



CACTUS

LUNCH MENU

12.00 - 15.00

IN - SIDES

GUACAMOLE ¹	€14
Served with carasau bread chips	
CHICKPEA HUMMUS ^{6,11}	€13
MASHED POTATOES	€12
(+ truffle) (+ black garlic) (+ smoked)	
MIXED SALAD	€12
Tender Leaf Salad Raw Seasonal Vegetables	
TOMATO AND PEACH SALAD	€16
Different Types of Tomatoes BBQ Peach Balsamic Vinegar Dressing Basil Spring Onion	
MINI CACTUS GARDEN	€12
15 types of seasonal vegetables prepared in various ways and with different textures	

GRAIN

PACCHERO/TROCCOLO WITH SUPREME TOMATO SAUCE ^{1,7}	€19
Piennolo tomatoes 24-month-aged Parmigiano Basil	
LEMON AND SEA URCHIN RISOTTO ^{1,4}	€24
San Massimo Reserve Carnaroli Rice Lemon Mediterranean Sea Urchins Parsley	
POTATO GNOCCHETTI WITH MIXED FISH AND BISQUE ^{1,3,7}	€24
Potatoes Red mullet Mussels Clams Squid Bisque	
FUSILLO AOP ^{1,4,7}	€20
Whole-wheat Fusillo from Gragnano Garlic Extra virgin olive oil Chili pepper <i>Bottarga option*</i>	

FISH

TARTARE MADE WITH THE DAY'S CATCH	€24/€26
Ask our staff for more information about the product, sauce, and side dishes.	
SALMON TATAKI ^{4,6,7,8,12}	€25
Sautéed escarole Miso sauce Champagne	
ROASTED MEDITERRANEAN OCTOPUS ⁴	€28
Crusco Pepper Cream Salicornia Yellow Melon	
A SLICE OF TODAY'S CATCH WITH A SIDE OF VEGETABLES OR POTATOES	€30

VEGETABLES

BUFALA AND THE SUN ⁷	€20
Campania Buffalo Mozzarella PDO Tomatoes of varying textures Basil granita	
TOMATO PANZANELLA ¹	€15
Bread Tomato Cucumber Sweet-and-sour onion	
GRILLED ARTICHOKEs ^{1,3,7}	€16
Crispy Whole-Wheat Focaccia Artichoke Mayo Pecorino	
EGGPLANT PARMIGIANA ^{7,9}	€19
Eggplant Mozzarella Vegetable ragù Tomato Basil	
BABAGANOUSH & TZATZIKI	€18
BBQ Eggplant Pickled Cucumbers Caramelized Onion Fresh Oregano Toasted Hazelnuts Greek Yogurt	
GREEK SALAD ³	€20
Assorted tender greens Greek feta Greek olives Tomato Red onion Oregano Cucumbers	
CAESAR SALAD CON GAMBERI ^{1,2,3,4,7}	€20
Shrimp Quail Eggs Carrot Bacon Local Anchovies Whole-Wheat Crostini Caesar Dressing	
NIZZARDA ^{3,4}	€20
Wild chicory Homemade tuna in oil Garda egg Cantabrian anchovies Taggiasca olives Marinda cherry tomatoes New potatoes Green beans	

URBAN FOOD

FROM THE WORLD

OCTOPUS ROLL WITH BAKED POTATOES ^{1,3,4,6,7,9,10}	€18
Homemade potato bread roasted octopus caramelized onion wasabi mayonnaise cilantro pumpkin seeds	
VEGAN BURGER ^{1,6,8}	€19
smoked vegan cheddar Marinda tomatoes pickled cucumbers carrot bacon soy mayonnaise	
SALMON CLUB SANDWICH ^{1,4,7}	€20
Smoked salmon Crème fraîche Oxheart tomatoes Curly endive Sliced avocado	
KATSU SANDO ^{1,3,4,6}	€22
Fish cutlet (depending on market availability) Homemade tartar sauce Homemade sauerkraut	
TAMAGO SANDO ^{1,3}	€22
Loaf of Milk Bread Hard-Boiled Eggs Chives Soy Mayonnaise	

BENTO FIT MEAL €25

The goal is to improve daily life through healthy, high-quality products.

PROTEIN:

FISH OF THE DAY
LEGUMES OF THE DAY
MOZZARELLA
VEGAN BURGER
EGGS
RICOTTA

CARBS:

BASMATI RICE
WHITE RICE
VENERE RICE
BARLEY
SPELT
QUINOA
WHOLE-WHEAT
PASTA
POTATOES

FIBERS:

VEGETABLES
OF THE DAY

BRUNCH MENU 9.00 - 15.00

FROM OUR KITCHEN

SWEET BAGEL ^{1,3,6,7}	€18
Assorted fruit + homemade hazelnut cream + whipped alpine cream	
GREEK YOGURT ⁷	€7
WHOLE-GRAIN PANCAKES ^{1,3}	€7
✔ PORRIDGE ⁷	€6
FRENCH TOAST ^{1,3,6,7}	€7
✔ FRUIT SALAD	€7
✔ CHIA PUDDING	€5
You can add: Cereal or muesli (+2€) Seasonal fruit (+2€) Peanut butter (+2€) Homemade hazelnut spread (+2€) Maple syrup (+1.50€) Whipped fresh alpine cream (+1.30€)	
SAVORY BAGEL ^{1,3,4,6,7}	€18
Spreadable cheese + avocado + salmon	
✔ CLASSIC AVO TOAST ^{1,6,11}	€10
BENEDICT EGGS	€10
OMELETTES OR SCRAMBLED EGGS	€10
You can add: Salmon (+5€) Avocado (+5€) Vegetables (+2€) Spreadable cheese (+2€) Eggs (+3€) Black truffle (+5€)	

FROM OUR WINDOW

FRENCH CROISSANT ^{1,3,7}	3€
✔ VEGAN CROISSANT ^{1,6}	3€
BLUEBERRY AND CHEESE SWIRL ^{1,3,6,7}	3€
DANISH ^{1,3,7}	2.80€
CHOCOLATE BUN ^{1,3,6,7}	3€
PROTEIN COOKIES ^{1,3,5,6,7,8,10,11}	3€
CHEESECAKE ^{1,3,5,6,7,8}	6€
BROWNIE ^{1,2,6,7,8}	5€
✔ BANANA BREAD ^{1,6}	4€
✔ CARROT CAKE ^{1,8}	5€
✔ SBRISOLONA ^{5,6}	5€
MATCHA BASKA CHEESECAKE ^{3,6,7}	6.50€

**Every dessert has its own story; ours
begins with you.**

*Set meal €3.50: Microfiltered water, homemade bread made with sourdough starter and stone-ground flour,
organic olive oil from the "ORIS EVO" farm in Puglia*

ALLERGENS: 1. Cereals containing gluten 2. Crustaceans 3. Eggs 4. Fish 5. Peanuts 6. Soy 7. Milk and milk products 8. Tree nuts 9.
Celery 10. Mustard 11. Sesame 12. Sulfur dioxide 13. Lupin beans 14. Mollusks

