

Our dishes come from the **passion** towards **craftsmanship**. From the appetizer to the dessert, we prepare everything in our kitchen, with **healthy and natural ingredients**, never using previously made products. The result is a menu with a **strong identity**, that follows the **seasonality** of products and ingredients. We alternate meat and fish dishes, to satisfy any **taste**.

Stay tuned

for updates



Follow us on Facebook:

@RistoranteAcquaeFarina



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Gruppo Ethos

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Follow us on instagram:

ristorante\_acquaeFarina



For reservation:

039 6893022

**Gluten free**



For realisation of bread, pasta, pizza and desserts we use external local laboratories, who create fine and handmade food without gluten. The cooking of these products is then made in our kitchens, using dedicated tools to avoid any risk of contamination. Discover our proposals at the bottom of the menu.

**Allergens**

As per European Union regulation CEE1169/2011, below each dish you will find the indication due to all the allergens presents in the ingredients used for its preparation.

The dishes production takes place in a single environment so they may contain nickel and other allergens traces due to the contamination. As indicated by the Health Ministry 10/12/21 N. Prot. 44968 cereal product may contain mustard.

Follow the icons



Dish prepared with ORGANIC ingredients



GIFT dish



Exclusively grass fed beef



Vegetarian dish



Plant based



Use the QR code to discover all the great characteristics of hemp



Dish prepared with probiotic ingredients



Dish prepared with Superfood ingredients, foods with surprising nutritional characteristics



# Appetizers

**“PARMA” HAM AND  
“PATA NEGRA” LARD**  
served with typical fried dough  
“gnocco fritto”



ACQUA E FARINA

# Appetizers

## In the wait

### BIS DI BRUSCHETTE

€ 8,00

- with 'Nduja cream and Provola cheese
- Garlic bread with Cherry tomatoes

# 1 - 6 - 7 - 10

## Appetizers

### DUETTO DI PROSCIUTTO CRUDO E LARDO DI PATA NEGRA

€ 15,50

"Parma" ham and "Pata Negra" lard served with typical fried dough "gnocco fritto"

# 1 - 6 - 10



### DEGUSTAZIONE DI CRUDI E STRACCIATELLA

€ 15,50

Raw ham tasting ("San Daniele", "Parma 18 mesi" and "Culatta di Busseto") served with organic Buffalo milk Straciatella cheese and whole-wheat toasted crouton

# 1 - 6 - 7 - 10

*Buffalo grown near Mantua, in the heart of Mincio Park*

### MILLEFOGLIE ESTIVA

€ 14,50

Pastry millefoglie with grilled zucchini, arugula, radishes, provola cheese and Grana padano cheese

# 1 - 3 - 6 - 7 - 10 - 12



### SALMONE MARINATO AGLI AGRUMI E HUMMUS DI CECI

€ 16,00

Citrus marinated salmon with chickpea hummus served with guacamola sauce and homemade raw crackers with flax, chia and sunflower seeds

# 4 - 11 - 12

*RAW CRACKERS Crunchy sails made with flax seeds, sunflower and chia*



### IL POLPO SPADELLATO

€ 16,50

Octopus with squid, cuttlefish, Pachino tomatoes, rosemary and lemons scents\*

# 12 - 14

### FIORI DI ZUCCA IN TEMPURA SU CARPACCIO DI POMODORO

€ 14,00

Pumpkin flowers in tempura on tomato carpaccio with ricotta cheese, anchovies and basil filling

# 1 - 4 - 6 - 7 - 10

### DEGUSTAZIONE DI FORMAGGI DEL MULINO

€ 15,00

Cheese selection served with a Chef's homemade jam, walnuts, cherry tomatoes

"Asiago DOP" cow's milk cheese from Asiago

Zola piccante creamy and spicy long seasoning blue-cheese

"Pecorino stagionato di Pienza" made with sheep's milk in Tuscany and seasoned for about 90 days

"Salva Cremasco Dop" semi-soft cow's milk cheese

"Tometta alle erbe aromatiche" milk sensations leave room for the fragrant notes of herbs

# 3 - 7 - 8 - 12



# First Courses

## CAULIFLOWER RICE ALLA CURCUMA

Cauliflower rice, pretty popular in the USA, is a healthy and tasty recipe that makes possible to taste a 100% vegan, low-fat and no carbs course without missing the texture of a regular Risotto or pan-fried rice dish. Try it in our delicious way with turmeric, a spice with purifying and anticancer properties, sautéed with mixed vegetables and crunchy fried leek!



ACQUA E FARINA

# First Courses

## CASONCELLI ALLA BERGAMASCA

Meat filled pasta with butter, sage and crispy bacon

# 1 - 3 - 4 - 6 - 7 - 8 - 9 - 10 - 14

€ 15,00

## TAGLIATELLE AL RAGÙ CLASSICO

Fresh egg "Tagliatelle" pasta with classic ragù and "Parmigiano Reggiano DOP Vacche Rosse" cheese

# 1 - 3 - 6 - 7 - 9 - 10

*Classic Ragù traditional recipe made with sausage, beef and pork meat, slow cooked with a lot of passion, like the italian grannies use to!*

€ 15,00

## MEZZE MANICHE INTEGRALI AL RAGÙ BIANCO DI CHIANTINA

Wholewheat mezza maniche pasta with Chianina meat ragout and Porcini mushrooms

# 1 - 6 - 9 - 10 - 12



€ 16,00

## CALAMARATA CON CREMA DI BURRATA E POMODORINI SEMI DRY

Calamarata pasta with burrata cheese cream and semidried tomatoes with "Parmigiano Reggiano DOP Vacche Rosse" cheese crumble and fresh basil

# 1 - 3 - 6 - 7 - 9 - 10

€ 16,00

## PACCHERI AL RAGU' DI POLPO

Octopus ragù "Paccheri" pasta with "San Marzano" tomatoes, "Leccine" olives and basil\*

# 1 - 6 - 10 - 12 - 14



€ 17,00

## SPAGHETTI ALLE VONGOLE

Spaghetti with clams and cherry tomatoes\*

# 1 - 6 - 10 - 12 - 14



€ 17,00

## Rice

For our Risotto we choosed 100% Carnaroli rice from "Azienda Agricola Salera" that, thanks to its 24 months aging, gives a extra smoothness during the creaming.

## LA PAELLA A MODO NOSTRO

Paella with mussels, clams, squids, shrimps and seasonal vegetables flavoured with saffron \*

# 2 - 4 - 7 - 9 - 12 - 14

€ 17,00

## RISOTTO CARNAROLI AI FIORI DI ZUCCA

Carnaroli Risotto with pumpkin flowers with Buffalo ricotta cheese and crispy of dried tomatoes

# 3 - 7 - 9 - 12



€ 16,00

## CAULIFLOWER RICE ALLA CURCUMA

Pan fried cauliflower grains with vegetables, turmeric and crispy leek

# 9



€ 15,00

# Secondi e Burger

## **ORECCHIA DI ELEFANTE**

Pork cutlet with crispy breading



ACQUA E FARINA

# Secondi e Burger

## TARTARE DI MANZO E STRACCIATELLA DI BUFALA

Fassone Brianzola meat tartare with grated egg yolk, dried tomatoes, Buffalo milk Straciatella cheese and reduction of balsamic vinegar

# 3 - 7 - 12

€ 22,00

## IL MAGA-TONNATO

Magatello meat with tuna mayonnaise served with caper fruits and gratinated Carasau bread

# 1 - 3 - 4 - 6 - 7 - 10 - 12

€ 19,50

## MIXED FISH FRY AND VEGETABLES IN TEMPURA

swordfish, squid, cod, zucchini and carrots in tempura with lime mayonnaise

# 1 - 2 - 3 - 4 - 6 - 7 - 10 - 12 - 14

€ 23,50

## PETTO DI POLLO ALLA GRIGLIA

reared cage-free grilled chicken breast

# NO ALLERGENS



€ 16,00

## PESCATO DEL GIORNO

Fish daily offer, according to availability and freshly cooked: "Messinese" style, with olives, cherry tomatoes, potatoes and capers, ovenbaked or salt-crusted fish

# 4

€ 27,00

## MAI-A-LETTO BURGER served with fries\*

Pulled pork homemade in soft sesame bun, Buffallo Straciatella cheese, turnip greens and 'Nduja flavored mayonnaise

# 1 - 3 - 4 - 6 - 7 - 10 - 11

€ 20,50



## VEGGY BURGER served with potato chips\*

Plant based burger in soft sesame bun with grilled eggplant, tomato, lettuce and vegan mayonnaise

# 1 - 3 - 6 - 7 - 10 - 11 - 12



€ 19,50

## CHEESEBURGER served with fries\*

250 gr of Black Angus GRASS FED burger in soft sesame bun with melted cheese, bacon, salad and tomato

# 1 - 3 - 6 - 7 - 11

€ 20,50

## Orecchia di elefante alla Milanese → Choose your favourite pairing

Pork cutlet with crispy breading

# 1 - 3 - 6 - 10

€ 24,00

with

**Raw ham, Straciatella cheese and sun dried tomatoes mayonnaise** +€ 3,00

# 3 - 7 - 10

with

**Rocket salad, Lodigiano cheese shavings and cherry tomatoes** +€ 3,00

# 3 - 7

with

**mozzarella cheese, mortadella and pistachio** +€ 3,00

# 7 - 8

**PORK CUTLET WITH MOZZARELLA CHEESE, MORTADELLA AND PISTACHIO**



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ACQUA E FARINA

# Steak House

meats cooked on barbeque grill

## 500 GR DI COSTATA DI MANZO "SCOTTONA" GRASS FED



Our Steak House dishes are also available gluten free. Remember to report to our staff your gluten intolerance or allergy when ordering.

**"SCOTTONA"** una carne con una mazzatura superiore, che la rende morbida e saporita

### 500 GR DI COSTATA DI MANZO "SCOTTONA" GRASS FED

About 500gr ribeye "Scottona" Steak.

*Recommended cooking: MEDIUM or WELL DONE* # NO ALLERGENS



€ 39,00

### COSTATA DI MANZO "SCOTTONA" GRASS FED

"Scottona" ribeye steak - At least 600gr

*Recommended cooking: MEDIUM or WELL DONE* # NO ALLERGENS



€ 8,50 pro HG\*  
sold by weight

### FIorentINA DI MANZO "SCOTTONA" GRASS FED

"Scottona" T-bone steak - At least 800gr

*Recommended cooking: RARE or MEDIUM* # NO ALLERGENS



€ 9,50 pro HG\*  
sold by weight

## BLACK PORK FROM IRPINIA

A meat with an intense and aromatic flavour

### COSTATA DI MAIALINO NERO DELL'IRPINIA MARINATA CON ARANCE E ROSMARINO (subject to availability)

About 600gr Irpinia Black Piglet rib marinated with oranges and rosemary

*Recommended cooking: MEDIUM or WELL DONE* # NO ALLERGENS



€ 26,00

### FIorentINA DI MAIALINO NERO DELL'IRPINIA MARINATA ALLE ERBE

About 700gr Irpinia Black Piglet t-bone steak marinated with herbs

*Recommended cooking: MEDIUM or WELL DONE* # NO ALLERGENS



€ 28,00

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ACQUA E FARINA

# Steak House

meats cooked on barbeque grill

## FREE-CAGE CHICKEN

### POLLETTO ALLE ERBE AROMATICHE

€ 19,00

Reared cage-free organic grilled chicken with aromatic herbs and lime  
# 1 - 12

## MIXED GRILL

### I 3 MANZI: Chianina, Black Angus GRASS FED, Angus Hereford



€ 28,00

About 450gr total of boneless meat, to let you taste the best bovine breeds in the world, in a top level tasting experience

*Recommended cooking: MEDIUM* # NO ALLERGENS

### GRIGLIATA MISTA REALE



€ 25,00

Mixed grilled meat: veal, Black Angus GRASS FED, pork sausage from Mantua, black pork fillet and fresh bacon

*Recommended cooking: MEDIUM or WELL DONE* # NO ALLERGENS

### BIS DI FILETTI

€ 30,50

High quality and tender fillet from two different beef breeds:

- **CHIANINA**, certificata dal consorzio, è la razza più amata e conosciuta in Italia
- **BUFFALO**, tender and delicious meat with exceptional nutritional capacities, naturally low in fat and iron, vitamins and minerals rich

*Match it with our homemade sauces:*

**Chimichurri**, typical sauce from Argentina made with EVOO and aromatic herbs

**Calabrisella**, with sun-dried tomatoes and 'nduja, the finest and famous spicy sausage from Calabria, in South Italy

About 300gr - *Recommended cooking: RARE* # 12

**BLACK ANGUS BREED GRASS FED** a lean meat, rich in Omega 3, B6 vitamin and beta carotene, low in cholesterol, which stands out for tenderness and succulence

### ANGUS TENDER GRASS FED



€ 21,00

About 300gr of Black Angus beef "Chuck Tender"

A not well know meat cut with a succulent, elegant and balanced taste

*Suitable for all types of cooking* # NO ALLERGENS

### FLANK FILLET® GRASS FED



€ 27,00

About 300gr of Black Angus "Flank Fillet Steak" tender and tasty

*Suitable for all types of cooking* # NO ALLERGENS

### FILETTO GRASS FED



€ 30,50

About 300gr of Black Angus beef fillet

*Recommended cooking: RARE* # NO ALLERGENS

### SELEZIONE PREMIUM



34,00

About 300gr of first quality entrecôte of Black Angus breed, a cut with a dense marbling, irresistible to the palate

*Recommended cooking: MEDIUM or WELL DONE* # NO ALLERGENS

ACQUA E FARINA  
**Tagliate**

**1 Your favourite beef**  
Choose your favorite beef cut:  
2,5 Hg\* of certified cattle beef.



**2 Combined with your favourite dressing**

A touch of flavour to your dish

You can choose the cuts of beef with rosemary, with rocket salad or without side dish at the same price



## TAGLIATE

### TAGLIATA DI BLACK ANGUS GRASS FED

Tender cut from the forequarter, "Chuck beef" breed, to value a little-known and less used beef chop

*Recommended cooking: RARE or MEDIUM* # NO ALLERGENS



€ 21,00

### TAGLIATA DI CHIANINA

Certificate pure "Chianina" IGP, the most famous and valuable Italian breed

*Recommended cooking: RARE or MEDIUM* # NO ALLERGENS



€ 22,50

### TAGLIATA DI BUFALO

Tender and delicious meat with exceptional nutritional capacities. It is naturally low in fat and iron-rich, as well as vitamins and minerals

*Recommended cooking: RARE or MEDIUM* # NO ALLERGENS

*Bufalo grown near Mantua, in the heart of Mincio Park*



€ 22,50

## TOPPINGS

### CON RUCOLA E SCAGLIE DI GRANA

with rocket salad and parmesan shavings # 3 - 7

€ 5,50

### ZUCCHINE AROMATIZZATE ALLA MENTA

zucchini flavored with mint  
# NO ALLERGENS

€ 5,50

### CON POMODORINI, BASILICO E ACETO BALSAMICO

with cherry tomatoes, basil leaves and balsamic vinegar # 12

€ 5,50

### CON FUNGHI PORCINI\*

with porcini mushrooms  
# 12

€ 6,50

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# Side dishes

**FRENCH FRIES \***  
# 1

 € 6,00

**GNOCCO FRITTO** typical fried choppes of dough  
# 1 - 6

 € 6,00

**ROASTED POTATOES** with rosemary \*  
# 1

 € 6,00

**GREEN OR MIXED** salad, carrots, tomatoes and rocket salad  
# NO ALLERGENS

  € 6,00

**STEAMED OR GRILLED VEGETABLES**  
# NO ALLERGENS

  € 6,00

**“FRIGGITELLI” SMALL GREEN PEPPER STIR-FRIED WITH GARLIC,  
OLIVE OIL AND HOT PEPPER** # NO ALLERGENS

*Friggitelli are sweet, not spicy, green peppers, very tasty and loved especially in southern cuisine.  
These vegetables are very rich in vitamins and minerals and have high refreshing properties.*

 € 6,00

**SPICY “FRIARIELLI” SAUTEED WITH GARLIC \*** olive oil and hot pepper  
# NO ALLERGENS

  € 6,00

**SPINACH: NATURAL, BUTTERED OR SOUR \***  
# 7

  € 6,00

**PORCINI MUSHROOMS\***  
# 12

 € 8,50

**CHERRY TOMATOES** # NO ALLERGENS

 € 6,00

**ZUCCHINI FLAVORED WITH MINT**  
# NO ALLERGENS

 € 6,00

**SAUTÉED CHICORY**  
with garlic and chili peppers  
# NO ALLERGENS

 € 6,00

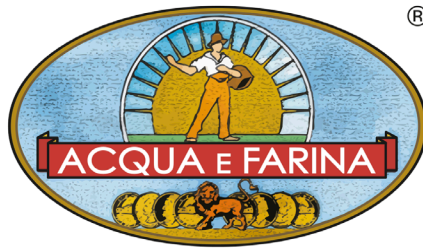
*La buca l'è minga straca se la sa no de vaca!*

**SINGLE CHEESE OPTION** - based on the daily availability  
# ASK TO OUR STAFF FOR THE ALLERGENS

€ 9,00

**ORGANIC BUFFALO'S MILK MOZZARELLA CHEESE** - about 250gr # 7

€ 12,00



PREHISTORIC HUNGER?

ORDER THE  
**FLINTSTONES'**  
STYLE RIB

#1-4-6-10

ABOUT  
**600**  
GRAMS



€ **22**

ACQUA E FARINA

# Salad

## POLPO

Octopus, potatoes, squids, pesto sauce, Chioggia and Milano salads\*

# 1 - 2 - 4 - 6 - 7 - 9 - 12 - 14



€ 16,50

## CAPRESE

Buffalo's milk mozzarella cheese, fresh tomato and basil leaves

# 7



€ 15,00

## NIZZARDA

Tuna fish, anchovies, black olives, tomatoes, boiled egg, potatoes, peppers and Milano salad

# 3 - 4



€ 16,50

## CAESAR SALAD

Iceberg salad with chicken breast, egg, bread croutons, "Lodigiano" cheese shavings and Caesar sauce # 1 - 3 - 4 - 6 - 7 - 11 - 12



€ 17,00

# Protein Salad

## CANAPA

hemp seeds decorticata, shreds of bresaola, almonds, crunchy leek, confit tomatoes and misticanza

# 8

€ 16,00

## SOL LEVANTE

Mixed salad with fresh spinach, feta greek cheese, pumpkin seeds, edamame and wakame seaweed

# 7



€ 15,00

## NORDICA AL SALMONE

fresh spinach, marinated salmon, avocado, cherry tomatoes and sunflower seeds

# 4 - 8 - 12



€ 17,00

**EXTRA COST** # on the last page you can find the allergen list of every ingredient below.

Extra cost for vegetables

€ 1,50

Extra cost for for anchovies, dried fruit, seeds, asparagus, mushrooms, sprouts, eggs

€ 2,00

Extra cost for salami cold cuts, cheese

€ 2,00

Supplement for fish (shrimp, octopus, tuna, salmon, mussels and seafood)

€ 2,00

Fiordilatte mozzarella cheese from Mantua

€ 2,00

Buffalo milk mozzarella cheese from Mantua

€ 3,00

Alternative without lactose? Ask to our staff

€ 2,00

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ACQUA E FARINA

# Menù Combo

## Menù Tagliata

- 2,5 hg of Black Angus GRASS FED beef cut # NO ALLERGENS
- Fried potatoes \* # 1
- Glass of wine • Water

**€ 25,00** *service charge included*



## Menù Burger

- Black Angus burger, sesame bun, cheddar, lettuce, tomato # 1 - 3 - 6 - 7 - 11
- Fried potatoes \* # 1
- Glass of wine • Water

**€ 21,00** *service charge included*



## Mezzo Kg di manzo

- 5 hg of grilled Black Angus Beef # NO ALLERGENS
- Fried potatoes \* # 1
- Glass of wine • Water

**€ 29,50** *service charge included*



## Polletto e Patate

- Lime and aromatic herbs marinated chicken # 1 - 12
- Fried potatoes \* # 1
- Glass of beer • Water

**€ 21,00** *service charge included*



ACQUA E FARINA

# Stirata Romana

**OUR KITCHEN TEAM PROPOSES  
"STIRATA ROMANA"**

A long leavening and high hydration dough for a high, soft and light pizza.



**CACIO E PEPE**

Pecorino romano DOP cheese, black pepper and bacon  
# 1 - 3 - 6 - 7 - 8 - 10 - 11

€ 15,00

**PARMIGIANA**

Tomato, mozzarella cheese, fried eggplant, lodigiano cheese shavings and basil  
# 1 - 3 - 6 - 7 - 8 - 10 - 11

€ 15,50

**ARDORE CALABRO**

Tomato, "fiordilatte" mozzarella cheese, red and yellow bell pepper, 'nduja, cherry mozzarella and basil  
# 1 - 3 - 6 - 7 - 8 - 10 - 11 - 12

€ 17,00

**CRUDO E STRACCIATELLA**

Tomato, Parma raw ham aged 18 months, Buffalo stracciatella cheese from Mantua, semi dry tomatoes and pesto drops  
# 1 - 2 - 3 - 4 - 6 - 7 - 9 - 10 - 11 - 12 - 14

€ 18,00

ACQUA E FARINA

# Protein pizzas

Treat yourself with a delicious pizza without compromising healthy eating

**Try our exclusive healthy dough!**

Composed of skilful blends of *high protein organic flour*, type 0 wheat and semi-integrated flour type 1, each ball is pulled by hand in our kitchens after a long rising, slaughtered and frozen in order to preserve its organoleptic properties.

IMPASTO  
*canapa*

Flour rich in fiber, Omega 3, Omega 6 and polyunsaturated fats, is called Superfood product whose value is recognised by Ministry of Health  
# 1 - 6 - 8 - 10

IMPASTO  
*legumi*

Legume flour is produced with only white beans, chickpeas, yellow lentils and Italian yellow peas from the company Legù.  
Rich in proteins plants and fibers.  
# 1 - 6

IMPASTO  
*saraceno*

From very high vitamin content and the amount of potassium higher than that of other cereals, is a dietary product characterized from a low glycemic index  
# 1 - 6 - 10

**Choose the dough and combine it with the dressing**

This allergens refer only to seasoning, to which must be added the allergens of the relative special doughs



in this pic: canapa dough

### ISABELLA

€ 13,00

Tomato, Fiordilatte mozzarella cheese from Mantua, basil  
# 7



in this pic: saraceno dough

### SANTA MARIA

€ 18,50

Tomato, Fiordilatte mozzarella cheese from Mantua, Parma raw ham 18 months aged, buffalo milk mozzarella cheese, caramelized red onion, oregano  
# 7



in this pic: legumi dough

### SALMONE

€ 17,50

mozzarella cheese, datterini tomatoes, zucchini, anchovies, marinated salmon e fresh mint  
# 1 - 4 - 6 - 7 - 10 - 12



ACQUA E FARINA

# Our Pizzas

## CHOOSE AMONG OUR 4 ORGANIC DOUGHS



### CLASSIC THIN

"O" type flour  
Delicate and tasty,  
made using organic  
"O" type flour.  
# 1 - 6 - 10



### WHOLEWHEAT THIN

Made with 100%  
wholewheat and organic  
stone-ground flour. It is  
a rustic product, healthy  
and easy to digest.  
# 1 - 6 - 10



### KHORASAN THIN

The rich and ancient  
taste of Khorasan  
wheat, made  
famous by KAMUT®  
trademark. It is  
organic and rich in  
proteins, mineral  
salts and with great  
nutritional properties.  
# 1 - 6 - 10



### PARTENOPEO

Made with organic flour,  
it's a softer pizza with  
high sides. It remains  
light and digestible  
thanks to mother yeast  
and a very long rising  
(48hrs).  
# 1 - 6 - 10



## All our pizzas are stuffed with homemade **ORGANIC FIORDILATTE MOZZARELLA CHEESE FROM MANTUA**

made only with italian milk in a natural oasis on the river Po, in the heart of the Mincio Park.

### Pizza without lactose?



Ask to our staff the alternatives you can choose



This allergens refer only to seasoning, to which must be added the allergens of the relative doughs

## WHITE PIZZAS WITHOUT TOMATO SAUCE

### 4 FORMAGGI

Mozzarella cheese, Gorgonzola blue-cheese, Taleggio cheese, Grana Padano cheese # 3 - 7



€ 10,00

### BRONTE

Mozzarella cheese, smoked scamorza cheese, pumpkin cream, Porcini mushrooms, Parma raw ham, Bronte pistachios # 7 - 8

€ 13,00

### MALAFEMMINA

Sliced Fiordilatte mozzarella cheese, friarielli and sausage\* # 7

€ 11,50

## PIZZAS WITHOUT LACTOSE

### SCOGLIERA

Tomato, octopus, seafood, shrimp, parsley flavored with garlic, rocket salad, hot pepper oil\* # 2 - 4 - 12 - 14



€ 13,00

### MARINARA

Tomato, garlic, parsley # NO ALLERGENS



€ 7,00

### PUGLIESE

Tomato, Tropea red onion, oregano # NO ALLERGENS



€ 7,00

## PIZZAS WITHOUT MOZZARELLA CHEESE

### CIOCIARA

Tomato, zucchini, eggplants, onion, Pecorino Romano cheese, fresh tomato # 7



€ 9,00

## CALZONI

### CALZONE DI FUOCO

Mozzarella cheese, tomato, spicy salami, chili pepper # 7

€ 9,50

### CALZONE FARCITO

Mozzarella cheese, tomato, artichokes, black olives, ham steak, Champignon mushrooms # 7

€ 9,50

### CALZONE LISCIO

Mozzarella cheese, tomato, ham steak # 7



€ 9,00

## FOCACCE

### FOCACCIA

Salt, extra virgin oil, rosemary # NO ALLERGENS



€ 6,50

### FOCACCIA CON CRUDO

Rosemary, extra virgin oil, Parma raw ham # NO ALLERGENS



€ 9,00

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ACQUA E FARINA

Pizzas

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<b>4 STAGIONI</b> Tomato, mozzarella cheese, ham steak, black olives, artichokes, Champignon mushrooms # 7		€ 10,00
<b>BOSS</b> Tomato, mozzarella cheese, Gorgonzola blue-cheese, onion, fresh tomato, rocket salad, black olives # 7		€ 9,50
<b>BUFALINA</b> Tomato, mozzarella cheese with Buffalo milk from Mantua, fresh tomatoes # 7		€ 11,00
<b>CAPRICCIOSA</b> Tomato, mozzarella cheese, artichokes, olives, Champignon mushrooms, vegetables in oil # 7		€ 9,00
<b>CAVOUR</b> Tomato, mozzarella cheese, Bresaola (air-cured meat), rocket salad, Grana Padano chees # 3 - 7		€ 11,50
<b>CRAPADA</b> Tomato, mozzarella cheese, Gorgonzola blue-cheese, speck # 7		€ 10,50
<b>CRUDO</b> Tomato, mozzarella cheese, Parma raw ham # 7		€ 11,00
<b>CRUDO E ZOLA</b> Tomato, mozzarella cheese, Gorgonzola blue-cheese, Parma raw ham # 7		€ 11,00
<b>DELICATA</b> Tomato, mozzarella cheese, smoked salmon * # 4 - 7		€ 10,50
<b>DIAVOLA</b> Tomato, mozzarella cheese, spicy salami, black olives # 7		€ 9,50
<b>GAMBERETTI</b> Tomato, mozzarella cheese, shrimps * # 2 - 7 - 12		€ 11,50
<b>GIARDINO</b> Tomato, mozzarella cheese, grilled zucchini, grilled eggplants and fresh tomatoes # 7		€ 9,50
<b>INFERNO</b> Tomato, mozzarella cheese, Gorgonzola blue-cheese, Tropea onions, spicy salami # 7		€ 10,00
<b>MARGHERITA</b> Tomato, mozzarella cheese, oregano # 7		€ 7,50
<b>NAPOLI</b> Tomato, mozzarella cheese, anchovies, oregano # 4 - 7		€ 9,00
<b>ORTOLANA</b> Tomato, mozzarella cheese, grilled peppers, grilled eggplants, grilled zucchini # 7		€ 9,00
<b>PAPAS</b> Tomato, mozzarella cheese, french fries * # 7		€ 9,00
<b>PECORINO E BASILICO</b> Tomato, mozzarella cheese, Pecorino Romano cheese, basil # 7		€ 9,00

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This allergens refer only to seasoning, to which must be added the allergens of the relative doughs

<b>PEPPINO</b> Tomato, mozzarella cheese with Buffalo milk from Mantua, basil # 7	 	<b>€ 11,00</b>
<b>PORCINI</b> Tomato, mozzarella cheese, Porcini mushrooms # 7	 	<b>€ 11,00</b>
<b>PROSCIUTTO</b> Tomato, mozzarella cheese, ham steak # 7		<b>€ 9,00</b>
<b>PROSCIUTTO E FUNGHI</b> Tomato, mozzarella cheese, ham steak, Champignon mushrooms # 7		<b>€ 9,00</b>
<b>ROMANA</b> Tomato, mozzarella cheese, capers, anchovies, oregano # 4 - 7		<b>€ 9,00</b>
<b>SALSICCIA</b> Tomato, mozzarella cheese, sausage # 7		<b>€ 9,50</b>
<b>TONNO</b> Tomato, mozzarella cheese, tuna fish # 4 - 7		<b>€ 10,50</b>
<b>TONNO e cipolle</b> Tomato, mozzarella cheese, tuna fish, onion # 4 - 7		<b>€ 10,50</b>
<b>WURSTEL</b> Tomato, mozzarella cheese, frankfurter # 3 - 7 - 10		<b>€ 9,00</b>
<b>ZUCCHINE</b> Tomato, mozzarella cheese, grilled zucchini # 7	 	<b>€ 9,00</b>

Small Pizzas for kids are available at the same price

**Traditional, wholewheat and Khorasan wheat pizzas can be requested with double dough at the same price.**

**EXTRA COST** # on the last page you can find the allergen list of every ingredient below.

Extra cost for vegetables	<b>€ 1,50</b>
Extra cost for for anchovies, dried fruit, seeds, asparagus, mushrooms, sprouts, eggs	<b>€ 2,00</b>
Extra cost for salami cold cuts, cheese	<b>€ 2,00</b>
Supplement for fish (shrimp, octopus, tuna, salmon, mussels and seafood)	<b>€ 2,00</b>
Fiordilatte mozzarella cheese from Mantua	<b>€ 2,00</b>
Buffalo milk mozzarella cheese from Mantua	<b>€ 3,00</b>
Pizza without lactose? Ask to our staff the alternatives	<b>€ 2,00</b>

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# ACQUA E FARINA

## Our craft beer

We offer a selection of labels, designed and prepared by the master brewer in our independent brewery in Como. They are all non-pasteurized and unfiltered beers, of German inspiration, with an extremely clean taste, also with organic ingredients.

### DRAUGHT BEER



#### DEMETRA Lager-style beer made with Italian barley

Low fermentation  
Clear and light. Fresh and drinkable beer in Lager style.  
A balance between the fragrance of hops and the almost honeyed malt. Dry and bitter aftertaste. # 1

**Suggested pairing:**  
pleasant to drink at any time, it goes nicely with all the dishes of our cuisine.

**Ingredients:**  
water, **barley malt, hop**, yeast

**Alc.**  
5,3% vol.

**Small** CL 20 € 4,50 **Pint** CL 40 € 7,00

**Liter** CL 100 € 14,00



#### SUPER WEISS Double malt amber weiss high fermentation

Our weizen beer, in addition to hints of banana, vanilla and cloves typical of the weiss, is characterized from hazelnut and almond flavors, given by toasted malts of wheat and generous hopping. # 1

**Suggested pairing:**  
accompanies salads but also cold cuts and Black Pork from Irpinia. A delicious combination with fruit-based desserts.

**Ingredients:**  
water, **barley malt and wheat malt, hop**, yeast

**Alc.**  
6,3% vol.

**Small** CL 20 € 5,00 **Pint** CL 50 € 8,00

**Liter** CL 100 € 16,00



#### ROXANNE Double malt amber weiss

High fermentation  
The super is much more hoppy and spicy than a common Weiss. The taste is very full-bodied and, in addition to the classic Weiss flavors, the hazelnut clearly emerges. # 1

**Suggested pairing:**  
particularly suitable in combination with meats, seasoned cheeses and pizzas.

**Ingredients:**  
water, **barley malt, hop**, yeast

**Alc.**  
6% vol.

**Small** CL 20 € 5,00 **Pint** CL 40 € 8,00

**Liter** CL 100 € 16,00



#### I-PA Light amber

High fermentation  
Medium bodied, characterized by an intense scent of hops from America, England and New Zealand and added in dry-hop. # 1

**Suggested pairing:**  
perfect with fresh cheeses and desserts. Very delicate, it can

**Ingredients:**  
water, **barley malt, hop**, yeast

**Alc.**  
6,6% vol.

**Small** CL 20 € 5,00 **Pint** CL 40 € 8,00

**Liter** CL 100 € 16,00



#### CARRUBA PROTEIN BEER WITH LOCUST BEANS

High fermentation  
Our dark weizen beer with locust beans flour, in addition to hints of banana, vanilla and cloves typical of the Weiss, is characterized from locust beans flavors, the taste is almost dark chocolate. Good body, pleasantly dry finish #1

**Suggested pairing:**  
particularly suitable in combination with meats and chocolate dessert

**Ingredients:**  
water, **barley malt and wheat malt**, locust beans flour, **hop**, yeast

**Alc.**  
5,6 % vol.

**Small** CL 20 € 5,00 **Pint** CL 40 € 8,00

**Liter** CL 100 € 16,00

### CIDER



#### MELANIA Brut - from the Lombard agricultural supply chain

Fermented apple cider # 12

**Suggested pairing:**  
To try with aperitif, appetizers or light first courses

**Ingredients:**  
Apple juice, yeast

**Alc.**  
5 % vol.

**Small** CL 20 € 4,50 **Pint** CL 40 € 6,00

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ACQUA E FARINA

# Our craft beer

## BOTTLE BEERS



### DEMETRA Lager-style beer made with Italian barley

Low fermentation  
Clear and light. Fresh and drinkable beer in Lager style.  
A balance between the fragrance of hops and the almost  
honeyed malt. Dry and bitter aftertaste. # 1

50 CL € 8,50

**Best with:**  
pleasant to drink at  
any time,  
it goes nicely with all  
the dishes  
of our cuisine.

**ingredients:**  
water, barley malt,  
hop, yeast  
  
**Alc.**  
5,3% vol.



### SUPER WEISS Double malt amber weiss high fermentation

Our weizen beer, in addition to hints of banana, vanilla and cloves  
typical of the weiss, is characterized from hazelnut and almond  
flavors, given by toasted malts of wheat and generous hopping.  
# 1

50 CL € 8,50

**Suggested pairing:**  
accompanies salads  
but also cold cuts  
and Black Pork from  
Irpinia.  
A delicious  
combination  
with fruit-based  
desserts.

**ingredients:**  
water, barley malt  
and wheat malt,  
hop, yeast  
  
**Alc.**  
6,3% vol.



### ROXANNE Amber double malt low fermentation

Full-bodied beer. It leaves a caramelized and  
hoppy impression with a dry and decisive aftertaste. # 1

50 CL € 8,50

**Suggested pairing:**  
particularly suitable  
in combination with  
meats, seasoned  
cheeses  
and pizzas.

**ingredients:**  
water, barley malt,  
hop, yeast  
  
**Alc.**  
6% vol.



### ZEN Special beer with ginger roots and orange zest

low fermentation  
Soft drinkable beer thanks to the armonic combination of its  
flavour and its clear core structure. # 1

50 CL € 8,50

**Suggested pairing:**  
It's suits better  
dishes with a mild  
taste, such as  
fish and desserts,  
especially the  
creamy and the  
fruity ones.

**ingredients:**  
water, barley malt,  
hop, yeast, ginger  
roots and orange  
zest  
  
**Alc.**  
5,6% vol.



### I-PA Light amber

high fermentation  
Medium bodied, characterized by an intense scent of hops from  
America, England and New Zealand and added in dry-hop. # 1

50 CL € 8,50

**Suggested pairing:**  
perfect with fresh  
cheeses and  
desserts. Very  
delicate, it can be  
combined with fish  
dishes.

**ingredients:**  
water, barley malt,  
hop, yeast  
  
**Alc.**  
6,6% vol.

ACQUA E FARINA

# Our craft beer

## BOTTLE BEERS



### EAU ROUGE

**Belgian style dubbel** high fermentation  
On the nose there are aromas of caramelized malt, chocolate and coffee, but also ripe and wilted red fruit. The taste is presented with a sweet bite that then turns into a final dry cut that mitigates the gradation **# 1**

50 CL € 8,50

#### Best with:

Ideal for pasta dishes such as saffron risotto, meat, braised and sweet.

#### ingredienti:

water, **barley malt, oat**, sugar, **hop**, yeast.

#### Alc.

7% vol.



### DAISY DUKE

**American Pale Ale** Alta fermentazione  
Vibrant aroma characterized by a seductive orange color... a result it's hard to resist to! Strong bitter flavour balanced by citrus notes which create a good combination of taste and smell senses. **# 1**

50 CL € 8,50

#### Suggested pairing:

simple and light flavours products such as blue cheeses, soups and grilled vegetables.

#### Ingredients:

water, **barley malt, hop**, yeast

#### Alc.

5% vol.

## CIDER



### MELANIA

**Brut - from the Lombard agricultural supply chain**

Fermented apple cider **# 12**

50 CL € 7,00

#### Suggested pairing:

To try with aperitif, appetizers or light first courses

#### Ingredients:

Apple juice, yeast

#### Alc.

5 % vol.

## ALCOHOL - FREE BEER

### MAISEL'S WEISSE Weiss

Beer characterised by a typical faint and creamy foam, with hazelnut-like color. It mixes full-body characteristics with lightness, to get and easy to drink beer. The turbidity of this weiss is due to the yeast in suspension

**# To know more about allergens, see each label**

50 CL € 8,50

#### Alc.

0,5% vol.

## GLUTEN FREE BEER



### Estrella Dam Daura - Lager

A real lager beer produced by the most prestigious brewery in Spain with barley malt, but without gluten, which has nothing to envy to the classic Estrella of Barcelona. Golden yellow blonde, with a fine and persistent foam, it has an intense aroma of yeasts, bread, broom, Mediterranean and aromatic herbs such as sage and thyme. The taste is sweet, with hints of bread, malt biscuit, grass and honey.

**# To know more about allergens, see each label**

33 CL € 7,00

#### Alc.

5,4% vol.

ACQUA E FARINA

# Drinks

We also serve tap water in jug on request following the “**Imbrocciamola**” project by Legambiente.

<b>MINERAL WATER</b> <b>S. Antonio</b> Still/sparkling # NO ALLERGENS	CL 75	€ 3,00
<b>GAZZOSA/LEMONADE</b> <b>ARANCIATA/CHINOTTO</b> # NO ALLERGENS	CL 26	€ 3,50
<b>LEMON ICE TEA/PEACH ICE TEA</b> # NO ALLERGENS	CL 26	€ 4,00
<b>TONIC WATER SPUMADOR</b> # NO ALLERGENS	CL 33	€ 3,50
<b>COCA COLA/COCA ZERO</b> # NO ALLERGENS	CL 33	€ 3,50
<b>MOLECOLA</b> # NO ALLERGENS	CL 33	€ 3,50

Service/Cover Charge € 2,50

## DRAUGHT WINE

	CL 25	CL 50	CL 100
<b>PINOT CHARDONNAY DEL VENETO</b> 11° % alcool # 12	€ 4,50	€ 7,00	€ 13,00
<b>VINO BARDO ROSSO RUBECCHIO</b> 11° % alcool # 12	€ 4,50	€ 7,00	€ 13,00
<b>VINO SERENA FRIZZANTE “PIÙ-FRIZZ”</b> 10,5% alcool # 12	€ 5,00	€ 7,50	€ 14,00

## A SIP OF NATURE

100% fresh fruit and vegetables juices



<b>ACE:</b> lemon, orange and carrot - vitaminic • <b>Vitaminic</b> # NO ALLERGENS	€ 7,50
<b>ROSSA TENTAZIONE:</b> apple and strawberry • <b>Antioxidant</b> # NO ALLERGENS	€ 7,50
<b>SEMPREVERDE:</b> apple, kiwi and ginger • <b>Digestive</b> # NO ALLERGENS	€ 7,50

You can compose the drink going along with your taste. Choose fruits and vegetables from the available ones and find the right mix. You can also ask for a only pineapple or strawberry centrifugal juice (€ 8,00).



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ACQUA E FARINA

Coffee

## TORREFAZIONE LIBERA



Our coffee is entirely composed of organically grown beans, and weekly produced by our artisan master roaster in our roasting in Como.

Thanks to a roasting made in small quantities and weekly delivers, we guarantee the freshness of a “just roasted” coffee.

**70%** of coffee blend is **Arabic** (40% **Brasile**, 15% **Nicaragua**, 15% **Honduras**), the remaining **30%** is **Robusta** (15% **India**, 15% **Messico**).

**Coffee** # NO ALLERGENS

€ 2,50

**Amari, Liquori Nazionali, Digestivi**

€ 5,00

# To know more about allergens, see each label

**Coffee fortified with Grappa or other alcohol**

€ 3,00

# To know more about allergens, see each label

**National Aperitifs, Campari, Crodino, SanBitter**

€ 5,00

# To know more about allergens, see each label

**Cappuccino** # 7

€ 3,00

**Hot Tea selection - check our availability**

€ 4,00

**Decaffeinated coffee** # NO ALLERGENS

€ 2,50

# To know more about allergens, see each label

**Double Coffee** # NO ALLERGENS

€ 3,00

distilleria  
Libera



Gruppo Ethos has created an homemade and niche products' line. They are made only with natural ingredients: the herbs, the roots and the fruit are all selected from nature and mixed by our experts.

Available also  
in Acqua e farina market!

### LIMONCINO

with lemon zest natural infusion

€ 5,00

# NO ALLERGENS

### AMARO ALLE ERBE

homemade bitter liquor made with selected herbs

€ 5,00

# NO ALLERGENS

### AMARO DI MONTEVECCHIA

Made with honey and rosemary from Monteverchia

€ 5,00

# NO ALLERGENI

### SAMBUCA

Homemade liqueur with anise taste

€ 5,00

# NO ALLERGENS

### GRAPPA LOMBARDA

distilled with grapes of the Lombardy hills

€ 6,00

# NO ALLERGENS

### GRAPPA RISERVA

aged for 18 months in durmast barrels

€ 7,00

# NO ALLERGENS

ACQUA E FARINA  
Wine list

## VIGNAIOLI ERRANTI



Vignaioli Erranti is a project of our “Biological Farm and Farmhouse Brusignone”, part of Gruppo Ethos, born from our desire to offer a small selection of “peregrin” wines. We chose this definition because all of them are the result of meetings we made on our path. Wandering by wine and vineyards, we have made a deal with wine producers: to rent a vineyard section to start producing wine who responds to our criterias. We found what we were looking for in “Tenuta Fortunago”, near Pavia, and in “Tenuta Murlo”, on Siena’s hills. Here we perform a sustainable farming which takes care of land’s richness and biodiversity, a controlled and inspired by the essential wine cellar activity to obtain a natural wine with a strong identity, in one word, GREAT.



LOMBARDIA

### SPARKLING WINE



Oltrepò Blanc de Blancs Ancestrale Spumante Metodo Classico VSQ 24 mesi	Castello di Stefanago	CL 75	€ 36,00
Franciacorta DOCG Rosè Brut Millesimato	Monzio Compagnoni	CL 75	€ 43,00
Oltrepò Pinot Nero Ancestrale Rosè 60 mesi Spumante Metodo Classico VSQ	Castello di Stefanago	CL 75	€ 42,00
Franciacorta DOCG Primus Cuvée Brut	Franca Contea	CL 75	€ 40,00
Franciacorta DOCG “Mia Dusat” Millesimato	Franca Contea	CL 75	€ 45,00
Franciacorta DOCG Saten Millesimato	Monzio Compagnoni	CL 75	€ 45,00
Nautilus Crustorico Metodo Classico Millesimato Blanc de Noir Pas Dosè 2015	Agricola Vallecamonica	CL 75	€ 48,00

VENETO

Valdobbiadene Superiore di Cartizze DOCG Extra Dry EXD	Duca di Dolle	CL 75	€ 42,00
Prosecco Superiore DOCG Brut	Duca di Dolle	CL 75	€ 28,00
Brut Tre Blanc de Noir	Opificio del Pinot Nero	CL 75	€ 48,00

TRENTINO  
ALTO ADIGE

Blauwal Cuvée Trento DOC	Cesconi	CL 75	€ 40,00
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### WHITE WINE



PIEMONTE

Colli Tortonesi DOC Timorasso “Derthona”	Cascina Montagnola	CL 75	€ 32,00
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LOMBARDIA

Villano Bianco Provincia di Pavia IGP	Tenuta Fortunago	CL 75	€ 21,50
Riesling DOC San Rocco Oltrepo Pavese	Castello di Stefanago	CL 75	€ 30,00
Pinot Grigio Campo Piano Provincia di Pavia IGP	Castello di Stefanago	CL 75	€ 28,00
Lugana DOC Monte Lupo	Cobue	CL 75	€ 26,00
Chardonnay Veneto IGT	Terre di San Rocco	CL 75	€ 28,00

VENETO



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# To know more about allergens, see each label



# ACQUA E FARINA

## Wine list



### WHITE WINE



<b>TRENTINO ALTO ADIGE</b>	Gewürztraminer Südtirol Alto Adige DOC	Cantina Valle Isarco	CL 75	€ 30,00
<b>FRIULI V.G.</b>	Sauvignon Venezia Giulia IGT	Ferlat	CL 75	€ 28,00
	Ribolla Gialla Colli Orientali Friuli DOC	La Magnolia	CL 75	€ 26,00
<b>TOSCANA</b>	FFF Toscana bianco IGT	Arizzi Wine	CL 75	€ 22,00
<b>MARCHE</b>	Passerina '102' Marche IGT	Castrum Morisci	CL 75	€ 26,00
<b>CAMPANIA</b>	Falanghina DOC Irpinia	Vigne Irpine	CL 75	€ 29,00
<b>SICILIA</b>	Catarratto IGP Terre Siciliane "Guanciabianca"	Ferracane	CL 75	€ 25,00
	Grillo IGP Terre Siciliane "Magico"	Ferracane	CL 75	€ 27,00
	Etna Bianco DOC Nerina	Girolamo Russo	CL 75	€ 42,00
<b>SARDEGNA</b>	Vermentino di Sardegna DOC "Serra Aspridda"	Francesco Fiori	CL 75	€ 27,00



### ITALIAN "ROSÈ" WINE



<b>LOMBARDIA</b>	RosaMara Valtenesi DOC Rosato	Costaripa	CL 75	€ 26,00
<b>TOSCANA</b>	Toscana Rosato IGT Gioia	Arizzi Wine	CL 75	€ 23,00



### RED WINE



<b>PIEMONTE</b>	Langhe Nebbiolo DOC Monastero	Cascina Monastero	CL 75	€ 36,00
	Barolo DOCG	Bric Cenciurio	CL 75	€ 50,00
	Barolo Cru Bricco Boschis	Cavallotto	CL 75	€ 120,00
	Barbera del Monferrato DOC	Cascina Boccia	CL 75	€ 28,00
	Dolcetto d'Alba DOC Superiore	Cascina del Monastero	CL 75	€ 28,00
<b>LOMBARDIA</b>	Villano Rosso Provincia di Pavia IGP	Tenuta Fortunago	CL 75	€ 22,00
	Pinot Nero dell'Oltrepo Pavese DOC Campo Castagna	Castello di Stefanago	CL 75	€ 39,00
	Tino Terre Lariane IGT	Terre Lariane s.c.a.	CL 100	€ 26,00
	Terrazze Retiche di Sondrio IGT Cormelò	Rivetti&Lauro	CL 75	€ 26,00
	Inferno Valtellina Superiore DOCG Ui' Vigna 117	Rivetti&Lauro	CL 75	€ 36,00
	Sforzato dell'Orco DOCG	Rivetti&Lauro	CL 75	€ 50,00
	Ciass Negher Vallecamonica IGT 2018	Agricola Vallecamonica	CL 75	€ 28,00



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# ACQUA E FARINA

## Wine list



### RED WINE



<b>TRENTINO ALTO ADIGE</b>	Lagrein Alto Adige DOC	Cantina Valle Isarco	CL 75	€ 30,00
	Lagrein Vigneti delle Dolomiti Rosso IGT Laurenc	Pranzegg	CL 75	€ 45,00
	Foradori Teroldego Vigneti delle Dolomiti IGT	Foradori	CL 75	€ 30,00
<b>VENETO</b>	Pinot Nero Veneto IGT	Opificio del Pinot Nero	CL 75	€ 48,00
	Amarone della Valpolicella Classico DOCG	Le Bignele	CL 75	€ 50,00
	Amarone della Valpolicella DOCG Riserva	Musella	CL 75	€ 65,00
	Valpolicella Classico Superiore Ripasso DOC	Le Bignele	CL 75	€ 30,00
	Valpolicella Classico Superiore DOC	Le Bignele	CL 75	€ 27,00
<b>FRIULI VENEZIA GIULIA</b>	Refosco Colli Orientali Friuli DOC	La Magnolia	CL 75	€ 25,00
	<b>EMILIA ROMAGNA</b>	Lambrusco Mantovano DOC Rosso Matilde	Martino Bugno	CL 75
Rosso Emilia IGT Braje		Storchi	CL 75	€ 28,00
<b>TOSCANA</b>	Chianti Colli Senesi Riserva DOCG	Tenuta Murlo	CL 75	€ 26,00
	Rosso di Montalcino DOC	Camigliano	CL 75	€ 32,00
	Brunello di Montalcino DOCG	Camigliano	CL 75	€ 48,00
	Merlot Rosso Toscana IGT "Poggio alle Crete"	Podere Arizzi	CL 75	€ 40,00
	Merlot Toscana Colline Lucchesi DOC Casa e Chiesa	Tenuta Lenzini	CL 75	€ 28,00
	La Syrah Toscana Rosso IGT	Tenuta Lenzini	CL 75	€ 40,00
	Sator Rosso Montescudaio DOC	Sator	CL 75	€ 27,00
	Morellino di Scansano DOCG Bio "Roggiano"	Vignaioli del Morellino	CL 75	€ 27,50
	Bolgheri Superiore DOC Atis	Guado al Melo	CL 75	€ 60,00
<b>UMBRIA</b>	Montefalco Sagrantino DOCG Etnico	Di Filippo	CL 75	€ 40,00



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ACQUA E FARINA

# Wine list



## RED WINE



<b>ABRUZZO</b>	Montepulciano d'Abruzzo DOC	Cingilia	CL 75	€ 26,00
<b>CAMPANIA</b>	Taurasi Riserva DOCG AD Ultimum 2009	Villa Diamante	CL 75	€ 65,00
	Aglianico Irpinia DOP	Vigne Irpine	CL 75	€ 28,00
<b>PUGLIA</b>	Primitivo di Manduria DOC Li Janni	Erminio Campa	CL 75	€ 29,00
<b>CALABRIA</b>	Cirò Rosso DOC Classico Superiore	Tenuta del Conte	CL 75	€ 27,00
<b>SICILIA</b>	Il Frappato Terre Siciliane IGT	Arianna Occhipinti	CL 75	€ 42,00
	Etna Rosso DOC A Rina	Girolamo Russo	CL 75	€ 45,00
	Guancianera Nero D'Avola	Ferracane	CL 75	€ 28,00
<b>SARDEGNA</b>	Cannonau di Sardegna DOC "Torricla"	Francesco Fiori	CL 75	€ 27,00



## SWEET WINE



<b>PIEMONTE</b>	Moscato d'Asti DOCG	Bera Canelli	CL 75	€ 26,00
<b>VENETO</b>	Recioto Classico della Valpolicella DOCG	Le Bignele	CL 37,5	€ 35,00
<b>FRIULI VENEZIA GIULIA</b>	Verduzzo Friulano DOC Colli Orientali del Friuli	La Magnolia	CL 75	€ 25,00



## HALF BOTTLE - WHITE



<b>TRENTINO ALTO ADIGE</b>	Gewürztraminer DOC	Elena Walch	CL 37,5	€ 15,00
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## HALF BOTTLE - RED



<b>TOSCANA</b>	Chianti Classico DOCG	Castello d'Albola	CL 37,5	€ 15,00
	Brunello di Montalcino DOCG	Camigliano	CL 37,5	€ 28,00



Organic wine or produced by certified organic farm

The vine leaf indicates the selection on natural wine, produced with reduced treatments in the vineyard and winery, while respecting the nature and their fruits with limited use of chemical additives.

The wine list that we offer is the result of a research process that also embraces small producers, so some references may not be available. Our staff will be happy to offer you the best alternatives.

# To know more about allergens, see each label



ACQUA E FARINA

# Wine by the glass



## SPARKLING WINE







<b>LOMBARDIA</b>	Franciacorta DOCG Primus Cuvée Brut	Franca Contea	CL 15	€ 12,00
<b>VENETO</b>	Prosecco Treviso DOC	BellCuore	CL 15	€ 6,00



## WHITE WINE



<b>LOMBARDIA</b>	 Villano Bianco Provincia di Pavia IGP	Tenuta Fortunago	CL 15	 € 5,50
<b>TOSCANA</b>	FFF Toscana bianco IGT	Arizzi Wine	CL 15	 € 6,00
<b>MARCHE</b>	Passerina '102' Marche IGT	Castrum Morisci	CL 15	 € 6,50



## ITALIAN "ROSÈ" WINE



<b>TOSCANA</b>	Toscana Rosato IGT Gioia	Arizzi Wine	CL 15	 € 6,00
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## RED WINE



<b>LOMBARDIA</b>	 Villano Rosso Provincia di Pavia IGP	Tenuta Fortunago	CL 15	 € 5,50
	Terrazze Retiche di Sondrio IGT Cormelò	Rivetti&Lauro	CL 15	€ 8,00
<b>VENETO</b>	Valpolicella Classico Superiore DOC	Le Bignele	CL 15	€ 7,50
<b>TOSCANA</b>	 Chianti Colli Senesi Riserva DOCG	Tenuta Murlo	CL 15	€ 6,50
<b>ABRUZZO</b>	Montepulciano d'Abruzzo DOC	Cingilia	CL 15	€ 7,50
<b>SICILIA</b>	Guancianera Nero D'Avola	Ferracane	CL 15	 € 7,00



## SWEET WINE



<b>FRIULI VENEZIA GIULIA</b>	Verduzzo Friulano DOC Colli Orientali del Friuli	La Magnolia	CL 15	€ 6,50
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ACQUA E FARINA

# Gluten free



## FIRST COURSES

**RISOTTO CARNAROLI AI FIORI DI ZUCCA** € 16,00

Carnaroli Risotto with pumpkin flowers with Buffalo ricotta cheese and crispy of dried tomatoes

# 3 - 7 - 9 - 12

**CAULIFLOWER RICE ALLA CURCUMA** € 15,00

Pan fried cauliflower grains with vegetables, turmeric and crispy leek

# 9

**SPAGHETTI PASTA WITH BUTTER AND SAGE** # 7 - 9 € 10,00

**SPAGHETTI PASTA WITH TOMATO SAUCE** # 9 € 10,00

Penne pasta format also available

The dishes of our **Steak House** are also available gluten free.  
If you want to order them, remember to report to our staff your gluten intolerance or allergy

## PIZZAS

**CAMPANIA\*** Pizza with tomato sauce and mozzarella cheese # 5 - 6 - 7 - 8 - 13 € 12,00

**PARMENSE\*** Pizza with tomato sauce , mozzarella cheese and ham # 5 - 6 - 7 - 8 - 13 € 14,00

**TAGGIASCA\*** Pizza with tomato sauce, mozzarella cheese and blackolives # 5 - 6 - 7 - 8 - 13 € 13,00

**VERZURA\*** Pizza with tomato sauce, mozzarella cheese and grilled vegetables # 5 - 6 - 7 - 8 - 13 € 14,00

## DESSERT

**TIRAMISÙ\*** with "Mascarpone" cheese cream and coffee # 3 - 7 - 8 € 8,50

**WHIPPED CREAM MOUSSE** with berries sauce\* # 3 - 6 - 7 € 8,50

## DRINK

**MELANIA**  
**Brut - from the Lombard agricultural supply chain**

Fermented apple cider # 12

**Small** CL 20 € 4,50 **flut** CL 40 € 6,00 **bottle** CL 50 € 6,00

# Kids Menü

<b>Rice with Parmesan cheese</b> # 3 - 7 - 9	€ 8,00
<b>Saffron risotto</b> # 3 - 7 - 9	€ 8,00
<b>Pasta/gnocchi with tomato sauce</b> # 1 - 6 - 9 - 10	€ 7,00
<b>Pasta/gnocchi with basil pesto</b> # 1 - 5 - 6 - 7 - 8 - 10	€ 7,00
<b>Pasta/gnocchi with Bolognese meat sauce</b> # 1 - 6 - 9 - 10	€ 7,00
<b>Plain pasta/gnocchi</b> # 1 - 6 - 9 - 10	€ 7,00
<b>Pasta/gnocchi with butter</b> # 1 - 6 - 7 - 9 - 10	€ 7,00
<b>Pasta/gnocchi with olive oil</b> # 1 - 6 - 9 - 10	€ 7,00
<b>Pasta/gnocchi with clams with parsley*</b> # 1 - 6 - 9 - 10 - 12 - 14	€ 9,00
<b>Breaded chicken cutlet (breast) with side</b> # 1 - 3 - 5 - 6 - 7 - 10	€ 10,50
<b>Chicken steak (breast) with side</b> # NO ALLERGENS	€ 10,50
<b>Beef steak with side</b> # NO ALLERGENS	€ 10,50
<b>Baby New York hamburger with side</b> # NO ALLERGENS	€ 9,50
<b>Baby chicken würostel with side</b> # 3 - 7 - 10	€ 9,00
<b>Omelette with vegetables and Lodi cheese with side</b> # 3 - 7 - 9	€ 8,50
<b>French fries*</b> # 1	€ 5,00
<b>Grilled vegetables</b> # NO ALLERGENS	€ 5,00
<b>Organic assorted vegetables "caponatina style"</b> # 9	€ 5,00
<b>Ham baby</b> # NO ALLERGENS	€ 8,00
<b>Raw ham baby</b> # NO ALLERGENS	€ 9,00
<b>Bresaola ham</b> # NO ALLERGENS	€ 9,00
<b>Salami</b> # NO ALLERGENS	€ 8,00
<b>Fresh fruit and vegetables juices</b> # NO ALLERGENS	€ 5,00
<b>Seasonal fruit</b> # NO ALLERGENS	€ 3,50
<b>Tiramisù baby (without alcool)</b> # 1 - 3 - 6 - 7 - 8 - 10	€ 5,00
<b>Ice cream</b> # 3 - 6 - 7 - 8	
<b>1 flavour</b>	€ 2,50
<b>2 flavour</b>	€ 4,00



# GIFT

Graduality, Individuality, Flexibility, Tone



## DietaGIFT

is not only a diet, but a **lifestyle** to join **gradually**, remembering the importance of physical **movement** to improve a healthy way of living. Eating **GIFT** means tasting dishes made with natural ingredients without renouncing to the taste.

The rule for a balanced meal is easy:

## Fruit and Vegetable

a wide part of food rich in fibers

## Carbohidrates

a base of complex carbohydrates (bread, pasta, rice, potatoes: not more than a third of the total)

## Proteins

a source of proteins (meat, fish, eggs, cheese, cured meats, walnuts: not more than a third of the total)

Moreover, it is recommended to avoid all the "junk food" and the refined ingredients, while you can consume wholewheat cereals and natural sweeteners without restrictions.

And remember, the caloric intake during the day has to be allocated as follows:

**EAT BREAKFAST LIKE A KING, LUNCH LIKE A PRINCE, AND DINNER LIKE A PAUPER**

## FOLLOW THE FEATHER

to spot the GIFTdiet dishes inserted in our menu, chosen for the quality of the ingredients, the simplicity of cooking process and garnish and the correct balance among the raw ingredients used.



# Allergens

## The substances or products that cause allergies or intolerances

- 1** Cereals containing gluten, i.e: wheat, rye, barley, oats, spelt, kamut and products thereof.
- 2** Crustaceans and products thereof.
- 3** Eggs and products thereof.
- 4** Fish and products thereof.
- 5** Peanuts and products thereof.
- 6** Soybeans and products thereof, except:
  - a) Oil and raffinated soy fat (I);
  - b) Mixed natural tocopherols (E306), D-alpha tocopherol, natural acetate D-alpha tocopherol, natural succinate D-alpha soya tocopherol;
  - c) Vegetable oil derivated from phytosterols and ester soya phytosterols;
  - d) Vegetable stanol ester made from vegetable soya sterols.
- 7** Milk and products thereof (including lactose).
- 8** Nuts/treenuts, i.e almonds (*Amygdalus communis* L.), hazelnuts (*Corylus avellana*), walnuts (*Juglans regia*), cashews (*Anacardium occidentale*), pecan nuts [*Carya illinoiesis* (Wangenh.) K. Koch], Brazil nuts (*Bertholletia excelsa*), pistachio nuts (*Pistacia vera*), macadamia or Queensland nuts (*Macadamia ternifolia*) and products thereof.
- 9** Celery and products thereof.
- 10** Mustard and products thereof.
- 11** Sesame seeds and products thereof.
- 12** Sulphur dioxide and sulphites at concentrations of more than 10 mg/kg or 10 mg/litre expressed as total SO<sub>2</sub>, calculated for the products as offered ready for consumption or recreated according to the manufacturer's instructions.
- 13** Lupin and products thereof.
- 14** Molluscs and products thereof.

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# Allergens extracost

<b>Almond</b>	ALLERGENS: 8	<b>Eggs</b>	ALLERGENS: 3	<b>Pepperoni</b>	ALLERGENS: NO
<b>Anchovies</b>	ALLERGENS: 4	<b>Frankfurter</b>	ALLERGENS: 3 - 7 - 10	<b>Pesto</b>	ALLERGENS: 1-2-4-6-7-9-12-14
<b>Artichokes</b>	ALLERGENS: NO	<b>French fries</b>	ALLERGENS: 1 - 6	<b>Pistachio</b>	ALLERGENS: 6-7-8
<b>Asparagus</b>	ALLERGENS: NO	<b>Fresh tomato</b>	ALLERGENS: NO	<b>Porcini</b>	ALLERGENS: NO
<b>Auricchio cheese</b>	ALLERGENS: 7	<b>Friarielli</b>	ALLERGENS: NO	<b>Pumpkin cream</b>	ALLERGENS: 7
<b>Bacon</b>	ALLERGENS: NO	<b>Garlic</b>	ALLERGENS: NO	<b>Raw ham</b>	ALLERGENS: NO
<b>Basil</b>	ALLERGENS: NO	<b>Goat Ricotta cheese</b>	ALLERGENS: 7	<b>Red chicory</b>	ALLERGENS: NO
<b>Black olives</b>	ALLERGENS: NO	<b>Gorgonzola</b>	ALLERGENS: 7	<b>Ricotta cheese</b>	ALLERGENS: 7
<b>Boiled potatoes</b>	ALLERGENS: NO	<b>Grana cheese flakes</b>	ALLERGENS: 3-7	<b>Rocket salad</b>	ALLERGENS: 7
<b>Bresaola</b>	ALLERGENS: NO	<b>Grana cheese grated</b>	ALLERGENS: 3-7	<b>Salami</b>	ALLERGENS: NO
<b>Brie</b>	ALLERGENS: 7	<b>Ham</b>	ALLERGENS: NO	<b>Sausage</b>	ALLERGENS: NO
<b>Bufalo Stracciatella cheese</b>	ALLERGENS: 7	<b>Hemp seeds</b>	ALLERGENS: NO	<b>Scamorza cheese</b>	ALLERGENS: 7
<b>Capers</b>	ALLERGENS: NO	<b>Lard</b>	ALLERGENS: NO	<b>Seafood</b>	ALLERGENS: 2-4-12-14
<b>Casera cheese</b>	ALLERGENS: 7	<b>Mozzarella cheese</b>	ALLERGENS: 7	<b>Shrimps</b>	ALLERGENS: 2-12
<b>Champignon mashrooms</b>	ALLERGENS: NO	<b>Mozzarella cheese with buffalo milk</b>	ALLERGENS: 7	<b>Smoked salmon</b>	ALLERGENS: 4
<b>Cherry tomatoes</b>	ALLERGENS: NO	<b>Mozzarella vegan</b>	ALLERGENS: 7	<b>Speck</b>	ALLERGENS: NO
<b>Chili pepper</b>	ALLERGENS: NO	<b>Mozzarella without lactose</b>	ALLERGENS: 7	<b>Spicy salami</b>	ALLERGENS: NO
<b>Cicory</b>	ALLERGENS: NO	<b>Nduja</b>	ALLERGENS: NO	<b>Spinach</b>	ALLERGENS: NO
<b>Cooking cream</b>	ALLERGENS: 7	<b>Octopus</b>	ALLERGENS: 14	<b>Taleggio cheese</b>	ALLERGENS: 7
<b>Parma salami</b>	ALLERGENS: NO	<b>Onions</b>	ALLERGENS: NO	<b>Tattler</b>	ALLERGENS: 14
<b>Corn</b>	ALLERGENS: NO	<b>Origan</b>	ALLERGENS: NO	<b>Tomato sauce</b>	ALLERGENS: NO
<b>Crayfish</b>	ALLERGENS: 2-4-14	<b>Pears</b>	ALLERGENS: NO	<b>Tuna</b>	ALLERGENS: 4
<b>Dry tomatoes</b>	ALLERGENS: 12	<b>Pecorino cheese</b>	ALLERGENS: 7	<b>Walnuts</b>	ALLERGENS: 8
<b>Eggplant</b>	ALLERGENS: NO	<b>Pecorino zafferano</b>	ALLERGENS: 7	<b>Zucchine</b>	ALLERGENS: NO

# Allergens list on last page. Some ingredients can be fresh or frozen subject to market availability. The fish intended to be eaten raw has undergone a preventive treatment in compliance with the requirements of EC Reg. 853/2004. The dishes production takes place in a single environment, for contamination they may contain nickel and other allergens traces.