

## 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** **3,00**  
 Everyday from 7 p.m. and all day during the weekend and public holiday

### APPETIZER

**HUMMUS** VEG **7,00**  
 Chickpea cream served with pita bread\* and paprika  
 1, 11, 12

**TEX MEX NACHOS** VEG **9,00**  
 Served with cheese fondue, tomatoes salad and guacamole, mexican homemade sauce sliced hot pepper  
 7, 12

### GSTF SALADS

**CHICKEN CAESAR SALAD** GSTF **15,00**  
 Dressing GSTF with anchovies Grilled Chicken, lettuce, flakes of parmesan, toasted bread, Caesar  
 1, 3, 4, 7, 12

**GUACAMOLE** VEG **7,00**  
 Smashing avocado seasoned with EVO oil, salt, pepper, coriander, lime, served with tomatoes, red onion from Tropea, jalapeño and nacho chips  
 12

**NEW QUINOA SALAD** VEG NEW **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** PRO **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** Ω3 **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** VEG **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** GSTF **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**  
GSTF NEW   
 Chicken braised philippines style served with ocra  
 6, 11, 12

**CITRUS FRUITS MARINATED SEABASS\* WOK with thai rice and poppy seeds** Ω3 **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** Ω3 NEW **20,00**   
 Grilled octopus mixed with cabbage, dry tomatoes, olive, jalapeno and extra vergin oil  
 4, 12

**NEW 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\*, beans\*, bean sprouts, spring onion, fresh chilli, coriander, ginger, roasted cashew nuts, fresh chili sauce, gluten free soysauce

2, 3, 6, 8, 12

16,00

**NEW GSTF 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 new side** Ω3 NEW

With pumpkin chutney and black cabbage

4, 12

18,00

**CURRIED SHRIMP AND CHICKPEAS** Ω3 NEW

Served with thai rice and poppy seeds

2

17,00

**FASSONA CHEESE BURGER 180 gr** 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

**CHICKEN FINGERS** PRO

Chichen nuggets served with baked potatoes and pink ajoli

1, 3

15,00

**SIDES**
**Baked Potato & cream cheese** VEG

7

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

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.

<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 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>TEX MEX NACHOS</b> <small>GSTF</small>	<b>9,00</b>		
Served with cheese fondue, tomatoes salad, guacamole and mexican homemade sauce 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 1, 3, 6, 7, 10, 12		Wholemeal bread, Norwegian smoked salmon, cream cheese, avocado, pickled gherkins, romaine lettuce, mustard, fresh lemon and pepper 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, 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 1, 3, 4, 7, 12		White and red quinoa, pumpkin, feta cheese, hazelnuts, baby spinach, melograno, citronette 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 1, 3, 12		Fassona burger (180gr), cheddar, salads, tomatoes, pickled cucumber, homemade bbq sauce served with roasted potatoes 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 1, 3, 7, 12		Fried eggs, toast, crispy bacon, roasted tomatoe, beans, sausages, mushroom 1, 3, 7	

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

PINEAPPLE

6,00

## LEGENDA PIATTI


**VEG** Vegetarian

**PRO** Proteico

**GSIF** 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