

BEVERAGES

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

GŪD JUICE 5 €

**FRESH
FRUIT EXTRACTS**

- Pomegranate** - pomegranate, lemon, apple
- Lemon** - lemon, mint, apple
- Mango** - mango, apple, orange
- Ginger** - ginger, apple



FRESH ORANGE JUICE 4€

FROM 16--- 5€

TAKE A BEER



BOTTLED BEER 5€
33 CL.

HEINEKEN 0.0
DAURA GLUTEN FREE
ICHNUSA AMBRA LIMPIDA

FROM 16
--- 6€

TAP BEERS 6€
40 CL.

FROM 16
--- 7€

ICHNUSA
(from sardina, bitter beer)

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

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



APERIGŪD

**WITH MARTINI
FIERO E TONIC**

FIERO & TONIC 7€ from 4PM ▶ 8€

Martini Fiero, Organics Tonic Water

FIERO SPRITZ 7€ from 4PM ▶ 8€

Martini Fiero, Prosecco, Soda water

NEGRONI RISERVA 12€

Martini Riserva Bitter, Martini Riserva Rubino, Bombay Sapphire

NEGRONI GARDEN TWIST 12€

Martini Rubino Riserva, Martini Bitter Riserva, Chandon Garden Spritz, Rosemary, Dried orange

AMERICANO RISERVA 12€

Martini Riserva Bitter, Martini Riserva Rubino, Soda Water

AMERICANO FUSION 12€

Martini Fiero, Martini Bitter Riserva, Yozu Sakè, Grapefruit soda, Angostura

ST-GERMAIN HUGO 12€

St-Germain, Prosecco, Soda Water, Lime juice

HAPPYGŪD
FROM 4PM

GŪD COCKTAILS

SANTA TERESA 1796 OLD FASHIONED 13€

Rum Santa Teresa, sugar, bitter al cioccolato, orange liqueur, Soda Water

SMOKED MARGARITA 13€

Tequila Cazadores reposado, Mezcal Vida, yuzu, laphroaig, agave, lime

DAIQUIRI SPICY MANDARIN 12€

Rum Bacardi Carta Blanca, falernum, lime, mandarin syrup

FRENCH MULE 12€

Grey Goose vodka, Crème de Cassis, lime, Ginger ale



**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€

TANQUERAY LONDON DRY, UK 12€

GIN MARE, MEDITERRANEAN GIN, SPAGNA 14€

HENDRICK'S, UK 14€

MONKEY 47 - BLACK FOREST DRY GIN, GERMANIA 14€

GIN MALFY ROSA, ITALIA 14€

PORTOFINO DRY GIN, ITALIA 14€

HENDRICK'S, UK 14€



COFFEE, INFUSION & HOT DRINKS

Coffee	1,20€
Decaffeinated Coffee	1,50€
Barley Coffee	small 1,50€ big 2,00€
Caffe ginseng	small 1,50€ big 2,00€
Long Black	2,00€
Marocchino	2,00€
Cappuccino (classic)	2,20€
Cappuccino (soya, almond)	2,50€
Decaffeinated Cappuccino	2,50€
Iced Coffee	4,00€
Iced Coffee and liqueur	5,00€
Te and tisane	4,00€
Hot Chocolate	4,00€
... with Cream	4,50€
Mulled wine	6,00€

HAPPYGŪD



DALLE ORE 16.00

All Drinks and Beers will be served with our mixed fried

CROISSANT & MUFFIN



Filled or Plain Croissant	1,50€
Muffin	3,50€
Mini muffin	1,50€

GŪD SWEETS 6€

TIRAMISŪ*

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

**SWEET
MOMENT**



SPECIAL CAKE/PANETTONE FOR HOLIDAYS

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.

LIVORNESE 13€

Basmati rice, cuttlefish*, tomato, peas, steamed potatoes, lemon zest

Allergens: fish



TERIYAKI 12€

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

Allergens: soy, gluten, fruits in shell

VEG

GREEN DAY 12€

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

Allergens: fruits in shell, sulphite

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!**



PULLED BAO* 5€

Pulled* pork in spicy BBQ sauce, caramelized onion

Allergens: lactose, gluten, soy

PURPLE BAO* 5€

Beetroot burger*, horseradish mayo

Allergens: lactose, gluten, egg

JAPANESE BAO* 5€

Salmon in teriyaki sauce, nori seaweed, cream cheese, sweet and sour ginger

Allergens: fish, soy, gluten, lactose, sulphite



**JUST WITH QUALITY
RAW MATERIALS**

GŪD SALAD

CAESAR SALAD 12€

Iceberg, chicken*, caesar sauce, bacon*, parmesan flakes, croutons

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

MARE D'INVERNO 13€

Mazzancolle*, spinaci, orzo e patate al vapore, salsa verde

Allergens: fish, gluten

PUMPKINS SOUP, BLACK CABBAGE AND CHESNUT* 11€

Allergens: lactose



GŪD FRIED FOOD

Fish&Chips* 11€

Cod* croquettes, rustic potatoes* with skin served with tartar sauce and pea sauce

Allergens: fish, gluten, fruits in shell, egg

Chick'n'Chips 10€

Marinated and fried in batter Chicken*, rustic potatoes* with skin served with tartar sauce and horseradish mayonnaise

Allergens: lactose, fruits in shell, egg, gluten

Rustic potatoes with peel 4€

Allergens: fruits in shell



I TACOS



SICILIANO 5€

Iceberg, prawns*, dried tomato pesto, buffalo mozzarella, capers and crispy onion

Allergens: gluten, crustaceans, lactose, fruits in shell (gluten free without onion)

CAESAR TACO 5€

Iceberg, chicken strips, caesar sauce, grana padano flakes, crispy bacon*

Allergens: egg, lactose, celery, sulphite, fish

GŪD WINE



WHITE WINES

WINE GLASS 6€ BOTTLE 30€

FROM 4 PM WINE GLASS 7€ BOTTLE 35€

- Vermentino Audarya DOC, Sardegna - 13,5%
- Chardonnay, Pietragrande IGT, Tenute Lunelli, Trento - 12%
- Grechetto Fioranello, Tenuta di Fiorano, Lazio - 12,5%

RED WINES

WINE GLASS 6€ BOTTLE 30€

FROM 4 PM WINE GLASS 7€ BOTTLE 35€

- Cabernet Sauvignon Fioranello, Tenuta di Fiorano, Lazio - 13,5%
- Valpolicella DOC, Rio Albo, Cà Rugate, Veneto - 13%
- Sangiovese Montefalco Rosso DOC "Ziggurat", Tenute Lunelli, Umbria - 14%

SPARKLING WINES

WINE GLASS 6€ BOTTLE 30€

FROM 4 PM WINE GLASS 7€ BOTTLE 35€

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

WINE GLASS 8€ BOTTIGLIA 45€

FROM 4 PM WINE GLASS 10€ BOTTLE 50€

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

HAPPYGŪD
FROM 5PM

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.

