









## GSTF SERRAVALLE

Try our best sellers such as our healthy Woks or our delicious Club Sandwiches! Join us in our HEALTHY TASTY LIFE!



<b>SERVICE CHARGE</b>	<b>1,50</b>		
<b>STARTER</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 bread* 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>	<b>SALUMI &amp; FORMAGE ASSIETE</b> <small>GSTF</small>	<b>14,00</b>
Served with cheese fondue, tomatoes salad, guacamole and mexican homemade sauce 7, 12		Served with focaccia 1, 7, 8, 12	
<b>PARMA HAM &amp; BURRATA</b> <small>GSTF</small> 	<b>10,00</b>		
7, 12			
<b>GSTF INTERNATIONAL</b>			
<b>CHICKEN CAESAR SALAD</b> <small>GSTF</small>	<b>15,00</b>	<b>FASSONA CHEESE BURGER 180 gr</b> <small>GSTF</small>	<b>16,00</b>
Grilled Chicken, lettuce, flakes of parmesan, toasted bread, GSTF dressing 1, 3, 4, 7, 12		Fassona burger (180gr), cheddar, salads, tomatoes, pickled cucumber, homemade bbq sauce served with roasted potatoes 1, 3, 7, 10, 11, 12	
<b>GSTF CLUB SANDWICH served with roasted potatoes</b>			
<b>GSTF CLUB SANDWICH</b> <small>PRO</small>	<b>16,00</b>	<b>GSTF SALMON CLUB SANDWICH</b> <small>Ω3</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, 7, 10	
<b>GSTF ITALIAN CLUB SANDWICH</b> <small>GSTF</small>	<b>16,00</b>		
White bread, Parma ham, mozzarella, rocket, tomato, EVO oil, salt and pepper 1, 3, 6, 7, 10, 12			
<b>GSTF WOKS</b>			
<b>CHICKEN &amp; VEGETABLE WOK with thai rice and poppy seeds</b> <small>GSTF</small> 	<b>16,00</b>	<b>CITRUS FRUITS MARINATED SEABASS* WOK with thai rice and poppy seeds</b> <small>Ω3</small> 	<b>17,00</b>
Marinated chicken sauteed with carrots, zucchini, chinese cabbage, bean sprouts, green beans*, broccoli*, and GSTF gluten free soysauce 6, 12		Citrus fruits marinated seabass filets sti-fried with baby spinach, cherry tomatoes, leek, citronette 4	
<b>VEGGIE WOK served with thai rice and poppy seeds</b> <small>VEG NEW</small> 	<b>15,00</b>	<b>PAD THAI RICE GSTF</b> <small>GSTF</small> 	<b>16,00</b>
Pumpkin, leek, jalapeno, cabbage, radicchio, sage, GSTF gluten free wok sauce 6		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	

**NEW GSTF BUCKWHEAT NOODLE**  **16,00**  
 Buckwheat noodle sauteed with shrimps\*, mushroom, tomatoes, spring onion, jalapenos, sesame seeds, basil, GSTF wok sauce  
 1, 3, 6, 7, 9, 10, 11

### GSTF ITALIAN SELECTION

**PUMPKIN SOUPE**  **10,00**  
 With goat cheese and nuts  
 7, 8, 12



**POTATOES GNOCCHETTI**   **12,00**  
 With tomatoes and pesto sauce  
 1, 3, 7, 8, 12


**BEEF SIRLOIN TAGLIATA**   **22,00**  
 Served with chimichurri, salted vegetable and roasted potatoes  
 12

### GSTF KIDS MENU' till 12 years old


**Potatoes gnocchi with tomatoes sauce - soft drink - dessert**  **15,00**  
 1, 3, 7, 8, 12

**LASAGNETTE alla bolognese**  **12,00**  
 1, 3, 7, 8, 9, 12

**SALMON FILET**   **18,00**  
 Served with pumpkin cream and spinach  
 4

**Small chicken cotolettas with roasted potatoes and pink sauce - soft drink - dessert**  **15,00**  
 1, 3, 7

### SIDES

**Baked Potato & cream cheese**  **5,00**

**Roasted potatoes**   **5,00**

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

**Mixed salads**   **5,00**

**Baby spinach sautee**  **5,00**

### GSTF DESSERTS

**VANILLA ICECREAM**  **6,00**  
 3, 7

**COOKED CREAM AND PINE NUTS TART** **7,00**  
 1, 3, 7, 8

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

**CAPRESE TART \*** **5,00**  
 1, 3, 7, 8

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

**VANILLA ICE CREAM AND COFFEE** **7,00**  
 3, 7

**TIRAMISÙ \*** **7,00**  
 1, 3, 7

**SACHER TORTE** **7,00**  
 3, 5, 6, 7, 8

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

### FRUITS & BOWLS

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

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

**PINEAPPLE** **6,00**

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

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

## DRINKS, JUICES & COFFEE

### DRINKS

<b>ACQUA NATURALE / FRIZZANTE IN VETRO 0,5 cl</b>	<b>2,00</b>	<b>SOFT DRINK</b>	<b>3,50</b>
		Coca cola - Coca cola zero - Aranciata - Acqua Tonica	
<b>THE FREDDO</b>	<b>3,50</b>	<b>SUCCO DI FRUTTA</b>	<b>3,50</b>
Limone - Pesca		Albicocca - Pesca - Pera - Ananas	
<b>CALICE DI VINO</b>	<b>6,00</b>	<b>CALICE DI VINO</b>	<b>7,00</b>
Primitivo - Morellino - Merlot - Ribolla Gialla - Vermentino - Chardonnay - Passerina		Gewurztraminer - Pinot Nero	
<b>CALICE VINO PREMIUM</b>	<b>14,00</b>	<b>CALICE DI BOLLICINE</b>	<b>12,00</b>
Brunello - Barolo		Bellavista - Ferrari Perlè - Champagne	
<b>CALICE PROSECCO</b>	<b>7,00</b>	<b>SPRITZ</b>	<b>6,00</b>
FIOL DOC			
<b>CLASSIC COCKTAIL</b>	<b>8,00</b>	<b>AMARI</b>	<b>5,00</b>

### BEERS

<b>CRISTAL PILS</b>	<b>6,00</b>	<b>ICHNUSA NON FILTRATA</b>	<b>5,00</b>
Belgio - Pils 0,40 cl drafted beer - 4,9% Vol. Alc.		Italia - Lager non filtrata - 33 cl bottled beer- 5% Vol. Alc.	

### JUICES

1. Mela   Carota   Limone	<b>6,00</b>	2. Sedano   Mela   Lime	<b>6,00</b>
3. Pompelmo   Finocchio   Mela	<b>6,00</b>	4. Ananas   Cetriolo   Zenzero	<b>6,00</b>
5. Mela   Ananas   Lime   Zenzero	<b>6,00</b>	Spremuta di arancia / pompelmo	<b>6,00</b>

### CAFFETTERIA AL TAVOLO

Caffè espresso / decaffeinato	<b>1,50</b>	Caffè americano	<b>2,50</b>
Caffè d'orzo / ginseng tazza piccola	<b>1,80</b>	Caffè d'orzo / ginseng tazza grande	<b>2,00</b>
Caffè corretto	<b>3,50</b>	Caffè shakerato	<b>6,00</b>
Marocchino	<b>2,00</b>	Cappuccino	<b>2,00</b>
Cappuccino di soia	<b>2,50</b>	Cappuccino di ginseng / orzo	<b>2,50</b>
Cioccolata calda	<b>4,00</b>	Latte macchiato	<b>2,50</b>
Latte bianco	<b>2,00</b>	Thé & Tisane	<b>4,00</b>
Aggiunta di panna montata / latte di soia	<b>0,50</b>		

## WINES LIST

\* possibilità anche al calice

### RED WINES

<b>BRUNELLO* MONTALCINO - IL POGGIONE</b> Brunello di Montalcino -Toscana	<b>60,00</b>	<b>BAROLO* CASTELLETTO - F.LLI SEGHESSIO</b> Barolo - Piemonte	<b>58,00</b>
<b>PINOT NERO* - CANTINA TRAMIN</b> Pinot Nero - Trentino Alto Adige	<b>32,00</b>	<b>MERLOT* - VILLA CHIOPRIS</b> Merlot - Friuli Venezia Giulia	<b>26,00</b>
<b>MORELLINO DI SCANSANO* - TRENZI</b> Sangiovese - Toscana	<b>26,00</b>	<b>PRIMITIVO* - PAOLOLEO</b> Primitivo - Puglia	<b>26,00</b>

### WHITE & ROSE' WINES

<b>SELIDA* - CANTINA TRAMIN</b> Gewurztraminer - Trentino Alto Adige	<b>32,00</b>	<b>GLAREA* - CANTINA TRAMIN</b> Chardonnay - Trentino Alto Adige	<b>26,00</b>
<b>RIBOLLA* GIALLA - VILLA CHIOPRIS</b> Ribolla gialla - Friuli Venezia Giulia	<b>28,00</b>	<b>BALBINO* - TRENZI</b> Vermentino - Toscana	<b>26,00</b>
<b>JAJA* PASSERINA - CANTINE FONTEZOPPA</b> Passerina - Marche	<b>26,00</b>		

### BOLLICINE

<b>PROSECCO* FIOLE</b> Prosecco DOC - Veneto	<b>32,00</b>	<b>ALMA* - BELLAVISTA</b> Franciacorta Brut Cuvée - Lombardia	<b>55,00</b>
<b>FERRARI* PERLE'</b> Trento Perlé DOC - Trentino Alto Adige	<b>55,00</b>	<b>STEPHEN BRETON</b> Champagne Brut - Francia	<b>60,00</b>

## 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