

## LUNCH - ENGLISH

### SERVICE CHARGE

**3,00**

Everyday from 6 p.m. and all day during the weekend and public holiday

### GSTF SHARES

#### HUMMUS VEG

**8,00**

Chickpea cream served with pita bread\* and paprika  
1, 11, 12

#### GUACAMOLE VEG

**9,00**

Smashing avocado seasoned with EVO oil, salt, pepper, coriander, lime, served with tomatoes, red onion from Tropea, jalapeño and nacho chips  
12

#### MARGHERITA PIZZETTA GSTF

**10,00**

1, 7, 8, 12

#### MARGHERITA BIG PIZZA GSTF

**15,00**

1, 7, 8, 12

### GSTF SALADS

#### CHICKEN CAESAR SALAD GSTF

**17,00**

Grilled Chicken, lettuce, flakes of parmesan, toasted bread, crispy bacon, Caesar salad dressing  
1, 3, 4, 7, 12

#### WINTER QUINOA SALAD VEG NEW

**16,00**

White and red quinoa, feta cheese, black cabbage, fennel, orange, olive, pine nuts, thyme, orange citronette dressing  
7, 8

#### AVOCADO SALAD GSTF GSTF

**18,00**

Avocado, grilled prawns\*, songino salad, sunflowers and pumpkin seeds, fresh Tropea's red onion, sweet curcuma citronette  
2, 8, 12

### GSTF SANDWICHES

#### GSTF CLUB SANDWICH with roasted potatoes, pink sauce PRO

**18,00**

White bread, roasted turkey GSTF, hand-boiled egg, crispy bacon, tomato, lettuce, GSTF dressing  
1, 3, 6, 7, 10, 12

#### GSTF SALMON & GUACAMOLE CLUB SANDWICH with roasted potatoes, pink sauce Ω3

**19,00**

Wholemeal bread, Norwegian smoked salmon, cream cheese, guacamole, pickled gherkins, romaine lettuce, mustard  
1, 4, 7, 10

## GSTF WOKS

### **CHICKEN & VEGETABLE WOK with thai rice and poppy seeds** GSTF

Marinated chicken sauteed with carrots, zucchini, chinegreen beans, spinach leaves, peppers, cabbage, soy sprouts garnished with GSTF gluten free soy sauce  
6, 8, 12

17,00

### **SEABASS\* WOK with thai rice and poppy seeds** Ω3 NEW

Sea bass fillet\* sautéed with zucchini, carrots, green beans, broccoli, celeriac, garnished with Mediterranean sauce and Taggiasca olives  
4, 9

18,00

### **SHRIMP WOK with thai rice and poppy seeds** Ω3 NEW

Shrimps\*, zucchini, carrots, green beans, cauliflower, okra, cabbage, radicchio garnished with sweet and sour sauce and dill  
2

18,00

### **SEITAN VEGGIE WOK with thai rice and poppy seeds** VEG GSTF NEW

Pulled seitan with Zucchini, Carrot, Green Beans, Pumpkin and Spinach Garnished with Coconut and Pineapple Sauce  
1, 9, 10

18,00

### **VEGGIE WOK served with thai rice and poppy seeds** VEG NEW

Zucchini, carrots, green beans, fennel, pumpkin, spinach leaves, radicchio, garnished with veggie sauce and pumpkin seeds  
9, 12

16,00

### **PAD THAI RICE GSTF** GSTF

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

18,00

### **CHICKEN PAD THAI RICE** PRO NEW

Sauteed rice with eggs, chicken slow cooked, green beans, fresh chili and coriander, cashew nuts, bean sprouts, spring onion, ginger, gluten free soysauce  
3, 6, 8, 12

17,00

## GSTF MAIN COURSES

### **ROASTED HALF CHICHEN** GSTF

Served with chimichurri sauce and roasted potatoes  
12

15,00

### **CHICKEN FINGERS** GSTF

Served with roasted potatoes and pink sauce  
1, 3, 5, 6, 7

16,00

## SIDES

Roasted potatoes <small>VEG</small>	6,00	Mixed salads <small>VEG</small>	5,00
Thai rice <small>VEG</small>	3,00	Baby spinach sautee <small>VEG</small>	5,00
1/2 avocado <small>VEG</small>	4,00		

## GSTF DESSERTS

ICECREAM 3, 7	6,00	VANILLA ICE CREAM AND COFFEE 3, 7	7,00
TIRAMISÙ * 1, 3, 7	7,00	CHEESECAKE * 1, 3, 7	7,00
BROWNIES 1, 3, 7, 8	6,00	APRICOT JAM TART * 1, 3, 7	5,00

## FRUITS & BOWLS

FRESH FRUIT SALAD	6,00	FRESH FRUIT SALAD AND GREEK YOGURT 7	7,00
FRESH FRUIT SALAD AND VANILLA ICE-CREAM 7	7,00	GREEK YOGURT whit dried fruit, granola, honey 1,7,8	6,00
PINEAPPLE	6,00		

## BRUNCH

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

**SERVICE CHARGE** 3,00

### BRUNCH APERITIF

<b>ROSSINI</b>	8,00	<b>APEROL SPRITZ</b>	8,00
Prosecco, strawberry pulp			

### APPETIZER

<b>HUMMUS</b> <small>VEG</small>	8,00	<b>GUACAMOLE</b> <small>VEG</small>	9,00
Chickpea cream served with pita* 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	

<b>MARGHERITA PIZZETTA</b> <small>GSTF</small>	10,00	<b>MARGHERITA BIG PIZZA</b> <small>GSTF</small>	15,00
1, 7, 8, 12		1, 7, 8, 12	

### GSTF SANDWICHES

<b>GSTF CLUB SANDWICH</b> with roasted potatoes and pink sauce <small>GSTF</small>	18,00	<b>GSTF SALMON CLUB SANDWICH</b> with roasted potatoes and pink sauce <small>Ω3 NEW</small>	19,00
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, guacamole, pickled gherkins, romaine lettuce, mustard 1, 4, 6, 7, 10, 12	

## GSTF SALADS

### **CHICKEN CAESAR SALAD** GSTF NEW

Grilled Chicken, lettuce, crispy bacon, flakes of parmesan, toasted bread, dressing GSTF Caesar with anchovies

1, 3, 4, 7, 12

17,00

### **WINTER QUINOA SALAD** VEG NEW

White and red quinoa, feta cheese, black cabbage, fennel, orange, olive, pine nuts, thyme, orange citronette dressing

7, 12

16,00

### **AVOCADO SALAD GSTF** Ω3 NEW

Avocado, grilled prawns\*, songino salad, sunflowers and pumpkin seeds, boiled red onion, sweet curcuma citronette

2, 8, 12

18,00

## GSTF CLASSIC BRUNCH

### **EGGS BENEDICT ROYALE** Ω3

Poached eggs, bagel, hollandaise sauce, smoked salmon, black sesame, chives and served with salad and confit tomatoes

1, 3, 4, 7, 11, 12

19,00

### **VEGGIE EGGS BENEDICT** VEG

Poached eggs, bagel, hollandaise sauce, spinach, beans, green beans, fresh onion, broccoli, chives, black sesame and served with salad and confit tomatoes

1, 3, 7

16,00

### **EGGS & SALMON AVOCADO TOAST** Ω3 NEW

Altamura's toasted bread, avocado, smoked salmon, fried eggs, chives and served with salad, tomatoes confit, potatoes rösti, spinach with cheese

1, 3, 4, 7, 11, 12, 10

19,00

### **EGGS & BACON AVOCADO TOAST served with mixed salad** GSTF

Altamura's toasted bread, guacamole, crispy bacon, fried eggs, chives and served with salad, tomatoes confit, potatoes rösti, spinach with cheese

1, 3, 7, 10, 11, 12

18,00

### **CROQUE MADAME** GSTF

Toast with emmenthal cheese, ham, fried eggs, besciamelle, chives and served with salad, tomatoes confit, potatoes rösti

1, 3, 7, 12

17,00

### **CROQUE MOSIEUR** GSTF

Toast with emmenthal cheese, ham, besciamelle, pea shoots and served with salad, tomatoes confit, potatoes rösti

1, 7, 12

16,00

### **CHICKEN FINGERS** GSTF

Served with roasted potatoes and pink sauce

1, 3, 5, 6, 7

16,00

### **PANCAKES with fresh berries and banana** VEG

Served with maple syrup

1, 3, 7, 12

12,00

**PANCAKES with nutella** VEG **13,00**  
Served with whipped cream and hazelnuts  
1, 3, 7, 8, 12

## GSTF WOKS

**CHICKEN & VEGETABLE WOK with thai rice and poppy seeds** GSTF NEW **17,00**  
Marinated chicken sauteed with carrots, zucchini, chinegreen beans, spinach leaves, peppers, cabbage, soy sprouts garnished with GSTF gluten free soy sauce  
6, 8

**PAD THAI RICE GSTF** GSTF **18,00**  
Sauteed rice with eggs, shrimps\*, green beans, bean sprouts, fresh chili and coriander, cashew nuts, spring onion, ginger, gluten free soysauce  
2, 3, 6, 8, 12

## SIDES

**Roasted potatoes** VEG **6,00**

**Mixed salads - Songino, carrots and tomatoes** VEG **5,00**

**1/2 avocado** VEG **4,00**

## GSTF HOMEMADE DESSERTS

**ICE CREAM** **6,00**  
3, 7

**TIRAMISÙ** **7,00**  
1, 3, 6, 7

**FRESH RED FRUITS TART** **7,00**  
1, 3, 7

**JAM TART** **5,00**  
1, 3, 7

**VANILLA ICE CREAM & ESPRESSO COFFEE** **7,00**  
3, 7

**CHEESECAKE** **7,00**  
1, 3, 7

**BROWNIES** **6,00**  
1, 3, 7, 8

## FRUITS & BOWLS

**FRESH FRUIT SALAD** **6,00**

**FRESH FRUIT SALAD AND GREEK YOGURT** **7,00**  
3, 7

**FRESH FRUIT SALAD AND VANILLA ICE-CREAM** **7,00**  
7

**GREEK YOGURT whit dried fruit, granola, honey** **6,00**  
7



---

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