

## BEVERAGES

Water		1,20€
Soft drinks	3,50€	from 6 p.m. ▶ 5€
Crodino - San Bitter	4€	from 6 p.m. ▶ 5€
Seasoned tomato	6€	from 6 p.m. ▶ 7€
Red Bull Energy Drink	4€	from 6 p.m. ▶ 5€
Organics by Red Bull	4€	from 6 p.m. ▶ 5€
Bitter and Liqueurs	from 4€	from 6 p.m. ▶ from 5€

### GŪD JUICE 5 €

- Pomegranate** - pomegranate, lemon, apple
- Avocado** - apple, pear, avocado, baby spinach
- Lemon** - lemon, mint, apple
- Mango** - mango, apple, orange
- Ginger** - ginger, apple



### FRESH FRUIT EXTRACTS

**FRESH ORANGE, GRAPEFRUIT  
AND MIXED FRUIT JUICE**  
FROM 6PM 5€

**4€**

## TAKE A BEER

**BOTTLED BEER 5€** FROM 6pm ▶ 6€  
33 CL.

**ICHNUSA NON FILTRATA,  
ICHNUSA AMBRATA  
BIRRA MESSINA CRISTALLI DI SALE  
DAURA GLUTEN FREE**

FROM 6 P.M.  
**happy**  
GŪD

**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.**



## APERIGŪD

WITH MARTINI  
FIERO E TONIC

**FIERO & TONIC 7€** from 6PM ▶ 8€

Martini Fiero, Organics Tonic Water

**FIERO SPRITZ 7€** from 6PM ▶ 8€

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

**BATANCHINO 10€**

Tequila Cazadores Blanca, Lime juice, chinotto,  
orange, salt

**FIZZ 42 11€**

42 Below Vodka, apricot brandy, lime juice,  
soda, sugar

**COPACABANA 12€**

Leblon Cachaca, Orange curacao, lime,  
sugar, passion fruit

**SUNNY DAY 12€**

Bombay Sapphire Gin, St-Germain, grapefruit juice, lime  
juice, creme the menthe, soda

**MANGO&STORMY 14€**

Santa Teresa 1796 Rum, mango syrup, lime juice,  
Organics Ginger Beer



**CHANDON GARDEN SPRITZ**

**GLASS 10€ BOTTLE 45€**

Natural aperitif: Chandon Brut,  
orange liqueur, herbs and spices

## GIN TONIC LIST

WITH  
ORGANICS  
TONIC

**BOMBAY SAPPHIRE LONDON DRY GIN, UK 12€**

**BOMBAY SAPPHIRE PREMIER CRU, UK 14€**

**OXLEY LONDON DRY GIN, UK 14€**

**TANQUERAY LONDON DRY, UK 12€**

**PORTOFINO DRY GIN, ITALIA 14€**

**GIN MALFY ROSA, ITALIA 14€**

**GIN MARE, MEDITERRANEAN GIN, SPAGNA 14€**

**MONKEY 47 - BLACK FOREST DRY GIN, GERMANIA 14€**

**HENDRICK'S, UK 14€**



## COFFEE, INFUSION & HOT DRINKS

		FROM 6 PM
Coffee	1,10€	1,10€
Coffee and liqueur	1,60€	2,00€
Barley Coffee	piccolo 1,50€   grande 1,70€	2,00€
Caffe ginseng	piccolo 1,50€   grande 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€

**happy**   
GŪD

from 6 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

Filled or Plain Croissant	1,50€
Filled or Plain Mini Croissant	1,00€
Mini muffin	1,20€
Muffin farciti	3,00€
Dry Biscuits	2,50€



## GÜD SWEETS 6€

### TIRAMISÚ\*

Semifreddo based on soaked sponge cake of coffee and filled with a mascarpone cream and a thin layer of caramel, all topped with a veil of cocoa

*Allergens: gluten, lactose, fruits in shell*

### RICOTTA E PERE\*

Crumbly almond and hazelnut biscuit, enclosed in a rich and fresh ricotta cream, enriched with caramelized pear cubes

*Allergens: gluten, lactose, fruits in shell*

### CHEESECAKE\*

Fragrant shortbread crumble, soft cheese cream variegated with red fruits, garnished with wild berries in syrup

*Allergens: gluten, lactose, egg*



## 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.

### HAWAIANO 12€

Basmati rice, marinated salmon, edamame\*, avocado\*, ponzu sauce, sesame, spring onion

*Allergens: fish, sesame, soy, gluten*

### TERIYAKI 12€

Basmati rice, chicken\*, avocado\*, cashew nuts, teriyaki sauce, lemon zest, spring onion

*Allergens: soy, gluten, nuts*



VEG

### GREEN DAY 12€

Brown rice, cream of asparagus\*, sautéed seasonal vegetables, sweet and sour ginger, hazelnuts, poppy seeds

*Allergens: fruits in shell, sulphite*

## GÜD fresh salads

### GREEK SALAD 12€

Iceberg, chicken\*, caesar sauce, bacon, shavings of Grana, croutons

*Allergens: egg, lactose, celery, gluten, fish, sulphite*

### CAESAR SALAD 12€

Mixed salad, tomato confit, feta cheese, aubergines in oil, almonds, Taggiasca olives

*Allergens: nichel, lactose, fruits in shell, sulphite*

### BACKTO80'S 12€

iceberg, cocktail sauce, prawns\*, avocado\*, crispy onion, citrus oil

*Allergens: shellfish, egg, nichel, sulphite, gluten*

## 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.

### REGINA MARGHERITA 12€

Focaccia\*, San Marzano tomato, buffalo mozzarella, oregano

*Allergens: lactose, gluten, nichel*

### STREPITOSA 13€

Focaccia\*, raw ham, stracciatella cheese, cherry tomatoes, rocket

*Allergens: sulphite, lactose, gluten*

### LA VALTELLINESE 13€

Focaccia\*, bresaola, parmesan fondue, spinach with lemon

*Allergens: lactose, sulphite, gluten*

### BIMBO FELICE 11€

Focaccia\*, baked ham, buffalo mozzarella

*Allergens: lactose, sulphite, gluten*

## AVO TOAST

### GÜD MED 5€

Rye bread, avocado, cherry tomato, basil, sesame seeds

*Allergens: sesame, gluten*

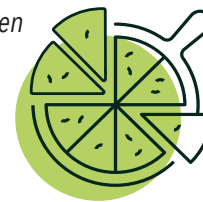
### AVOSPECIAL 7€

Rye bread, beet salmon, avocado, sesame seeds, dill

*Allergens: fish, lactose, gluten, sesame*



JUST WITH  
QUALITY RAW  
MATERIALS



MADE WITH  
A DOUGH OF WHOLE  
GRAIN BIO FLOUR



## TARTARE

SERVED WITH SLICES  
OF OUR FOCACCIA

### ORIENTALE 15€

Salmon tartare\*, avocado, ponzu sauce, sesame seeds

*Allergens: fish, soy, gluten, sesame*



## SANDWICH AND FOCACCINE 5€

## WHITE WINES

Wine glass 6€ Bottle 30€

FROM 6PM Wine glass 7€ Bottle 35€

- Vermentino Audarya DOC, Sardegna - 13,5%
- Ribolla gialla Collio DOP Vigna dell'Auro, Friuli Venezia Giulia - 12,5%
- Chardonnay, Pietragrande IGT, Tenute Lunelli, Trento - 12%

Wine glass 7€ Bottle 35€

FROM 6PM Wine glass 8€ Bottle 40€

- Grechetto Fioranello, Tenuta di Fiorano, Lazio - 12,5%

## ROSÈ WINES

Wine glass 6€ Bottle 30€

FROM 6PM Wine glass 7€ Bottle 35€

- Chiaretto Gorgo DOC, Veneto - 12%

## RED WINES

Wine glass 6€ Bottle 30€

FROM 6PM Wine glass 7€ Bottle 35€

- Cabernet/Merlot Aliotto IGT, Tenute Lunelli, Toscana - 13%

Wine glass 7€ Bottle 35€

FROM 6PM Wine glass 8€ Bottle 40€

- Cabernet Sauvignon Fioranello, Tenuta di Fiorano, Lazio - 13,5%

## SPARKLING WINES

Wine glass 6€ Bottle 30€

FROM 6PM Wine glass 7€ Bottle 35€

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

Wine glass 8€ Bottle 40€

FROM 6PM Wine glass 10€ Bottle 45€

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

Wine glass 8€ Bottle 45€

FROM 6PM Wine glass 10€ Bottle 50€

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

Bottle 80€

- Ca' del bosco Cuvée Prestige - 12,5%

## CHAMPAGNE

Bottle 90€

- Champagne Brut "R de Ruinart", Ruinart - 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.