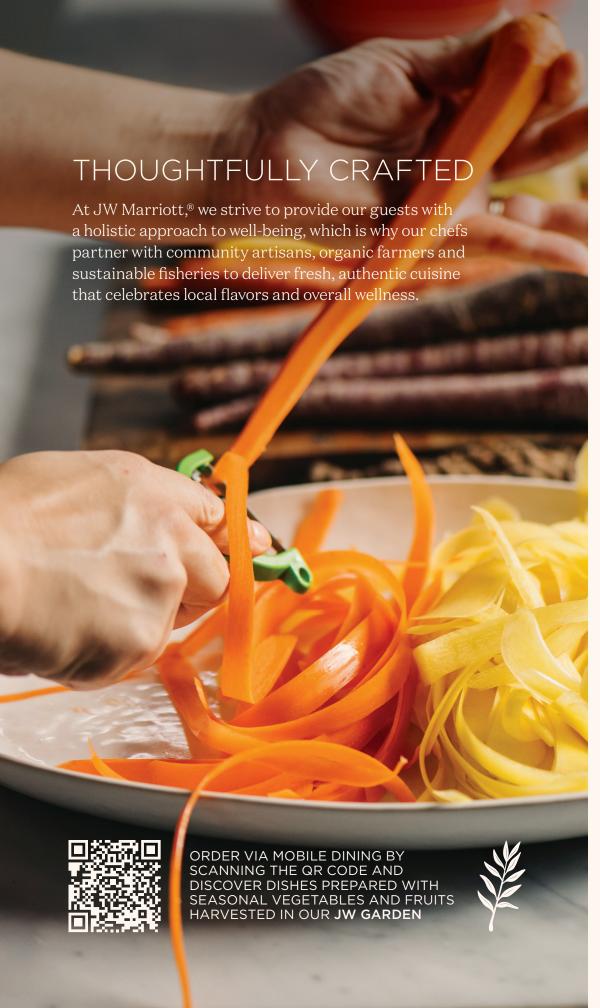


# TASTEFULLY NOURISHED



# YOUR GUIDE TO NOURISHMENT

Enjoy this introduction to essential vitamins, minerals, fats and fibers, as well as a variety of nutritious ingredients to enjoy and savor.

- VITAMINS -

Best sourced through the foods we eat, vitamins are the building blocks of a healthy lifestyle.

#### Foods rich in Vitamin B

MUSHROOMS | MILK | WHOLE GRAINS | DRIED FRUIT | SUNFLOWER SEEDS

### Foods rich in Vitamin C

CITRUS | KIWI | STRAWBERRIES MANGO | PAPAYA | BROCCOLI DARK LEAFY VEGETABLES Foods rich in Vitamins A and D  $MILK \mid FISH \mid EGGS$ 

### Foods rich in Vitamins E and K

WHEAT GERMS | SUNFLOWER SEEDS | DRIED FRUIT | PEANUT BUTTER DARK GREEN LEAFY VEGETABLES KALE | SPINACH

#### - MINERALS -

Minerals keep your bones strong and your body balanced.
Calcium is important for strong, healthy bones and teeth.

YOGURT | BROCCOLI | WATERCRESS
CHEESE | BOK CHOY | GOMBO | ALMONDS

Potassium is an electrolyte that regulates the flow of nutrients going in and out of cells.

POTATOES | SUN-DRIED TOMATOES
RED BEANS | DRIED FRUITS | BANANA
AVOCADOS | FISH

**Iron** is an essential element for blood production.

RED MEAT | PORK & POULTRY | SEAFOOD BEANS | KALE & DARK GREEN LEAF SPINACH

Antioxidants are beneficial in preventing diseases by prohibiting the oxidation of harmful molecules in the body.

EXTRA-VIRGIN OLIVE OIL | GOJI BERRIES
WILD BLUEBERRIES | DARK CHOCOLATE
PECANS | ARTICHOKES | KIDNEY BEANS
CRANBERRIES | CLOVE | CINNAMON
OREGANO | TURMERIC | COCOA | CUMIN
PARSLEY | BASIL | THYME | WILD HONEY

### - HEALTHY FATS & FIBER -

Healthy fats and fiber stabilize blood sugar and cholesterol levels.

Fiber slows the rate that sugar is absorbed into the bloodstream, which keeps your blood glucose levels from rising too fast.

PEAS | LENTILS | BEANS | ARTICHOKES BROCCOLI | BRUSSELS SPROUTS AVOCADOS | OATS & WHOLE GRAINS

**Unsaturated fats**, including poly - and mono-unsaturated fats, have a positive effect on cholesterol levels.

OLIVE OIL | WALNUTS | PINE NUTS | PECANS AVOCADOS | PUMPKIN SEEDS | SPIRULINA Omega-3 fatty acids are needed for many functions, from building healthy cells to maintaining brain and nerve function.

FLAXSEED OIL | FISH OIL | NUTS & SEEDS
CHIA SEEDS | SALMON & COLD WATER FISH
SOYBEANS | AVOCADOS | COOKED SPINACH

11.00 am -11.00 pm

### - BALANCED SNACKS -

LOCALLY INSPIRED-

### Octopus Tentacle GF | 28

Octopus seasoned with lemon, zucchini salad, olives and potatoes

PROTEINS | IRON | MINERAL SALTS | SODIUM

### Grilled Tomino Cheese V, GF | 25

Tomino with seasonal vegetables and herbs pesto oil

SODIUM | FIBERS | POTASSIUM | IRON

### Cheese & Cold Cuts | 40

Selection of local and national cold cuts meats and cheeses, with sweet and sour vegetables. Served with a selection of bread and focaccia.

FIBERS | CALCIUM | IRON | MAGNESIUM | PRO-TEINS

## Italian beef tartare | 29

Italian beef tartare seasoned with tomato pesto, spicy chickpea cream and crispy rice PROTEINS | VITAMINS | FIBERS | CALCIUM | IRONMAGNESIUM

## Vegan meatballs VF | 28

Quinoa and sesame meatballs on tomato basil fondue

PROTEINS | VITAMINS | FIBERS | MINERAL SALTS

### The Baccalà | 24

Creamy cod mousse from the historical and Venetian tradition, served with crispy bread PROTEINS | CALCIUM | IRON | MAGNESIUM

## Spaghetti with clams and chili | 37

Spaghetti "Pastificio Mancini" with clams and chili

PROTEINS | IRON | IODINE | SODIUM

### Ravioli ∨ | 27

Ricotta and spinach ravioli, served with sage and butter

IODINE | IRON | MINERAL SALTS | POTASSIUM

### Beef Entrecote 250gr GF | 42

Grilled beef, oil-creamed potato and seasonal vegetables

PROTEINS | IRON | CALCIUM

### Sea bass fish | 44

Slice of baked fish with tomatoes and olives, vegetables and creamed potato

PROTEINS | IRON | MAGNESIUM | SODIUM | PHOSPHORUS | OMEGA 3

### Focapizza

like pizza with focaccia bread Margherita (22), Spicy Salami (25), Vegetables from the garden (23) (gluten-free available) MINERAL SALTS

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11.00 am -11.00 pm

## CLASSIC -

### **SALADS**

## Roman salad and VF, GF | 16 Chioggia Radicchio

FIBERS | VITAMINS | MINERAL SALTS

Misticanza salad VF, GF | 16 the best of our gardens, vegetables in cruditès FIBERS | VITAMINS | MINERAL SALTS

### Chicken Caesar's salad | 28

Romaine lettuce, chicken, croutons, Grana Padano flakes, bacon, Caesar dressing

PROTEINS | IRON | CALCIUM | SODIUM | FIBERS

### Shrimps Caesar's salad | 29

Romaine lettuce, pan-fried shrimps, croutons, Grana Padano flakes, bacon, Caesar dressing

PROTEINS | IRON | CALCIUM | SODIUM | FIBERS

### Caprese's salad V, GF | 21

Tomato, basil from our garden, buffalo mozzarella, olives, mixed salad

VITAMINS | CALCIUM | FIBERS

## Additions to salads:

Mozzarella Cheese "fior di latte"  $\mid 5$  Roasted shrimps  $\mid 9$  Chicken strips  $\mid 7$  Smoked salmon  $\mid 7$  Avocado  $\mid 6$ 

## SANDWICH

### Classic Club Sandwich ∨ | 29

Roast turkey, tomato, romaine lettuce, fried egg, crispy bacon, mayonnaise, fried steak house potatoes

PROTEINS | IRON | POTASSIUM | SODIUM |

## Vegetarian Club Sandwich ∨ | 27

Grilled Vegetables from local Rialto Market, mayonnaise with island herbs, fried egg, fresh tomato, mozzarella, romaine lettuce, fried steak house potatoes

IRON | POTASSIUM | SODIUM | FIBERS

### Veneto Beef Burger V | 31

Tomato, romaine lettuce, mayonnaise, crispy bacon, chioggia white onion, local beef burger, ketchup, fried steak house potatoes, with BBQ sauce

PROTEINS | SODIUM | IRON | FIBERS

### Vegan burger ∨F | 30

Tomato, lettuce, vegan mayonnaise, and a mixed bean patty. Served with sweet potato fries

PROTEINS | VITAMINS | FIBERS | CARBS | MINERAL SALTS

### The Italian toast | 20

Milk bread, ham, melted cheese, fried steak house potatoes, cocktail sauce on the side PROTEINS | IRON | CALCIUM

### PASTA AND SOUP

Also available gluten free

# Spaghetti or penne $\lor \mid 20$ with tomato sauce

The great classic spaghetti or penne "Pastificio Mancini" with Italian tomato sauce

CARBOHYDRATE

# Spaghetti or Penne | 22 with Bolognese Sauce

The great classic spaghetti or penne
"Pastificio Mancini" with Bolognese sauce
PROTEINS | CARBOHYDRATE

### Tagliolini with prawns | 34

Tagliolini with fresh tomatoes and prawns
CARBOHYDRATE | PROTEINS | SODIUM |
POTASSIUM

### Fusillo VF | 23

Fusillo "Pastificio Mancini" with zucchini and peas cream, quenelle of cherry tomatoes and olives

VITAMINS | FIBERS | CARBS | MINERAL SALTS

11.00 am -11.00 pm

### Vegetable soup ∨F | 18

Vegetable soup served with bread croutons FIBERS | VITAMINS | MINERAL SALTS

### Orientals noodles GF | 32

Rice noodles with shrimps, soy and spicy vegetables

FIBERS | CARBOHYDRATE

### FISH AND MEAT

## Free range chicken "Supreme" GF | 38

Roasted chicken, spicy tomato sauce and seasonal vegetables

FIBERS | POTASSIUM | IRON

## Catch of the day GF | 44

Grilled fish fillet with seasonal vegetables

OMEGA 3 | PHOSPHORUS | PROTEINS | SODIUM

### Vegan chicken ∨F | 36

Fennel in potato batter, garden herbs and sweet and sour sauce

OMEGA 3 | PHOSPHORUS | PROTEINS | SODIUM

### - MAKE IT YOURS -

Served with mixed salad plus a side of your choice

Baked sea bass fillet GF | 46

OMEGA 3 | PHOSPHORUS

Grilled prawns GF | 46

SODIUM | POTASSIUM | OMEGA 3

Free range chicken "Supreme" GF | 40

IRON | POTASSIUM | CALCIUM

Beef Entrecote 250gr GF | 46

SODIUM | PROTEINS | IRON

Grilled tomino Cheese V, GF | 25

CALCIUM | PROTEINS | FIBERS

#### THE SIDES

Mixed Salad VF, GF | 10 French fries V | 10

Potatoes creamed in oil VF, GF  $\mid$  10 Grilled market vegetables VF, GF  $\mid$  10 Spinach in a pan V, GF  $\mid$  10

Baked tomatoes V, GF | 10

- FAMILY MEAL -

#### Focacciona ∨ | 72

For 4 people

Big focaccia with fresh mozzarella, cherry tomatoes, rocket, grana, french fries CARBOHYDRATE | CALCIUM | FIBERS

### Cold cuts "Il Salumiere" | 80

For 4 people

Local and national cold cuts, cheeses, sour jams, pickles and focaccia

PROTEINS | CALCIUM | FIBERS | CARBOHYDRATE

- DESSERTS -

Classic Tiramisù ∨ | 13

CARBOHYDRATE | NITRATE

Sliced seasonal fruits VF, GF | 13

VITAMINS | ANTIOXIDANT

Three-chocolate mousse  $\mbox{ V, GF } \mid 13$  with raspberries

VITAMINS | ANTIOXIDANT

Strawberry bavarian V, GF | 13

VITAMINS | ANTIOXIDANT

Panna cotta V, GF | 12

with vanilla and caramel heart

VITAMINS | CALCIUM

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11.00 am -11.00 pm

– KIDS MENÙ –

## Parma Ham and GF | 17 Mozzarella "Fior di Latte"

CALCIUM | PROTEINS | NITRATE FREE

### Lemon shrimps salad GF | 19

SODIUM | POTASSIUM | FIBERS | OMEGA 3 | NITRATE FREE

### STARTER, PASTA & SOUP

Gnocchi, Spaghetti or Penne ∨ | 15 "Pastificio Mancini" with tomato sauce

CARBOHYDRATE

Gnocchi, Spaghetti or Penne | 15 "Pastificio Mancini" with Bolognese sauce

CARBOHYDRATE | PROTEINS

## Vegetable soup ∨F | 18

Served with bread croutons

FIBERS | MINERAL SALTS | NITRATE FREE |

VITAMINS | ANTIOXIDANT

## Ravioli ricotta and spinach $\lor | 14$

CARBOHYDRATE | IRON | PROTEINS | NITRATE FREE

## MEAT AND FISH

### Chicken Nuggets | 18

Served with french fries

NITRATE FREE

### Fish Nuggets | 18

Served with french fries

NITRATE FREE

### Beef Entrecote GF | 24

Served with french fries or roasted vegetables

SODIUM | POTASSIUM | OMEGA 3 | FIBRE | SALTS | PROTEINS | NITRATE-FREE | VITAMINS

## Grilled fish fillet $\mbox{GF} \mid 25$

Served with french fries or roasted vegetables

SODIUM | POTASSIUM | OMEGA | SALTS | PROTEINS | NITRATE FREE | VITAMINS

### Grilled chicken breast GF | 21

Served with vegetables

SALTS | PROTEINS | NITRATE FREE

### FRUIT & DESSERTS

Fresh cut fruits GF, VF | 10

FIBERS | ANTIOXIDANT | VITAMINS | NITRATE FREE

Creamy three-chocolate V, GF | 10

VITAMINS | CALCIUM