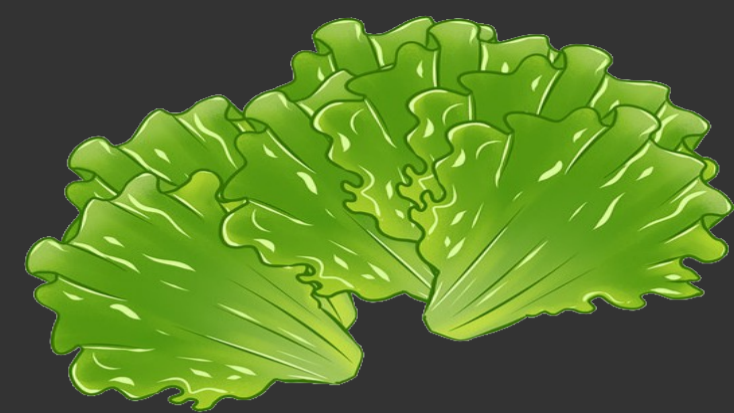


IL GIOTTOLINO DELLE DUNE

SCEGLI LA BASE- CHOOSE THE BASE ... 3,5 €



INSALATA - SALAD
90 GR - 20 KCAL



RISO VENERE - BLACK RICE
180 GR - 820 KCAL

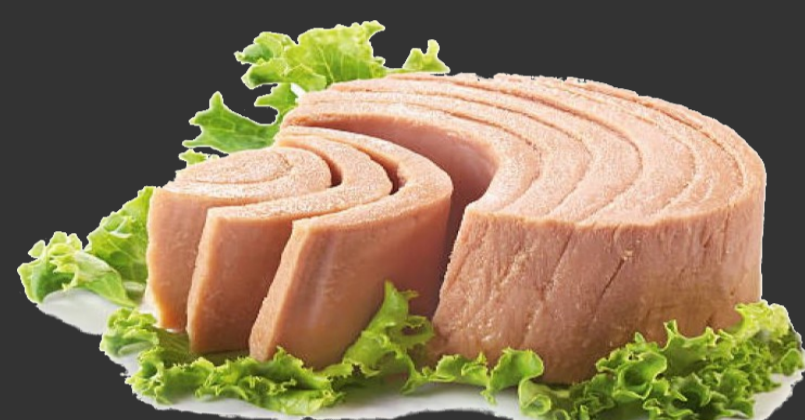


FARRO - SPELT
180 GR - 210 KCAL



RISO BIANCO - RICE
180 GR - 118 KCAL

PUOI AGGIUNGERE PROTEINE - ADD PROTEINS ... 3/3,5 €



TONNO - TUNA
50 GR - 95 KCAL



MOZZARELLA
100 GR - 220 KCAL



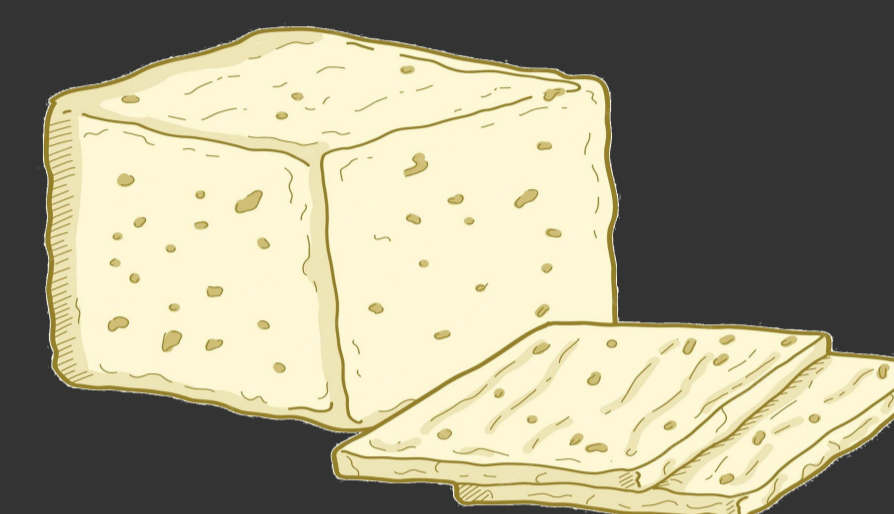
INSALATA DI MARE
- SEAFOOD SALAD
50 GR - 50 KCAL



POLLO - CHICKEN
80 GR - 130 KCAL



2 UOVO SODE
- 2 BOILED EGGS
160 KCAL



FETA
70 GR - 175 KCAL



SALMONE
SMOKED SALMON
40 GR - 65 KCAL



PECORINO DOP
50 GR - 190 KCAL

AGGIUNGI VERDURE E LEGUMI - ADD VEGETABLES & LEGUMES ... 0,5 €



POMODORINI
- TOMATOES
40 GR - 8 KCAL



MAIS - CORN
35 GR - 30 KCAL



CETRIOLO
CUCUMBER
40 GR - 6 KCAL



PEPERONI
- PEPPERS
50 GR - 10 KCAL



EDAMAME
40 GR - 50 KCAL



CECI
- CHICKPEAS
35 GR - 35 KCAL

POMODORINI SECCHI
- SUNDRIED TOMATOES
15 GR - 40 KCAL



OLIVE LECCINO
- OLIVES
25 GR - 60 KCAL



CARCIOFINI
- ARTICHOKE
20 GR - 40 KCAL



VERDURE GRIGLIATE
- STEAMED VEGETABLES
40 GR - 58 KCAL



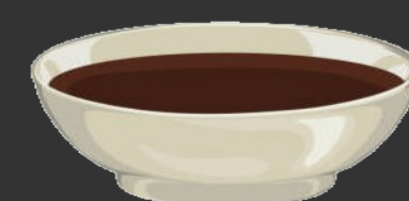
E ORA... SALSE E CONDIMENTI



OLIO EXTRAVERGINE
D'OLIVA
OLIVE OIL



SALSA DI SOIA
SOY SAUCE



SALSA PICCANTE
CHILI SAUCE



SALSA ALLO YOGURT
YOGURT SAUCE



SALSA PONZU

L'ULTIMO TOCCO... SEMINI

AT LAST... SEEDS



GIRASOLE
- SUNFLOWER SEEDS



LINO
- FLAXSEEDS



SESAMO
- SESAME SEEDS



CHIA



PAPAVERO
- POPPY SEEDS