

GÜD COCKTAILS

IMPROVED MARGARITA 12€

Tequila, mezcal, Pimento dram, Falernum Mr Al, succo di lime

NEW FASHIONED 12€

Whiskey Bourbon, apricot brandy, Bitter ginger, sciroppo d'acero alla salvia, soda

TIKI TAKA 10€

Rum mix alla banana, Falernum Mr Al, succo di lime, Angostura bitter, spuma di mango mela e disaronno

IL CONTE IN MONTAGNA 10€

Martini bitter riserva, Martini rubino, Grappa infusa alla pera, Creme de cacao bianca

BREAKFAST GIMLET 10€

Gin infuso all'Earl grey, Cordial al pompelmo rosa, Cointreau

EUSTACHI 25 12€

Bitter al finocchietto, Italicus, Tonica



GIN TONIC LIST 12€

GIN DEL PROFESSORE A LA MADAME

Tonic, orange zest

GIN DEL PROFESSORE MONSIEUR

Tonic, orange zest

BULLDOG, London Dry Gin, UK

Tonic, grapefruit

MONKEY 47, Black Forest Dry Gin, Germany

Tonic, lemon zest

ELEPHANT, Botanique Africane, Germany

Tonic, lemon zest

GIN MARE, Mediterranean Gin, Spain

Tonic, rosemary

G'VINE, Floraison, French

Tonic, lemon zest

NIKKA COFFEE GIN, Japanese Citrus

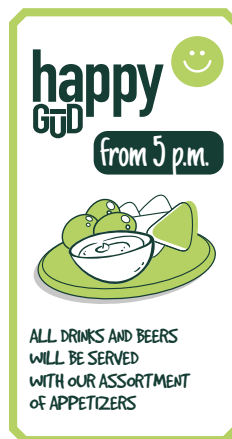
Tonic, lime

STAR OF BOMBAY, UK

Tonic, lemon zest

HENDRICK'S, UK

Tonic, cucumber



BEVERAGES

Water 1€

Soft drinks 3,50€ | from 5 p.m. ▶ 5€

Crodino - San Bitter 3,50€ | from 5 p.m. ▶ 5€

Seasoned tomato 5€ | from 5 p.m. ▶ 7€

Redbull 4€ | from 5 p.m. ▶ 5€

Bitter and liquori from 3,50€ | from 5 p.m. ▶ from 5€

Fiero spritz 5€ | from 5 p.m. ▶ 8€

Martini Fiero, prosecco, soda

SMOOTHIES 6€

GÜD Morning - proteic

strawberry, avocado, coconut milk, lemon, maple syrup

GÜD Looking - anti aging

blueberry, strawberry, apple, coconut milk, almond milk, goji berries, maple syrup, lemon, vanilla, chi

GÜD Love - energetic

banana, coconut milk, cocoa, dates, maple syrup, lucuma, chia, turmeric, cinnamon, hemp protein



FRESH ORANGE, GRAPEFRUIT
AND MIXED FRUIT JUICE
FROM 5 P.M. 5€

4€

TAKE A BEER

BOTTLED BEER 0,33 CL. 5,00€

Ichnusa non filtrata

Birra Messina Cristalli di Sale

Daura gluten free 6€

BOTTLED CRAFT BEER 0,33 CL.

BIRRIFICIO ITALIANO

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)



7,00€



ALL DAYS 8:30 AM - 11:30 PM

COFFEE, INFUSION & HOT DRINKS

		FROM 5 P.M.
Coffee	1,00€	1,00€
Decaffeinated Coffee	1,50€	2,00€
Barley Coffee	small 1,30€ big 1,50€	2,00€
Caffe ginseng	small 1,30€ big 1,50€	2,00€
Decaffeinated Coffee	1,30€	1,50€
Long Black	1,30€	1,50€
Coffee-flavoured cold cream	2,00€	2,50€
Marocchino	1,50€	2,00€
Cappuccino	1,50€	2,00€
Cappuccino (classic, soya, almond)	2,00€	2,00€
Decaffeinated Cappuccino	1,50€	2,00€
Iced Coffee	3,50€	4,00€
Iced Coffee and liquor	5,00€	5,00€
Latte macchiato	2,30€	2,50€
Latte macchiato (classic, soya, coconut)	2,50€	3,00€
Te Damman Freres (green, black, white tea)	3,00€	3,50€
Tisana Fid Ji	3,00€	3,50€
(apple, ginger, lime, citronella, orange)		
Rooibos infusion	3,00€	3,50€
Chamomile	2,50€	3,00€
Hot chocolate	3,50€	5,00€
	with cream 4,00€	5,00€
vin brulé	5,00€	5,00€
macha latte	4,00€	5,00€
macha cacao	4,00€	5,00€
golden drink	4,00€	5,00€

NATURAL CENTRIFUGES 5€

GÜD DETOX: Apple, celery, cucumber **FROM 5 P.M. ▶ 6€**

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€	Muffin	3€
Mini Croissant filled or plain	1€	Dry biscuits	2€
Mini muffin	1€		



Sweet moments

GÜD SWEETS 4,50€

Barley based tiramisù
Cheesecake with wild berries and almond crumble

GÜD YOGURT 4€

TOAST HAM AND CHEESE 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.

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



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

LE FOCACCE DI NOSTRA PRODUZIONE

Strepitosa 12€

Straciatella cheese, cherry tomatoes, rocket, Parma ham
Allergens: lactose, sulphites, gluten

Regina Margherita 10€

Tomato of Piennolo, Mozzarella of bufala campana dop, basil, oregano and extra virgin olive oil
Allergens: lactose, gluten



MADE WITH A DOUGH OF WHOLE GRAIN BIO FLOUR

NEW

Piemontese 11€

Tomino, green sauce, peppers from Carmagnola (slowfood presidium)
Allergeni: lactose, sulphites, gluten, fish

SALMONE TERIAKY 12€

served with basmati rice
Allergens: Fish, soy

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: fisch, lactose, gluten, sesame



... from the cellar

WHITE WINES

WINE GLASS 6€ BOTTLE 30€

- Falanghina del beneventano i.g.t, Campania - 13%
- Sauvignon, Ronco Dei Tassi, Collio, Friuli - 13.5%
- Vermentino, Audarya d.o.c. Sardegna - 13.5%
- Grechetto, Fioranello, **Wine glass 7€ Bottle 35€**
- Tenuta di fiorano, Lazio - 12.5%
- Gewürztraminer, **Wine glass 7€ Bottle 35€**
- Az. Agricola Roeno, Trentino - 13%

ROSÈ WINES

WINE GLASS 6€ BOTTLE 30€

- Solarea rosè d.o.c., Agriverde 2017 - 13.5%

RED WINES

WINE GLASS 6€ BOTTLE 30€

- Morellino, Scansano, Ceretto Piano, Toscana d.o.c.g. - 13.5%
- Cannonau, Audarya d.o.c. Sardegna - 13.5%
- Barbera d'alba, Pelisa d.o.c. Piemonte - 14.5%
- Nero d'avola, Don Pietro i.g.p. bio, Sicilia - 13.5%
- Fioranello, Cabernet Sauvignon **Wine glass 7€ Bottle 35€**
- Tenuta di fiorano, Lazio - 13.5%

SPARKLING WINES

WINE GLASS 6€ BOTTLE 25€

- Jeio prosecco DOCG Valdobbiadene, Veneto - 11.5%

WINE GLASS 8€ BOTTLE 35€

- Ferrari maximum brut (trentodoc) - 12.5%

WINE GLASS 8€ BOTTLE 35€

- Ferrari maximum Rosè (trentodoc) - 12.5%

ONLY BOTTLE

- Franciacorta, Barone Pizzini, Animante Extra Brut - 12.5% **40€**

- Franciacorta, Barone Pizzini, Animante Rosè - 12.5% **45€**

ONLY BOTTLE

- Champagne Delamotte Brut - 12% **70€**

- Champagne Delamotte Rosè - 12% **95€**



TAKE AWAY



GUD.MILANO