

BEVERAGES

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

4€ | FROM 5 P.M. 5€

TAKE A BEER

BOTTLED BEER 5€ from 5 P.M. ▶ 6€
33 CL.

**HEINEKEN, HEINEKEN 0.0,
MORETTI LA ROSSA, ICHNUSA CRUDA,
BIRRA MESSINA CRISTALLI DI SALE,
SLALOM STRONG, DAURA GLUTEN FREE**

TAP BEERS from 5 P.M. ▶ 7€
40 CL.

- ICHNUSA 6€**
(from sardina, bitter beer)
- ICHNUSA NON FILTRATA 6€**
(left to settle, the beer keeps the yeasts)
- ICHNUSA AMBRA LIMPIDA 6€**
(golden beer with amber hues, intense taste, herbaceous aroma)
- BIRRA MORETTI LA BIANCA 6€**
(the new italian Weiss)
- BIRRA MORETTI IPA 6€**
(high fermentation beer, long maturation of yeasts in vats)



APERIGŪD

WITH MARTINI
FIERO E TONIC

FIERO & TONIC 7€ from 5 PM ▶ 8€

Martini Fiero, Organics Tonic Water

FIERO SPRITZ 7€ from 5 PM ▶ 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, grepefruit 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

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, coconut)	2,40€
Decaffeinated Cappuccino	2,40€
Iced Coffee	4,00€
Iced Coffee and liqueur	5,00€
Te and tisane	3,50€ from 5 p.m. ▶ 5,00€

happy
GUD



from 5 P.M.

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



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

COMFORT BAO 5€

The traditional omelette*, teriyaki sauce

Allergens: egg, soy, lactose, gluten

JAPANESE BAO 5€

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

Allergens: fish, soy, gluten, lactose, sulphite



WHITE WINES

Wine glass 6€ Bottle 30€
FROM 5PM 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 5PM Wine glass 8€ Bottle 40€

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

ROSÈ WINES

Wine glass 6€ Bottle 30€
FROM 5PM Wine glass 7€ Bottle 35€

- Chiaretto Gorgo DOC, Veneto - 12%

RED WINES

Wine glass 6€ Bottle 30€
FROM 5PM Wine glass 7€ Bottle 35€

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

Wine glass 7€ Bottle 35€
FROM 5PM Wine glass 8€ Bottle 40€

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

SPARKLING WINES

Wine glass 6€ Bottle 30€
FROM 5PM Wine glass 7€ Bottle 35€

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

Wine glass 8€ Bottle 40€
FROM 5PM Wine glass 10€ Bottle 45€

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

Wine glass 8€ Bottle 45€
FROM 5PM 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%



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.

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



GŪD fresh salads

CAESAR SALAD 12€

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

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

GREEK SALAD 12€

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

Allergens: nichel, lactose, fruits in shell, sulphite



JUST WITH
QUALITY RAW
MATERIALS

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



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.