

CHLOROPHYLL MENU

Vegetarian and vegan dishes

VEGETABLES

Our cuisine is based on vegetables and legumes.

Rich in chlorophyll, phytochemicals, mineral salts and vitamins, they are sources of energy and antioxidants.

For our menu we only use natural, organic and wild produce coming daily from certified and reliable distributors, "Slow Food" producers, local farmers or even our own vegetable garden.

ACCORDING TO THE SEASON AND DAILY AVAILABILITY

SALADS

"CROCCANTINA" Vegan 210 kcal € 10,00

Mixed Salad, Rocket, Purple Cabbage, Green Beans and Shoots

"EVERGREEN" 271 kcal € 12,00

Spinach, Green Beans, Celery, Carrots, Walnuts, Goji Berries and Shoots

"MAGNA GRECIA" 264 kcal € 12,00

Lettuce, Tomatoes, Cucumbers, Tropea Onions, Goat Cheese, Oregano and Shoots

"FORMAGGELLA" 410 kcal € 15,00

Lactose-free Buffalo Mozzarella on a Rocket nest.

Parmigiano Reggiano and Fruits, Goat Cheese, Dandelion Honey and Shoots

SOUPS

Lagane With Chickpeas And Spicy Fresh Tomato Sauce **465 kcal € 12,00**

Spicy Legume and Grain with Chili Pepper Soup **410 kcal € 10,00**

Black Cabbage Beans Rods and Rosemary Soup **270 kcal € 10,00**

"L'acqua Sale" with a Poached Egg **298 kcal € 12,00**
(Dried Bread, Vegetable Stock, Turmeric and Chia Seeds)

Vegetable Cream with Wheat Grass, Goji Berries and Ginger **320 kcal € 12,00**

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Artichokes and Wild Herbs Cooked Boccaccio	150 kcal € 10,00
Vegetables Shoots and Amaranth Wrapped in Rice Leaves	330 kcal € 10,00
All Natural Cabbage and Its Creams	250 kcal € 10,00
Vegetable Gateau on Mixed Salad and Tomatoes	392 kcal € 12,00
Quinoa with Legumes, Original Purple Carrots, Almond Pâté, and Chia Seeds	375 kcal € 13,00
Bulgur Marinated Vegetables and Quenelle of Beetroot	390 kcal € 13,00
Vegetable Bundle Filled with Millet Ginger and Cinnamon	290 kcal € 13,00
Avocado and Beetroot on Rocket Pesto, Pine Nuts, And Goji Berries	305 kcal € 14,00
Vegetable Balls on Green Tomato and Spirulina Cream	265 kcal € 14,00
Lentil Burger Sanacafè and Special Souce	350 kcal € 16,00

ENERGY MENU

PASTA

Already known by the ancient Greeks and Romans, who referred to it as “lāganon” and “laganum”, respectively, pasta is traditionally produced by hand, using only wheat flour and water. In accordance with tradition, our pasta is homemade, using *Senatore Cappelli* stone ground unrefined organic flour that is light, energetic, rich in vitamins and low in gluten. It is PURE ENERGY.

ROMA IN BIANCO E NERO Chicche Pasta “Cacio e Pepe”	410 kcal € 10,00
CINARINA Artichoke and Chlorophyll Cream Tagliolino Pasta	350 kcal € 10,00
ROMA CAPITALE - Vegan Florence Pink Chickpea Pizzoccheri Pasta, Pachino Tomato Sauce, and Sibari Hot Pepper	435 kcal € 12,00
CLORELLA Vegetable Chlorophyll and Chlorella Algea Laganette Pasta	370 kcal € 12,00
CAPPELLO DI PAPA Dumpling Filled with Vegetables, Cilento Lactose-Free Buffalo Ricotta Cheese and Shitake Mushrooms	543 kcal € 14,00

RICE

Rice, which has been cultivated since ancient times, is the most nutritionally complete grain, as it contains a large amount of fibre, vitamins, mineral salts and essential fatty acids.

Additionally it is low in calories, highly digestible and suitable for gluten-intolerant diners.

The rice varieties we use, are grown in a protected area around Verona where they are processed and stored via natural methods preserving the whole grains, sources of important vitamins for our bodies.

ROSSO PUNGENTE	515 kcal € 12,00
Ermes Rosso Rice Salad, Vegetables, and Ginger	
VERDE PURO	520 kcal € 14,00
Spicy Nettle and Mung Black Bean Risotto with Chili Pepper	
NERO	495 kcal € 15,00
Venere Nero Risotto with Pink Shrimps and Vegetables	
PAPPA REALE	600 kcal € 15,00
Honey and Fermented Uncooked Cocoa Grains, Pecorino Cheese, and Red Fruits	

BARLEY

Originated in Asia, hulled barley has been consumed since ancient times.

High in vitamins, proteins, mineral salts and fibre, it is excellent in promoting bone health.

SPIRULINA	335 kcal € 15,00
Barley with Spicy Chicory Cream and Spirulina	

OMEGA-3

FISH

Fish contains proteins with high biological value and polyunsaturated fats, such as omega-3 and omega-6 fatty acids.

It is also an important source of mineral salts and vitamins.

Fish should be eaten fresh and minimally processed. It combines perfectly with seasonal vegetables, tubers, alkaline shoots, and seeds.

For our dishes we use only delicious uncontaminated fish varieties, among the best in the world, coming from certified supply chains.

Our fish is fresh and blast chilled.

ACCORDING TO THE SEASON AND DAILY AVAILABILITY

Steamed Favignana Anchovies on Crunchy Vegetables and Fruits	353 kcal € 12,00
Sicilian Pink Shrimp Cocktail, <i>Franciacorta</i> , “Acqua Di Mare” Sauce, and Fruits	150 kcal € 14,00
Seared Mackerel (tuna), Vegetables and Sanacafè Souce	380 kcal € 16,00
Steamed BlueFish, and Vegetables	310 kcal € 18,00
Boccaccio Fish Sanacafè	395 kcal € 20,00
Tartare Fish Sanacafè	346 kcal € 20,00
Tempura Fish Sanacafè	346 kcal € 25,00

THE ARTISAN WHOLE GRAIN PIZZA

PIZZA SLIM

Made with *Senatore Cappelli* stone ground unrefined flours through a natural and slow rise method. Our pizza is light, energetic, highly digestible, rich in vitamins, and low in gluten. Only the finest ingredients are used: extra virgin olive oil, fresh tomatoes, lactose-free buffalo mozzarella, and ricotta cheese.

FOCACCINA	- Oil And Rosemary	400 kcal € 6,00
MARINARA	- Tomato Sauce, Garlic and Oregano	450 kcal € 8,00
MARGHERITA	- Tomato Sauce, Basil and Mozzarella	550 kcal € 10,00
VERDURELLA	- Seasonal Vegetables, Basil and Mozzarella	520 kcal € 12,00
SANA	- Tomato Sauce, Pachino Tomatoes, taggiasca olives, rocket, and mozzarella	580 kcal € 14,00

DESSERTS

Our desserts are made with no refined sugar and hydrogenated fats. Light, natural and energetic recipes for a moment of pleasure even at the end of the meal.

Also vegan and gluten-free desserts

Sanasú (Sanacafé Tiramisú) **150 kcal € 8,00**

Fluffy Cloud of Ricotta with Bronte
Pistachios and Candied Oranges **250 kcal € 6,00**

Fluffy Cloud of Piemonte Chocolate, Salt, and Hot Pepper **300 kcal € 6,00**

Mini Cocoa and Hazelnut Cake, Amalfi Lemon,
and Fruit Sorbet **350 kcal € 8,00**

Tapioca Pudding with Cocoa and Cinnamon **360 kcal € 8,00**

Homemade Ice-Cream or Sorbet **€ 6,00**

Sliced Seasonal Fruits **€ 8,00**

TISANES **€ 6,50**

AYURVEDA digestive
FINOCCHIO draining
DOLCE QUIETE relaxing
ROOIBOS ARANCIA E CARDAMOMO tonifying
BOSCO INCANTATO meditational
BAGNO TURCO thermogenic