

## 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

**7,00**

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

#### GUACAMOLE

**7,00**

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

**9,00**

Served with cheese fondue, tomatoes salad and guacamole, sliced hot pepper  
7, 12

### GSTF SALADS

#### CHICKEN CAESAR SALAD

**15,00**

Dressing GSTF with anchovies Grilled Chicken, lettuce, flakes of parmesan, toasted bread, Caesar  
1, 3, 4, 7, 12

#### QUINOA SALAD

**15,00**

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

**16,00**

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

#### GSTF SALMON CLUB SANDWICH

**18,00**

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


**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

**16,00**

 Marinated chicken sauteed with carrots, zucchini, chinese cabbage, bean sprouts, green beans\*, broccoli\*, and GSTF gluten free soy sauce  
6, 12

#### CHICKEN ADOBO & OCRA served with thai rice and poppy seeds

**16,00**

   Chicken braised philippines style served with ocra  
6, 11, 12

#### CITRUS FRUITS MARINATED SEABASS\* WOK with thai rice and poppy seeds


**17,00**

Citrus fruits marinated seabass filets sti-fried with baby spinach, cherry tomatoes, leek, citronette  
4

#### OCTOPUS AND CABBAGE WOK served with thai rice and poppy seeds

**20,00**

Grilled octopus mixed with cabbage, dry tomatoes, olive, jalapeno 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** Ω3 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** Ω3 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

**LEMON PIE \***

1, 3, 7

7,00

**FRESH RED FRUITS TART**

1, 3, 7

7,00

**TIRAMISÙ \***

1, 3, 7

7,00

**CHEESECAKE \***

1, 3, 7

7,00

**CAPRESE TART \* **

3, 7, 8

5,00

**APRICOT 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.

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

|   |       |  |       |
|---|-------|--|-------|
| <p><b>AVOCADO &amp; SALMON SCRAMBLED EGGS</b> <span style="color: #0070C0;">Ω3</span></p> <p>Scrambled eggs served with smoked salmon, avocado, coleslaw salad and toasted whole bread</p> <p>1, 3, 4, 7</p>  | 18,00 | <p><b>CLASSIC EGGS BENEDICT</b> <span style="color: #0070C0;">VEG</span> <span style="color: #E67E22;">NEW</span></p> <p>Served with hollandaise sauce, roasted whole bread, spinach and baked potato</p> <p>1, 3, 7</p>   | 15,00 |
| <p><b>EGGS BENEDICT ROYALE</b> <span style="color: #0070C0;">Ω3</span></p> <p>Poched eggs served with smoked Salmon, hollandaise sauce, coleslaw salad, roasted whole bread, baked potato and salad</p> <p>1, 3, 4, 7, 12</p>   | 18,00 | <p><b>BAGEL with smoked salmon</b> <span style="color: #0070C0;">Ω3</span> <span style="color: #E67E22;">NEW</span></p> <p>Bagel, smoked salmon, egg, cream cheese, avocado, salad served with roasted potatoes and coleslaw salad</p> <p>1, 3, 4, 7, 12</p>   | 18,00 |
| <p><b>PANCAKES WITH FRESH BERRIES AND BANANA</b> <span style="color: #0070C0;">VEG</span> <span style="color: #E67E22;">NEW</span></p> <p>Served with maple syrup</p> <p>1, 3, 7, 12</p>  | 12,00 |  |       |
| <b>GSTF WOKS</b>  |       |  |       |
| <p><b>CHICKEN &amp; VEGETABLE WOK with thai rice and poppy seeds</b> <span style="color: #0070C0;">GSTF</span> </p> <p>Marinated chicken sauteed with carrots, zucchini, chinese cabbage, bean sprouts, green beans*, broccoli*, and GSTF gluten free soysauce</p> <p>6, 12</p>          | 16,00 | <p><b>CITRUS FRUITS MARINATED SEABASS* WOK with thai rice and poppy seeds</b> <span style="color: #0070C0;">Ω3</span> </p> <p>CITRUS FRUITS Citrus fruits marinated seabass filets sti-fried with baby spinach, cherry toamtoes, leek and citronette</p> <p>4</p> | 17,00 |
| <p><b>PAD THAI RICE GSTF</b> <span style="color: #0070C0;">GSTF</span> </p> <p>Sauteed rice with eggs, shrimps*, green beans*, bean sprouts, spring onion, fresh chilli, coriander, ginger, roasted cashew nuts, fresh chilli sauce, gluten free soysauce,</p> <p>2, 3, 6, 8, 12</p> | 16,00 |  |       |
| <b>SIDES</b>  |       |  |       |
| <p><b>Baked potato &amp; cream cheese</b> <span style="color: #0070C0;">VEG</span></p> <p>7, 12</p>   | 5,00  | <p><b>Roasted potatoes</b> <span style="color: #0070C0;">VEG</span></p>  | 5,00  |
| <p><b>Coleslaw salad</b> <span style="color: #0070C0;">VEG</span> <span style="color: #E67E22;">NEW</span></p> <p>3, 7, 12</p>  | 5,00  | <p><b>Mixed salads</b> <span style="color: #0070C0;">VEG</span> </p>  | 5,00  |
| <p><b>1/2 avocado</b> <span style="color: #0070C0;">VEG</span> </p>  | 4,00  |  |       |
| <b>GSTF HOMEMADE DESSERTS</b>   |       |  |       |
| <p><b>VANILLA ICE CREAM</b></p> <p>3, 7</p>   | 6,00  | <p><b>VANILLA ICE CREAM &amp; ESPRESSO COFFEE</b></p> <p>3, 7</p>  | 7,00  |
| <p><b>TIRAMISÙ</b></p> <p>1, 3, 6, 7</p>  | 7,00  | <p><b>CHEESECAKE</b></p> <p>1, 3, 7</p>  | 7,00  |
| <p><b>CAPRESE TART</b> </p> <p>3, 7, 8</p>   | 5,00  | <p><b>APRICOT JAM TART</b></p> <p>1, 3, 7</p>  | 5,00  |
| <b>FRUITS &amp; BOWLS</b>   |       |  |       |
| <p><b>FRESH FRUIT SALAD</b></p>   | 6,00  | <p><b>FRESH FRUIT SALAD AND GREEK YOGURT</b></p> <p>3, 7</p>   | 7,00  |
| <p><b>FRESH FRUIT SALAD AND VANILLA ICE-CREAM</b></p> <p>7</p>  | 7,00  | <p><b>GREEK YOGURT whit dried fruit, granola, honey</b></p> <p>7</p>   | 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