

Every day, in the course of our lives,  
we can select what and how we feed ourselves with,  
not only on a material level, but also on an  
emotional, mental and spiritual plane.  
Through our choices, by being *proactive*  
*consumers*, not only can we change ourselves,  
but also the world around us.

We would like to offer through  
our research a small seed of awareness,  
that you are free to sow, tend to and harvest  
along your path. At the same time,  
thanks to all of you, our seed will blossom,  
constantly bearing new fruits to be shared.

We prepare **fresh, vibrant, simple, seasonal**  
**food** as **whole** and **organic** as it can be,  
and **free from animal suffering**.  
Our main ingredient is **Love** for what we do.



Gluten-free



Raw

Dear guests,  
if you suffer from any allergies  
or have food intolerances,  
feel free to ask for information  
about our food and beverages.  
You can also check our allergens menu.

## TO START

-   **Vegan Cheese Platter** €15  
*Artisanal vegan cheese tasting, chutney, marmelade, fermented vegetables, raw crackers.*
-   **«Seed to Fruit» Salad** €11  
*Organic salad, seeds, sprouts, leaves, flowers and fruits, avocado tartare and raspberry gastrique.*
-   **Summer Rolls** €11  
*Rice paper wrapper stuffed with raw vegetables and herbs. Accompanied by two dipping sauces (peanut sauce and sweet chili sauce).*
-   **Raw Taco** €12  
*Carrot, leek, flax seeds tortilla, stuffed with marinated tempeh, smoked cashew cheese, smashed avocado, salad and tomatoe.*

## TRADITION

*Traditional Italian dishes made with love  
and prepared with simple, genuine ingredients.  
Our suppliers are carefully selected from local organic farmers,  
whose passion and commitment we know personally.*



### **Lemon and Zucchini Risotto**

€14

*Brown rice, lemon, sautéed zucchini,  
macadamia ricotta, zucchini flower.*

### **Seaweed Ravioli**

€14

*Handmade whole wheat pasta  
seaweed and phitoplancton stuffing,  
topped with tomato sauce,  
parsley and cashews parmesan.*



### **Veggie Balls in Tomato Sauce**

€13

*Beyond Sausage and beetroot balls,  
string beans in tomato sauce.*

## WORLD INSPIRED

*These dishes are the fruits of our travels and the research into the culinary traditions of several countries, born from the constructive exchange that we always seek when we engage with different cultures.*



### **Vegan Sushi (10 pz)**

€14

**JAPAN** *Vegetable Nigiri, Maki, Uramaki and Gunkan topped with a wasabi and beetroot flavored almond mayonnaise.*



### **Vegan Pad Thai**

€13

**THAILAND** *Rice noodles with stir fry vegetables, tofu, lime, soy sprouts and a bitter-sweet tamarind and peanut sauce.*

### **Veggie Burger (Gluten free upon request)**

€15

**USA** *Homemade bun, Beyond Burger, salad, vegan cheddar cheese, caramelized onion, tomatoe, salad served with baked potatoes, almond milk mayonnaise and wild rose ketchup.*

## DESSERTS



### **Raw Lemon Cheesecake**

€ 7

*Crunchy dried fruit crust, lemon cashew cream  
with raw wild berry jam.*



### **Brownie**

€ 7

*Raw chocolate cake with almond and coconut  
topped with dark chocolate icing.*



### **Pistacchio Semifreddo**

€ 6

*Pistacchio ice cream , crunchy gianduia cornflakes base,  
dark chocolate topping  
(Realized in collaboration with  
Kremmy Ice Cream Shop in Viareggio)*

### **Peach Cake**

€ 6

*Home made soft cake with peaches.*

Cover Charge €2,50

Purified Water 0.75 L €2,50

Green Tea Kombutcha €5

Ginger and Lemon Kombutcha €5

Ibiscus Kombutcha €5

Sodas €4

Coffee €1,50

Organic Teas €3,50

I think having land  
and not ruining it is the most  
beautiful art that anybody  
could ever want to own.

—

ANDY WARHOL