

TORTONA

Via Tortona, 34 | 20144 Milano Tel +39 02 89423806 | E-mail tortona@godsavethefood.it

GSIF

LUNCH & DINNER - ENGLISH

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

SERVICE CHARGE

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

APPETIZER

HUMMUS VEG

Chickpea cream served with pita bread* and paprika

1, 11, 12

TEX MEX NACHOS VEG 🔏

Served with cheese fondue, tomatoes salad and guacamole, mexican homemade sauce sliced hot pepper

7, 12

GSTF SALADS

CHICKEN CAESAR SALAD GSTF

Grilled Chicken, lettuce, flakes of parmesan, toasted bread, crispy bacon, Caesar salad dressing

1, 3, 4, 7, 12

AVOCADO SALAD GSTF SSTF 🕺

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

2, 8, 12

3,00

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

10,00

17,00

18,00

QUINOA & PUMPKIN SALAD VEG NEW 🔏

White and red quinoa, pumpkin, feta cheese,

hazelnuts, baby spinach, melograno, citronette 7, 8, 12

9,00

15,00



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17,00

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GSTF CLUB SANDWICH PRO

18,00

GSTF ITALIAN CLUB SANDWICH GSTF
White bread, Parma ham, mozzarella, rocket,

tomato, EVO oil, salt and pepper

1, 7, 10, 12

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

GSTF SALMON & GUCAMOLE CLUB SANDWICH $\Omega 3$

19,00

16.00

Wholemeal bread, Norwegian smoked salmon, cream cheese, guacamole, pickled gherkins, romaine lettuce, mustard, fresh lemon and pepper

1, 4, 7, 10

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

PUMPKIN VEGGIE WOK served with thai rice and poppy seeds $\frac{\text{VEG}}{}$

Pumpkin, leek, jalapenho, cabbage, radicchio, sage, GSTF gluten free wok sauce 6, 12

GSTF BUCKWHEAT NOODLE with shrimps and green peppers $\frac{\Omega 3}{}$

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

SEABASS* & CURCUMA WOK with thai rice and poppy seeds Ω_3 NEW

Light curried and curcuma spiced seabass* fillets cookedwith baby spinach, fresh chili pepper, leeks, mushrooms, toasted cashew and Soysauce GSTF

4, 8, 12

15,00

17,00

PAD THAI RICE GSTF GSTF 🧩

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

2, 3, 6, 8, 12

17,00

18.00





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| PUMPKIN SOUP VEG NEW & Served with hazelnuts and goat cheese 7, 8 | 14,00 | BACON CHEESE BURGER 180 gr GSTF burger (180gr), crispy bacon, cheddar, salads, tomatoes, pickled cucumber, homemade bbq sauce served with roasted potatoes and pink sauce 1, 3, 7, 10, 11, 12 | 18,00 |
|--|-------|---|-------|
| GRILLED SALMON GETF NEW & Served with celeriac and potato purea and escarole with pine and raisins 4, 6, 7, 11, 12 | 18,00 | CURRIED CHICKPEA AND SHRIMPS 23 NEW Served with thai rice 2 | 17,00 |
| CHICKEN FINGERS PRO Chichen nuggets served with baked potatoes and pink ajoli 1, 3, 6, 10 | 16,00 | | |
| SIDES Baked Potato & cream cheese VEG 7 | 6,00 | Roasted potatoes VEG 🔏 | 6,00 |
| Mixed salads VEG 🔏 | 5,00 | Baby spinach sautee VEG | 5,00 |
| 1/2 avocado 🚾 🥻 | 4,00 | | |
| GSTF DESSERTS VANILLA ICECREAM 3, 7 | 6,00 | VANILLA ICE CREAM AND COFFEE 3, 7 | 7,00 |
| FRESH RED FRUITS TART 1, 3, 7 | 7,00 | LEMON CURD 1, 3, 7 | 7,00 |
| TIRAMISÙ * 1, 3, 7 | 7,00 | CHEESECAKE * 1, 3, 7 | 7,00 |
| CREME BRULEE 3, 7 | 7,00 | BROWNIES 1, 3, 7, 8 | 6,00 |



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| 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 | | |



> HHH



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BRUNCH

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

| SERVICE CHARGE | 3.00 |
|----------------|------|

BRUNCH APERITIF

| ROSSINI | 8,00 | APEROL SPRITZ | 8,00 |
|---------|------|---------------|------|
|---------|------|---------------|------|

Prosecco, strawberry pulp

APPETIZER

| HUMMUS VEG | 7,00 | GUACAMOLE VEG 🤏 | 9,00 |
|------------|------|-----------------|------|
|------------|------|-----------------|------|

12

Chickpea cream served with pita* and paprika

Smashing avocado seasoned with EVO oil, salt,

pepper, coriander, lime, served with tomatoes, red
onion from Tropea, jalapeño and nacho chips

TEX MEX NACHOS GSTF 10,00

Served with cheese fondue, tomatoes salad, guacamole and mexican homemade sauce 7, 12

GSTF CLUB SANDWICH served with roasted potatoes and

PRIST 18,00 GSTF ITALIAN CLUB SANDWICH VEG NEW 17,00

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

GSTF SALMON CLUB SANDWICH $\frac{\Omega 3}{}$ NEW 19,00

Wholemeal bread, Norwegian smoked salmon, cream cheese, guacamole, pickled gherkins, romaine lettuce, mustard, fresh lemon and pepper

1, 4, 6, 7, 10, 12

White bread, Parma ham, mozzarella, rocket, tomato, EVO oil, salt and pepper 1, 7, 10, 12



15,00

18,00

19,00

16,00



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| GSTF SALADS | 5 |
|--------------------|---|
|--------------------|---|

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

AVOCADO SALAD GSTF $\frac{\Omega^3}{}$ NEW $\cancel{\&}$

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

2, 8, 12

GSTF CLASSIC BRUNCH

CHICKEN FINGERS PRO

Chichen nuggets served with baked potatoes and pink ajoli

1, 3, 6, 10

BACON EGGS AVOCADO TOAST served with

mixed salad GSTF NEW

Roasted Altamura bread, quacamole, crispy bacon, fried eggs, chives and served with salad, tomatoes confit, potatoes rösti, spinach with cheese

1, 3, 7, 12

EGGS FLORENTINE GSTF NEW

Poached eggs, bagel, hollandaise sauce, ham, spinach with cheese, black sesame, chives and served with salad and confit tomatoes

1, 3, 7, 11, 12

QUINOA BOWL VEG NEW 🔏 17,00

> White and red quinoa, pumpkin, feta cheese, hazelnuts, baby spinach, melograno, citronette 7, 12

18,00

BACON CHEESE BURGER GSTF 16,00

> Beef burger, crispy bacon, cheddar, salads, tomatoes, pickled cucumber, homemade bbq sauce served with roasted potatoes and pink sauce

1, 3, 7, 10, 11, 12

18,00

SALMON EGGS AVOCADO TOAST Ω^3 Roasted Altamura bread, guacamole, smoked

salmon, fried eggs, chives and served with salad, tomatoes confit, potatoes rösti, spinach with cheese

1, 3, 4, 7, 11, 12

18,00

VEGGIE AVOCADO TOAST served with mixed

salad VEG NEW

Roasted Altamura bread, guacamole, feta cheese, dry tomatoes, boiled onion, mix of seeds and served with salad, tomatoes confit, potatoes rösti, spinach with cheese

1, 3, 7, 11, 12

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| Poached eggs, bagel, hollandaise sauce, smocked salmon, black sesame, chives and served with salad and confit tomatoes 1, 3, 4, 7, 11, 12 | 19,00 | VEGGIE EGGS BENEDICT VEG NEW 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 |
|---|-------|---|-------|
| CROQUE MOSIEUR SETF NEW Toast with emmenthal cheese, ham, besciamelle, pea shoots and served with salad, tomatoes confit, potatoes rösti 1, 7, 12 | 16,00 | CROQUE MADAME GESTE NEW Toast with emmenthal cheese, ham, fried eggs, besciamelle, chives and served with salad, tomatoes confit, potatoes rösti 1, 3, 7, 12 | 17,00 |
| PANCAKES with fresh berries and banana VEG Served with maple syrup 1, 3, 7, 12 | 12,00 | PANCAKES with nutella VEG Served with whipped cream and hazelnuts 1, 3, 7, 8, 12 | 13,00 |
| GSTF WOKS | | | |
| CHICKEN & VEGETABLE WOK with thai rice and poppy seeds SSTF X Marinated chicken sauteed with carrots, zucchini, chinese gabbage, bean sprouts, green beans*, broccoli*, and GSTF gluten free soysauce 6, 12 | 16,00 | PAD THAI RICE GSTF STE ** 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 | 17,00 |
| SIDES | | | |
| Baked potato & cream cheese VEG 7, 12 | 6,00 | Roasted potatoes VEG | 6,00 |
| Mixed salads - baby spinach, salad, peppers, fennel, carrots, tomatoes and scarola 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 |



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FRESH FRUIT SALAD AND VANILLA ICE-CREAM

PINEAPPLE

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6,00

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GREEK YOGURT whit dried fruit, granola, honey

| CREME BRULEE | 7,00 | FRESH RED FRUITS TART 1, 3, 7 | 7,00 |
|----------------------------------|------|---|------|
| LEMON CURD 1, 3, 7 | 7,00 | BROWNIES 1, 3, 7, 8 | 6,00 |
| JAM TART 1, 3, 7 | 5,00 | | |
| FRUITS & BOWLS FRESH FRUIT SALAD | 6,00 | FRESH FRUIT SALAD AND GREEK YOGURT 3, 7 | 7,00 |

7,00

6,00





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LEGENDA PIATTI

VEG Vegetarian

PRO Proteico

GSTF Our Special

 Ω 3 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