

GŪD JUICE 4,50 €

GINGER-BASED
FRESH FRUIT AND
VEGETABLES
EXTRACTS

Panarea - Lemon, mint, apple

Vulcano - Apple, pear, avocado, baby spinach

Linosa - Mango, apple, orange

Maddalena - Pomegranate, lemon, apple

Giglio - Ginger, apple



*depending on the season some changes can be made

SOFT DRINKS

Red Bull Energy Drink 4€

Fiero Spritz 7€



CROISSANT & MUFFIN

Croissant filled or plain 1,50€

Mini croissant filled or plain 1€

Muffin 3€

Mini muffin 1€

Sweet
moments



GŪD SWEETS 4€

Barley based tiramisù

Allergens: egg, lactose, gluten

Cheesecake with wild berries and almond crumble

Allergens: egg, nuts, lactose

GŪD YOGURT 4€

WE TAKE CARE OF YOU
BUT THERE IS NO TABLE SERVICE



TAKE A BEER

BEERS
0,33 CL.

5€

Heineken

Birra Messina Cristalli di Sale

Ichnusa cruda

Heineken 0.0

Daura gluten free 6€



... from the cellar

WHITE WINES

Falanghina del beneventano i.g.t, Campania

Vermentino di Sardegna DOC da 37.5 cl 10€

ROSÈ WINES

Solarea rosè d.o.c., Agriverde 2017

RED WINES

Morellino, Scansano, Ceretto Piano, Toscana d.o.c.g.

Dolcetto d'Alba di Ca' del Baio DOC da 37.5 cl 9€

SPARKLING WINES

Soligo, Prosecco d.o.c.
millesimo, extra dry



TAKE AWAY



ALL DAYS 8:00 AM-4:00 PM

COFFEE AND INFUSION

Coffee 1,00€

Coffee and liquor 2,00€

Barley Coffee small 1,30€ | big 1,50€

Caffe ginseng small 1,30€ | big 1,50€

Decaffeinated Coffee 1,50€

Long Black 2,00€

Marocchino 2,00€

Cappuccino (classic, soya, almond) 2,00€

Decaffeinated Cappuccino 2,00€

Iced Coffee 3,50€

Iced Coffee and liquor 5,00€

Latte macchiato 2,00€

Tisana Fid Ji (apple, ginger, lime, citronella, orange) 3,50€

Te Damman Freres (green, black, white tea) 3,50€

Chamomile 3,50€

Rooibos infusion 3,50€

Hot chocolate 3,50€ | with cream 4€



BEVERAGES

Water 1,50€

Soft drinks 3,50€

Crodino - San Bitter 3,50€

Bitter and liquor from 3,50€



FRESH ORANGE JUICE 5€

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.

Sea-ciliano 13€

Brown rice, shrimps, dried tomato pesto, crispy capers, mozzarella cheese, basil, lemon zest

Allergens: lactose, crustacean, nuts

BEST
SELLER

Hawaiano 2.0 12€

Basmati rice, beet marinated salmon, avocado, edamame, spring onion, cream chesse, white sesame and ponzu sauce

Allergens: fish, soy, lactose, sesame

Pulled Meneghino 10€

Basmati rice, pulled pork, kale, collard greens, saffron sauce

Allergens: lactose, nichel, sulphites, soy, celery

VEG Bosco invernale 11€

Brown rice, pumpkin, vegetable caponata, shitake mushrooms, horseradish, pumpkin seeds

Allergens: sulphites



TOAST GÜD 5€
COOKED HAM AND CHEESE



FOCACCE HOMEMADE

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

Allergens: lactose, sulphites, gluten

Piemontese 11€

Tomino, green sauce, peppers from Carmagnola (slowfood presidium)

Allergens: gluten, fish, lactose, sulphites

BEST
SELLER

Contadina 11€

Mortadella with toasted pistachio, stracciatella cheese, dried cherry tomatoes pesto

Allergens: lactose, gluten, nuts

Regina Margherita 10€

Tomato of Piennolo, Mozzarella of bufala campana dop, basil, oregano and extra virgin olive oil

Allergens: lactose, gluten

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.

MINI FOCACCE Ø12

Tuna focaccina 5,5€

tomato and salad

Allergens: fish

Raw ham focaccina 5,5€

buffalo mozzarella, tomato and salad

Allergens: lactose

Cooked ham focaccina 5,5€

mozzarella, tomato and salad

Allergens: lactose

Caprese Focaccina 5,5€

Buffalo mozzarella, tomato and basil pesto

Allergens: lactose



GÜD

fresh salads



Ma che cavolo! 10€

Cauliflower purée, roman cabbage, red and green marinated cabbage, kale

Allergens: sulphites

Caesar Salad 11€

Iceberg, free-range chicken, crispy bacon, parmesan flakes, croutons of bread, Caesar sauce

Allergens: lactose, gluten, sulphites, egg

GÜD PUREED SOUP 8€

Discover our seasonal velvety