

It's summer Vitality is changing



with a menu that combines taste and health, satisfying gourmands, meeting the needs of those who have a few minutes for lunch and also of those who can spend more time around the table, of those who take simply a coffee or who, after the daily routine, would like to have a healthy and tasty dinner.

Are you curious about this new concept of Vitality? Read our menu and let you yourself be tempted by the most "fizzy" and new recipes!

If you are in hurry

HEALTHY MEAL

Look our recipes and choose the combination that you prefer the most

MONTI Bresaola, turkey or turkey rump with vegetables and cereals of the day	€ 10,50
MARE Natural smoked salmon, natural smoked swordfish or tuna preserved in EVOO with vegetables and cereals of the day	€ 12,50
VEGETARIANO/VEGANO Caprese salade or tofu caprese with vegetables and cereals of the day	€ 10,00

VEGETABLES OF THE DAY

MIXED VEGETABLES

Vegetables of small farmers steam, baked or grilled

Choose between red or white cabbage, turmeric, potatoes, peppers, cabbage, carrots, borage, spinach, Roman or Sicilian broccoli

 SMALL	€ 4,00
 BIG	€ 5,50
Add our dried fruits and seeds	€ 0,50

HEALTY QUICK SNACK

SMOKED SCOTTISH SALMON	€ 10,00
Smoked Scottish salmon, wild herbs, avocado, lemon citronette and grains of peeled almond	
SWORDFISH	€ 9,50
Smoked swordfish, songino lattuce, mango, cucumber and almonds	
TUNA IN EVOO	€ 9,50
Tuna preserved in EVOO, wild herbs, fennel cut in julienne, cherry tomatoes and olives	
BRESAOLA salami	€ 8,50
Bresaola, rocket, smith apple, parmesan cheese and biological sprouts	
POR LOIN	€ 7,50
Pork loin, crunchy spinaches, julienne of carrots and mixed seeds	
TURKEY RUMP	€ 8,50
Turkey rump, songino lattuce, almonds and julienne of crispy vegetables (zucchini, carrots, fennel)	
CAPRESE	€ 7,50
Caprese with D.O.P. buffalo mozzarella with tomatoes and basil	
HAM AND MOZZARELLA CHEESE	€ 9,00
Bassiano ham and D.O.P. buffalo mozzarella	
HAM AND MELON	€ 9,00
Bassiano ham and melon	



OUR SALADS


DELIZIOSA	€ 8,00
Spinach, mango, feta cheese, nuts and pumpkin seeds	
FRUIT AND VEGETABLE SALAD (vegan)	€ 8,00
Songino, pineapple, kiwi, melon, cucumber and julienne of carrots, fennel and zucchini	
CLASSICA	€ 8,00
Wild herbs, D.O.P. buffalo mozzarella cheese, tomatoes, taggiasche olives, corn	
WELLNESS (vegan)	€ 8,00
Rocket, avocado, organic sprouts, cherry tomatoes, sesame seeds, green beans, lemon citronette	
CHICKEN LIGHT	€ 8,00
Wild herbs, chicken, taggiasche olives, cherry tomatoes, corn, Vitality sauce	
TONNARA	€ 8,00
Wild herbs, tuna preserved in EVOO, pieces of Apulian frisella bread, taggiasche olives, cherry tomatoes and mixed seeds	
FANTASY	€ 8,00
Create your own salad!	
 Add our dried fruits and seeds	€ 0,50


To season your salads, ask the Girolomoni Extra-virgin olive oil, iodized salt, smoked salt, red salt from Hawaii or Himalayan salt


"THE STEAMER"

Take care of you ...Healthy, light and tasty recipes

With our steam oven we will prepare tasty and healthier baskets

 Basket with octopus, basmati rice, zucchini, potatoes, carrots, mixed organic seeds and homemade rocket pesto **€ 15,00**

 Basket with organic eggs, black rice, rosemary, peas, dried tomatoes, organic mixed seeds, nuts, vitality sauce **€ 13,00**

 Basket with chicken meatballs, whole rice, olives, potatoes, zucchini, flax seeds, grains of almond, tahina sauce **€ 13,00**





PIACERI GOURMET

DESIGNED FOR PEOPLE WHO LIKE TO HAVE SIMPLE AND TASTY RECIPES
WITHOUT BEING BANALS

PASTA

we use Pastificio Girolomoni "beyond the biological" pasta for our recipes

CEREALS OF THE DAY	€ 7,50
Every day, you can choose one or two cereals: red wild rice, Italian oat *, quinoa real, amaranth *, millet *, spelt *, barley *, lentils *, cous cous *with whole semolina, Sultano variety chickpeas *, rye *, buckwheat *, black beans *...	
* cereals from organic farming	
PENNE WITH FRESH TOMATO AND BASIL (vegan)	€ 6,50
Penne "Girolomoni" with tomato and basil	
ORECCHIETTE WITH ROCKET AND HOMEMADE ALMOND PESTO (vegan)	€ 7,50
Bronze drawn orecchiette "Girolomoni" with green Vitality pesto (rocket, almonds, organic EVOO, Himalaya salt)	
RISOTTO DELL'ORTO (vegan)	€ 9,00
Rice with pea sauce, crispy asparagus heads, spinach and sesame seeds	
SPAGHETTI ALLA CARBONARA LIGHT	€ 8,00
Spaghetti "Pastificio Girolomoni" with organic eggs, cheek lard, Parmesan cheese, rice milk	
LINGUINE WITH TUNA, ZUCCHINI AND THYME FLAVOURED CHERRY TOMATOES	€ 8,00
Bronze drawn linguine "Girolomoni" with tuna preserved in EVOO, zucchini, cherry tomatoes, thyme	
TAGLIATELLE WITH VEGETABLE ROMAN GRICIA SAUCE	€ 8,00
Half-whole tagliatelle "Girolomoni Pastificio" with lard cheek, zucchini, aubergines, turnip, parsley, basil, pecorino cheese and chili pepper	
FUSILLI WITH WHITE TURNIP CREAM	€ 8,00
Spelt fusilli "Girolomoni Pastificio" with white turnip and parmesan cheese cream, crispy ham, thyme and pecorino cheese	

NOTE: All of our dishes are cooked using **organic EVO oil**
Every sauce is prepared daily by our Chef



PIACERI GOURMET

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MAIN COURSE

VEAL WITH PEEL OF ORANGE	€ 13,50
Small pieces of veal with green beans, orange zest and slices of almond	
CHICKEN SCALOPPINA	€ 9,50
Chicken chest cooked at low temperature flavoured with citrus, served on a zucchini cream and sour onion	
PORK FILLET WITH TROPEA ONION AND DRIED PLUM	13,50
Pork fillet, Tropea red onion, dried plums, ginger, salt and pepper	
TOMINO CHEESE WITH SESAM SEEDS CRUST	€ 8,50
Tomino with sesame seeds crust, rocket, mango and pink pepper	
OMELETTE	€ 8,00
Frittata of organic eggs, stuffed with D.O.P buffalo mozzarella, rocket and tomato	
BACCALA' VITALITY	€ 13,50
Baccalà with mixed seed crust, served on black olives and potatoes sauce, julienne of carrots and zucchini flavoured with thyme and pink pepper	
HOMEMADE HAMBURGER	€ 10,00
Plain or served with quinoa bread	
Hamburger of grilled veal (gr 180) with seasonal vegetables and Vitality sauce (organic soy milk, sunflower oil, lime, turmeric, pink salt)	
VEGETARIAN BURGER VEGAN HOMEMADE	€10,00
Plain or served with quinoa bread	
Chickpea and vegetable burger accompanied by seasonal vegetables and Vitality sauce (organic soy milk, sunflower oil, lime, turmeric, pink salt)	

HOMEMADES DESSERTS

Vitality CREAM	€ 3,50
Cornflour, organic eggs, organic whole milk, sugar, vanilla, lemon peel	
PISTACHIO VITALY CREAM	€ 4,00
Cornflour, organic eggs, organic whole milk, sugar, pistachio, vanilla, lemon peel	
WHOLE FLOUR VITALITY MINI TART	€ 1,60
Biological whole flour, organic eggs, organic whole milk, organic EVOO, brown sugar, fresh fruit, yeast	
Whole flour Vitality mini tart with fresh fruit	€ 2,80
Biological whole flour, organic eggs, organic whole milk, organic EVOOI, brown sugar, fresh fruit, yeast	
“White” Vegan Vitality biscuits	€ 0,80
Biological “O” Flour, brown sugar, sunflower oil, nuts, hazelnuts, drops of dark chocolate	
“Dark” Vegan Vitality biscuits	€ 1,00
Biological 'O' flour, brown sugar, sunflower oil, cocoa, nuts, hazelnuts, drops of dark chocolate	
Vitality tart with organic jam	€ 2,00
Biological flour, organic eggs, sugar, sunflower oil, apricot or berry jam, yeast	
Buckwheat cake (gluten free & vegan)	€ 3,50
Buckwheat flour, banana, pineapple, sugar, sunflower oil, nuts	
Almond and chocolate cake (gluten free)	€ 3,00
Almond flour, dark chocolate, slices if almond, organic eggs, sugar, sunflower oil	
Light Tiramisu	€ 4,00
Cow's milk ricotta cheese, vegetable cream without hydrogenated fat, coffee, cocoa, Savoiardi biscuits	

FRUITS AND YOGURT

Small fruit salade	€ 3,00
Big fruit salade	€ 5,00
Biological yogurt without added sugars	
⇒ plain	€ 1,50
⇒ with biological crunchy flakes	€ 2,50
⇒ with fruits	€ 3,50
⇒ with dried fruit and organic acacia honey	€ 3,50

CENTRIFUGATES

⇒ Orange, Carrot and Lime	€ 4,00
⇒ Apple, Carrot and Ginger	€ 4,00
⇒ Red Cabbage, Apple and Pineapple	€ 4,00
⇒ Lime, Carrot, Pineapple	€ 4,00
⇒ Pineapple, Pear and Apple	€ 4,00
⇒ Kiwi, Apple, Ginger	€ 4,00
⇒ Carrot, Orange and Apple	€ 4,00
⇒ Apple, Carrot and Fennel	€ 4,00
⇒ Orange, Carrot and Ginger	€ 4,00
⇒ Pineapple, Celery and Fennel	€ 4,00
⇒ Or ... choose the fruit from our stall!	€ 4,00

Try adding Biological ALOE VERA to your centrifugate! € 1,00



AÇAI NA TIGELA

Biological Açai, banana, guaraná, crunchy flakes € 5,50

FRESH 100% FRUIT SMOOTHIES

⇒ Melon, Acerola, Kiwi	€ 5,50
⇒ Papaya, Orange, Kiwi	€ 5,50
⇒ Melon, Açai, Pineapple	€ 5,50
⇒ Kiwi, Apple, Mango	€ 5,50
⇒ Apple, Maracuja, Pineapple	€ 5,50
⇒ Banana, Apple, Acerola	€ 5,50
⇒ Pineapple, Pear, Papaya	€ 5,50
⇒ Banana, Kiwi, Açai	€ 5,50
⇒ Orange, Mango, Melon	€ 5,50
⇒ Banana, Maracuja, Orange	€ 5,50
Or... choose the fruit you prefer the most (max 2 tropical fruit)!	€ 6,50












For a hint of freshness, add ginger to your smoothie!



JUICES AND FRESH-SQUIZED JUICES

⇒  ORANGE	€ 3,00
⇒  APPLE	€ 3,00
⇒  PEAR	€ 3,00
⇒  PINEAPPLE	€ 4,00
⇒  KIWI	€ 4,00

SOFT DRINK

⇒  COCA COLA / ZERO	€ 2,00
⇒  SPRITE	€ 2,00
⇒  FANTA	€ 2,00
⇒  SOFT DRINK LURISIA:	€ 2,50
Orange juice/ tonic water / Chinotto	
⇒  GALVANINA, (Sparkling organic juices / Organic tea)	€ 4,50
⇒  CRODINO	€ 2,50
⇒  APEROL SODA	€ 2,50
⇒  CAMPARI SODA	€ 3,00
⇒  SAN BITTER WHITE / RED	€ 2,50
⇒  SAN PELLEGRINO COCKTAIL	€ 3,00
⇒  SCHWEPES	€ 2,50





WATER

⇒  LURISIA WATER 0,5 LT	€ 1,50
⇒  LURISIA WATER 0,75 LT	€ 2,00







APERITIVO

When the day turns into evening, there is a growing desire to relax, to "gossip" with friends sipping a glass of wine, of a sparkling Italian wine or cocktails (of fresh fruit) and to taste the delicacies prepared by our chef

Choose between wine, biological sparkling wine or fresh fruit cocktail

 Glass + small tasting	€ 6,00
 Drink + classic tasting	€ 8,00
 Drink + fish tasting	€ 10,00
 Drink + big tasting	€ 12,00

COCKTAIL

 VITALITY Spritz Mango, açai, soda, prosecco, ginger	€ 6,50
 SOUL OF THE SOUTH Goiaba, pineapple, lime, prosecco, soda, Borsci	€ 6,50
 SPRITZ Aperol, prosecco, tonic water	€ 6,00
 MIMOSA Orange juice, prosecco	€ 6,00
 SOFT VITALITY COCKTAIL Mango, açai, soda, ginger, Schweppes	€ 6,00
 SOFT FROZEN COCKTAIL Kiwi, apple, lime, Schweppes	€ 6,00

Our barman are mixing for you... New tropical fruit cocktails are coming!!!

BIOLOGICAL ARTISANAL BEERS

Birrificio San Gimignano - Tuscan organic beers (33 cl bottles)

SIGERIC Blonde, alc 5% **€ 5,00**

This fresh, golden beer has a delicate balance between the softness of the malt and the balsamic hint of the hops. Unfiltered and unpasteurized. It takes its name from the famous Archbishop of Canterbury, who was the first pilgrim on the Francigena route

DETOUR Amber Ale, alc 5.5% **€ 5,50**

Ruby and fresh, this beer is characterized by an unusual use of hops, which gives smell of plums, strawberry, cola and licorice root. Unfiltered and unpasteurized. The name is thought to remind you the importance of experiencing new roads, leaving those already run

ERRANTE Blanche, alc 4.5% **€ 5,00**

Produced using ancient Tuscan varieties of wheat, it is a bit bitter and very refreshing, with notes of citrus and yellow pulp fruits. Unfiltered and not-pasteurized. This beer is dedicated to people who experiments a lot, who are often the luckiest inventors!

SAISON **Gluten free** alc 4,5% **€ 5,00**

Produced with four varieties of ancient Tuscan grains and biological wheat that give an intense, fresh and mineral flavor. It is unpasteurized and unfiltered

VEGAN BLONDE **Vegan** alc 5% **€ 5,00**

Vegan beer with delicate balance between the flavors of malt and those of blooming hops. Unfiltered and non-pasteurized, it has a double alcoholic fermentation in bottle.



 **BIRRAFICIO** 
SAN GIMIGNANO
birra artigianale biologica toscana



FROM OUR CELLAR...

Natural, organic, and biodynamic Italian wines

Glass of wine	€ 4,50
Glass of sparkling wine	€ 4,50

RED WINES

FATTORIA DI VAIRA – 2015 - Perlage (different grapes) - Biodynamic	€ 15,00
IL PALAGIONE – CAELUM – Chianti Colli Senesi DOCG 2015- Biological	€ 15,00
TENUTA LA FAVOLA – LaF'Avola Eloro DOC (Nero d'Avola) – Biological	€ 15,00
LOACKER–LE TORRI DEL FALCO–Morellino di Scansano DOCG - Biological	€ 16,00
CANTINE DUE PALME - SERRE 2014 - (Susumaniello)	€ 16,00
CANTINE DUE PALME - ETTAMIANO 2012 - (Primitivo) Riserva	€ 16,00
PERLAGE WINERY – CABERNET DELLE VENEZIE IGT 2015 - Biological	€ 15,00

WHITE WINES

PERLAGE WINERY - PINOT GRIGIO DELLE VENEZIE IGT 2016– Biological	€ 16,00
PERLAGE WINERY – CHARDONNAY DELLE VENEZIE IGT 2015 – Biological	€ 15,00
CANTINE DUE PALME - ANTHEA 2016 - (Falanghina)	€ 16,00
CANTINE DUE PALME – BAGNARA 2016 - (Fiano)	€ 16,00

SPARKLING WINES

PERLAGE WINERY – CANAH – Prosecco Di Valdobbiadene - Biological	€ 16,00
PERLAGE WINERY – PERLAPP –Rosè sparkling wine (Merlot e Sangiovese) Extra Dry Biological	€ 15,00
CASCINA CLARABELLA – Franciacorta Brut – Biological	€ 20,00
PERLAGE WINERY – BACARETTO - Prosecco DOC – Biological - 20 Cl	€ 6,50

CAFFETTERIA

☞ Espresso	€ 1,00
☞ Decaffeinato	€ 1,20
☞ Marocchino	€ 1,50
☞ Americano	€ 1,30
☞ Cold coffee	€ 2,00
☞ Shaked coffee	€ 2,50
☞ Green coffee	€ 1,20
☞ Green coffee (big mug)	€ 1,40
☞ Cream coffee	€ 2,00
☞ Ginseng BIO	€ 1,30
☞ Ginseng BIO (big mug)	€ 1,50
☞ Orzo BIO	€ 1,10
☞ Orzo BIO (big mug)	€ 1,30
☞ Cappuccino with biological milk	€ 1,30
☞ Cold cappuccino with biological milk	€ 2,30
☞ Cold Cappuccino with BIO soya/rice/ lactose free milk	€ 2,60
☞ Cappuccino with BIO deca/orzo/ginseng	€ 1,40
☞ Cappuccino with soia/rice/ lactose free milk	€ 1,50
☞ Cappuccino deca/orzo/ginseng with rice/soya/ lactose free milk	€ 1,60
☞ Double coffee cappuccino with BIO milk	€ 1,70
☞ Double coffee cappuccino with soya/rice/lactose free milk	€ 2,00
☞ Milk and coffee with BIO/soya/rice/lactose free milk	€ 1,50
☞ "Macchiato" biological milk soya/rice/ lactose free	€ 1,30
☞ Biological milk soya/ rice/ lactose free	€ 1,00
☞ Biological hot chocolate	€ 2,50
☞ Biological Tè/Chamomille tea	€ 2,50
☞ Biologiactal infusion	€ 3,00
☞ Selection of biological biscuits	€ 1,80
☞ Vegan chocolate and nuts biscuit	€ 0,80
☞ Biological fette biscottate with biological jam/nut cream	€ 0,80
☞ Cornetti with NATURAL YEAST plain	€ 1,00
☞ Cornetti with NATURAL YEAST different fillings	€ 1,20
☞ Vegan cornetti with NATURAL YEAST plain	€ 1,20
☞ Vegan cornetti with NATURAL YEAST different fillings	€ 1,40