

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€
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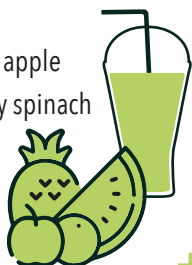
Organics by Red Bull: Organics Tonic Water, Bitter Lemon, Ginger Beer, Ginger Ale, Black Orange, Viva Mate	4€ from 5 p.m. ▶ 5€
Bitter and Liqueurs	from 4€ from 5 p.m. ▶ from 5€

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€
33 CL.

FROM 5pm ▶ 6€



HEINEKEN SILVER, ICHNUSA NON FILTRATA FROM 5PM
BIRRA MESSINA CRISTALLI DI SALE
DAURA GLUTEN FREE

happy
GÜD

BOTTLED CRAFT BEER 7€
BIRRIFICIO ITALIANO 33 CL.

- TIOPILS 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.**



APERIGÜD

WITH MARTINI FIERO E TONIC

FIERO & TONIC 7€ FROM 5 P.M. ▶ 8€

Martini Fiero, Organics Tonic Water

FIERO SPRITZ 7€ FROM 5 P.M. ▶ 8€

Martini Fiero, Prosecco, Soda water

FIERO GUD 10€

Fiero Gud: 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 Grover 42, Grapefruit juice, Organics tonic

CORAL BAY 11€

Bacardi Carta Oro Rum, Leblon Cachaca, Aperol, Lime, Agave, Organics
Ginger Ale

OLD STYLE 11€

Bulleit Bourbon Whiskey, Acacia Honey, Green Apple Juice, Bitter Truth
Pimento Dram, Lemon Juice, Black Pepper

MARIACHI 12€

Patron Silver Tequila, Martini Bianco, Bitter Fusetti, Lime Juice, Agave,
Pink Grapefruit Juice, Grapefruit Soda

GLAMOUR 12€

Eristoff Vodka, Mandarin Syrup, Yuzu Sakè, Lychee Liqueur, Lemon Juice,
Raspberries

RED SMOKING 13€

Amaro Cynar, Illegal Mezcal, St-Germain, Strawberries Shrub, Creme de
Mure Liqueur, Peychaud's Bitter

LATIN LOVER 13€

Pisco, Orange Curacao Liqueur, Turmeric Syrup, Lime Juice, Celery, Pink
Grapefruit Soda, white egg



GIN TONIC LIST

WITH ORGANICS
TONIC

BOMBAY SAPHIRE LONDON DRY, UK 12€

BOMBAY SAPHIRE PREMIER CRU, UK 14€

OXLEY LONDON DRY, UK 14€

TANQUERAY LONDON DRY, UK 12€

HENDRICK'S GIN, SCOTLAND 14€

ELEPHANT LONDON DRY, GERMANY 14€

MONKEY 47 DRY GIN, GERMANY 14€

GIN MARE, MEDITERRANEAN GIN, SPAIN 14€

NORDES GIN, SPAIN 14€

PORTOFINO DRY GIN, ITALY 14€

GIASS MILANO DRY GIN, ITALY 14€

VILLA ASCENTI GIN, ITALY 14€

ROKU GIN, JAPAN 14€

GIN DEL PROFESSORE AUTHENTIC CROCODILE, ITALY 14€



COFFEE, INFUSION & HOT DRINKS

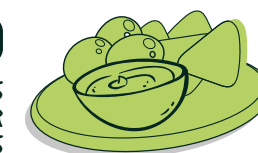
Coffee	1,10€
Coffee and liqueur	1,60€
Barley Coffee	small 1,50€ big 1,70€
Caffe ginseng	small 1,50€ big 1,70€
Decaffeinated Coffee	1,50€
Long Black	1,50€
Marocchino	2,00€
Cappuccino	1,70€
Cappuccino (classic, soya, almond)	2,00€
Decaffeinated Cappuccino	1,80€
Iced Coffee	3,50€
Iced Coffee and liqueur	5,00€
Latte macchiato	2,20€
Latte macchiato (almonds, soya, coconut)	2,30€
Te Damman Freres	3,50€ from 5 p.m. ▶ 4,00€
(green, black, white tea)	
Tisana Fid Ji	3,50€ from 5 p.m. ▶ 4,00€
(apple, ginger, lime, lemongrass, orange)	
Tisana rooibos	3,50€ from 5 p.m. ▶ 4,00€
(low tannin infusion without caffeine)	
Chamomile	2,50€ from 5 p.m. ▶ 3,00€
Hot chocolate	4,00€
Hot chocolate with cream	4,50€

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, soy



BEST SELLER

Hawaiano 12€

Basmati Rice, Marinated Salmon, Avocado*, Edamame*, Spring Onion, Ponzu Souce, White Sesame

Allergens: gluten, fish, sesame, soy

VEG

Autumn Green 12€

Whole Red Rice, Pumpkin Cream, Shitake Mushrooms, Kale, Roasted Chestnuts, Horseradish

Allergens: gluten, soy

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€

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



MADE WITH A DOUGH OF WHOLE GRAIN Bio FLOUR

NEW

Contadina 12€

Mortadella with pistachio, Stracciatella 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€ Bottle 30€

FROM 5PM Wine glass 7€ Bottle 35€

Vermentino di Gallura DOP, Mancini, Sardegna - 13%

Wine glass 7€ Bottle 35€

FROM 5PM Wine glass 8€ Bottle 40€

Roero Arneis Cecu d'la Biunda DOP, Monchiero Carbone, Piemonte - 13,5%

Gewurtztraminer Von Blumen DOC, Alto Adige - 13%

Grechetto Fioranello IGP, Tenuta di Fiorano, Lazio - 13%

ROSÈ WINES

Wine glass 6€ Bottle 30€

FROM 5PM Wine glass 7€ Bottle 35€

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

RED WINES

Wine glass 6€ Bottle 30€

FROM 5PM Wine glass 7€ Bottle 35€

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

Valpolicella Rio Albo DOC, Cà Rugate, Veneto - 12,5%

Wine glass 7€ Bottle 35€

FROM 5PM Wine glass 8€ Bottle 40€

Pinot Nero Von Blumen DOC, 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 DOP Brut, Bisol Valdobbiadene, Veneto - 11,5%

Wine glass 7€ Bottle 35€

FROM 5PM Wine glass 8€ Bottle 40€

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

Ferrari Maximum Rosè (Trentodoc) - 12,5%

Bottle 40€

FROM 5PM Bottle 45€

Franciacorta Animante Extra Brut, Barone Pizzini - 12%

Franciacorta Rosè, Barone Pizzini - 12%

CHAMPAGNE

Bottle 120€

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

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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GÜD.MILANO



FROM 5 P.M.
happy
GÜD