salmon, avocado, sesame seeds, dill
Allergens: fish, lactose, gluten, sesame

CREAMY VEGETABLE SOUP 10€

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

SANDWICH 5€

WHITE WINES

Wine glass 6€ Bottle30€

FROM 5PM Wine glass 7€ Bottle35€

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

Wine glass 7€ Bottle35€

FROM 5PM Wine glass 8€ Bottle40€

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

ROSÈ WINES

Wine glass 6€ Bottle30€

FROM 5PM Wine glass 7€ Bottle35€

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

RED WINES

Wine glass 6€ Bottle30€

FROM 5PM Wine glass 7€ Bottle35€

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

Wine glass 7€ Bottle35€

FROM 5PM Wine glass 8€ Bottle40€

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

SPARKLING WINES

Wine glass 6€ Bottle30€

FROM 5PM Wine glass 7€ Bottle35€

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

Wine glass 7€ Bottle35€

FROM 5PM Wine glass 8€ Bottle40€

- Ferrari Maximum Blanc de Blancs Brut (Trentodoc) - 12,5%
- Ferrari Maximum Rosè (Trentodoc) - 12,5%

Bottle40€

FROM 5PM Bottle45€

- Franciacorta Animante Extra Brut, Barone Pizzini - 12%
- Franciacorta Rosè, Barone Pizzini - 12%

CHAMPAGNE

Bottle120€

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



FROM 5 P.M.
happy
GÜD

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.



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