

LUNCH & DINNER - ENGLISH

Lunch from Monday to Friday from 12 a.m. to 3 p.m. - Dinner from Monday to Saturday from 7 to 10 p.m.

SERVICE CHARGE		3,00	
On Saturday, Sunday and public holiday all the day. From Monday to Friday from 7 p.m.			
APPETIZER			
HUMMUS VEG	7,00	GUACAMOLE VEG 	7,00
Chickpea cream served with pita bread* and paprika 1, 11, 12		Smashing avocado seasoned with EVO oil, salt, pepper, coriander, lime, served with tomatoes, red onion from Tropea, jalapeño and nacho chips 12	
TEX MEX NACHOS VEG 	9,00		
Served with cheese fondue, tomatoes salad and guacamole, sliced hot pepper 7, 12			
GSTF SALADS			
CHICKEN CAESAR SALAD GSTF	15,00	QUINOA SALAD VEG NEW 	15,00
Dressing GSTF with anchovies Grilled Chicken, lettuce, flakes of parmesan, toasted bread, Caesar 1, 3, 4, 7, 12		White and red quinoa, pumpkin, feta cheese, hazelnuts, baby spinach, melograno, citronette 7, 8, 12	
GSTF CLUB SANDWICH served with roasted potatoes			
GSTF CLUB SANDWICH PRO	16,00	GSTF SALMON CLUB SANDWICH Ω3	18,00
White bread, roasted turkey GSTF, hand-boiled egg, crispy bacon, tomato, lettuce, GSTF dressing 1, 3, 6, 7, 10, 12		Wholemeal bread, Norwegian smoked salmon, cream cheese, avocado, pickled gherkins, romaine lettuce, mustard, fresh lemon and pepper 1, 4, 7, 10	
GSTF VEGGIE CLUB SANDWICH VEG	15,00		
Wholemeal bread with sprouts, rocket pesto, cream cheese, grilled zucchini, tomatoes, 1, 7, 10, 12			
GSTF WOKS			
CHICKEN & VEGETABLE WOK with thai rice and poppy seeds GSTF 	16,00	CHICKEN ADOBO & OCRA served with thai rice and poppy seeds GSTF NEW 	16,00
Marinated chicken sauteed with carrots, zucchini, chinese cabbage, bean sprouts, green beans*, broccoli*, and GSTF gluten free soysauce 6, 12		Chicken braised philippines style served with ocra 6, 11, 12	
CITRUS FRUITS MARINATED SEABASS* WOK with thai rice and poppy seeds Ω3 	17,00	OCTOPUS AND CABBAGE WOK served with thai rice and poppy seeds Ω3 NEW 	20,00
Citrus fruits marinated seabass filets sti-fried with baby spinach, cherry toamtoes, leek, citronette 4		Grilled octopus mixed with cabbage, dry tomatoes, olive, jalapenho and extra vergin oil 4, 12	

VEGGIE WOK served with thai rice and poppy seeds VEG NEW 
Pumpkin, leek, jalapenho, cabbage, radicchio, sage, GSTF gluten free wok sauce
6

15,00

PAD THAI RICE GSTF GSTF 

Sauteed rice with eggs, shrimps*, green beans*, bean sprouts, spring onion, fresh chilli, coriander, ginger, roasted cashew nuts, fresh chilli sauce, gluten free soysauce
2, 3, 6, 8, 12

16,00

BUCKWHEAT NOODLE 03 NEW

Buckwheat noodle sauteed with shrimps*, mushroom, tomatoes, spring onion, jalapenhos, sesame seeds, basil, GSTF wok sauce
1, 3, 6, 7, 9, 10, 11

16,00

GSTF MAIN COURSES

GRILLED SALMON FILLET 03 NEW

With pumpkin chutney and black cabbage
4, 12

18,00

FASSONA CHEESE BURGER 180 G GSTF NEW

Fassona burger (180gr), cheddar, salads, tomatoes, pickled cucumber, homemade bbq sauce served with roasted potatoes
1, 3, 7, 10, 11, 12

16,00

CURRIED SHRIMP AND CHICKPEAS GSTF NEW 

Served with thai rice and poppy seeds
2

17,00

AVOCADO & SALMON SCRAMBLED EGGS GSTF

Served with Toasted bread
1, 3, 4, 7

18,00

SIDES

Baked Potato & cream cheese VEG

5,00

Mixed salads VEG 

5,00

Roasted potatoes VEG 

5,00

Baby spinach sautee VEG

5,00

1/2 avocado VEG 

4,00

GSTF DESSERTS

VANILLA ICECREAM 

3, 7

6,00

VANILLA ICE CREAM AND COFFEE

3, 7

7,00

APPLE CRUMBLE

with cream Ice cream
1, 3, 7

7,00

TORTA DELLA NONNA

1, 3, 7

7,00

TIRAMISÙ *

1, 3, 7

7,00

CHEESECAKE *

1, 3, 7

7,00

CAPRESE TART * 

3, 7, 8

5,00

JAM TART *

1, 3, 7

5,00

FRUITS & BOWLS

FRESH FRUIT SALAD

6,00

FRESH FRUIT SALAD AND GREEK YOGURT

7,00

FRESH FRUIT SALAD AND VANILLA ICE-CREAM

7,00

GREEK YOGURT whit dried fruit, granola, honey

6,00

PINEAPPLE

6,00

BRUNCH

On Saturday, Sunday and public holiday from 12 a.m. to 4 p.m.

SERVICE CHARGE	3,00		
<u>BRUNCH APERITIF</u>			
ROSSINI Prosecco, strawberry pulp	8,00	APEROL SPRITZ	8,00
<u>APPETIZER</u>			
HUMMUS VEG Chickpea cream served with pita* and paprika 1, 11, 12	7,00	GUACAMOLE VEG  Smashing avocado seasoned with EVO oil, salt, pepper, coriander, lime, served with tomatoes, red onion from Tropea, jalapeño and nacho chips 12	7,00
TEX MEX NACHOS GSTF Served with cheese fondue, tomatoes salad, guacamole and mexican homemade sauce 7, 12	9,00		
<u>GSTF CLUB SANDWICH served with roasted potatoes</u>			
GSTF CLUB SANDWICH GSTF White bread, roasted turkey GSTF, hand-boiled egg, crispy bacon, tomato, lettuce, GSTF dressing 1, 3, 6, 7, 10, 12	16,00	GSTF SALMON CLUB SANDWICH Ω3 NEW Wholemeal bread, Norwegian smoked salmon, cream cheese, avocado, pickled gherkins, romaine lettuce, mustard, fresh lemon and pepper 1, 4, 6, 7, 10, 12	18,00
GSTF VEGGIE CLUB SANDWICH VEG NEW Wholemeal bread with sprouts, rocket pesto, cream cheese, grilled zucchini, tomatoes, 1, 7, 10, 12	15,00		
<u>GSTF SALADS</u>			
CHICKEN CAESAR SALAD GSTF Grilled Chicken, lettuce, flakes of parmesan, toasted bread, GSTF Caesar dressing 1, 3, 4, 7, 12	15,00	QUINOA SALAD VEG NEW  White and red quinoa, pumpkin, feta cheese, hazelnuts, baby spinach, melograno, citronette 7, 8, 12	15,00
<u>GSTF CLASSIC BRUNCH</u>			
CHICKEN FINGERS PRO Chicken nuggets served with baked potatoes and pink ajoli 1, 3, 12	15,00	FASSONA CHEESE BURGER 180 gr GSTF NEW Fassona burger (180gr), cheddar, salads, tomatoes, pickled cucumber, homemade bbq sauce served with roasted potatoes 1, 3, 7, 10, 11, 12	16,00
FRENCH TOAST ham and cheese GSTF NEW Served with roasted potatoes and coleslaw salad 1, 3, 7, 12	15,00	ENGLISH BREAKFAST GSTF NEW Fried eggs, toast, crispy bacon, roasted tomatoe, beans, sausages, mushroom 1, 3, 7	18,00

AVOCADO & SALMON SCRAMBLED EGGS Ω3 Scrambled eggs served with smoked salmon, avocado, coleslaw salad and toasted whole bread 1, 3, 4, 7	18,00	CLASSIC EGGS BENEDICT VEG NEW Served with hollandaise sauce, roasted whole bread, spinach and baked potato 1, 3, 7	15,00
EGGS BENEDICT ROYALE Ω3 Poched eggs served with smoked Salmon, hollandaise sauce, coleslaw salad, roasted whole bread, baked potato and salad 1, 3, 4, 7, 12	18,00	BAGEL with smocked salmon Ω3 NEW Bagel, smocked salmon, egg, cream cheese, avocado, salad served with roasted potatoes and coleslaw salad 1, 3, 4, 7, 12	18,00
PANCAKES WITH FRESH BERRIES AND BANANA VEG NEW Served with maple syrup 1, 3, 7, 12	12,00		
GSTF WOKS			
CHICKEN & VEGETABLE WOK with thai rice and poppy seeds GSTF  Marinated chicken sauteed with carrots, zucchini, chinese gabbage, bean sprouts, green beans*, broccoli*, and GSTF gluten free soysauce 6, 12	16,00	CITRUS FRUITS MARINATED SEABASS* WOK with thai rice and poppy seeds Ω3  CITRUS FRUITS Citrus fruits marinated seabass filets sti-fried with baby spinach, cherry toamtoes, leek and citronette 4	17,00
PAD THAI RICE GSTF GSTF  Sauteed rice with eggs, shrimps*, green beans*, bean sprouts, spring onion, fresh chilli, coriander, ginger, roasted cashew nuts, fresh chilli sauce, gluten free soysauce, 2, 3, 6, 8, 12	16,00		
SIDES			
Baked potato & cream cheese VEG 7, 12	5,00	Roasted potatoes VEG	5,00
Coleslaw salad VEG NEW 3, 7, 12	5,00	Mixed salads VEG 	5,00
1/2 avocado VEG 	4,00		
GSTF HOMEMADE DESSERTS			
VANILLA ICE CREAM 3, 7	6,00	VANILLA ICE CREAM & ESPRESSO COFFEE 3, 7	7,00
TIRAMISÙ 1, 3, 6, 7	7,00	CHEESECAKE 1, 3, 7	7,00
CAPRESE TART  3, 7, 8	5,00	JAM TART 1, 3, 7	5,00
FRUITS & BOWLS			
FRESH FRUIT SALAD	6,00	FRESH FRUIT SALAD AND GREEK YOGURT 3, 7	7,00
FRESH FRUIT SALAD AND VANILLA ICE-CREAM 7	7,00	GREEK YOGURT whit dried fruit, granola, honey 7	6,00

PINEAPPLE

6,00

LEGENDA PIATTI

VEG Vegetarian

PRO Proteico

GSTF Our Special

Ω3 Ricchi di Omega 3

NEW New

 Gluten Free Alert staff in case of celiac disease or allergies

 I piatti contrassegnati con asterisco, sono preparati con materia prima surgelata o congelata all'origine

ALLERGENS

- 1 Cereals containing gluten
- 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
- 7 Milk and products thereof
- 8 Nuts namely
- 9 Celery and products thereof
- 10 Mustard and products thereof
- 11 Sesame seeds and products thereof
- 12 Sulphur dioxide and sulphites
- 13 Lupin and products thereof
- 14 Molluscs and products thereof