

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

2,00

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

GSTF SHARES

HUMMUS VEG

7,00

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

RAW VEGETABLES VEG NEW

9,00

Dipped in mustard citronette
9, 12

MARGHERITA LITTLE PIZZA VEG

10,00

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

NEW QUINOA SALAD VEG NEW

16,00

White and red quinoa, feta cheese, green beans, cherry tomatoes, dry tomatoes, cucumber, basil, citronette
7, 12

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 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 & GUCAMOLE CLUB SANDWICH Ω3

19,00

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

SALT BEEF SANDWICH with red cabbage salad

20,00

GSTF NEW

White bread, beef tenderloin GSTF marinated and slow cooked, cucumber, wasabi mayonnaise
1, 9, 10, 11, 12

BACON CHEESE BURGER GSTF

18,00

Beef burger, crispy bacon, cheddar, salads, tomatoes, pickled cucumber, homemade bbq sauce served with roasted potatoes
1, 3, 7, 10, 11, 12

GSTF WOKS

WOK ROYALE - from 7 p.m. - for min. 4 persons

64,00

GSTF NEW

Make your own wok! Veggie wok as base to combine with chicken, seabass, shrimp, lime, pepper, cashew nuts, soya and sriracha sauce
2, 4, 6, 8, 12

PAD THAI ROYALE - from 7 p.m. - for min. 4 persons GSTF NEW

64,00

Make your own wok! Sauteed rice with eggs, green beans*, beans*, bean sprouts, spring onion, ginger, gluten free soysauce to combine with chicken, seabass, shrimp, lime, pepper, cashew nuts, soya and sriracha sauce
2, 4, 6, 8, 12

CHICKEN & VEGETABLE WOK with thai rice and poppy seeds GSTF

17,00

Marinated chicken sauteed with carrots, zucchini, chinese gabbage, bean sprouts, green beans*, broccoli*, and GSTF gluten free soysauce
6, 12

CITRUS FRUITS MARINATED SEABASS* WOK with thai rice and poppy seeds Ω3

18,00

Citrus fruits marinated seabass filets sti-fried with baby spinach, cherry toamtoes, leek, oregano and citronette
4, 8, 12

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

16,00

Baby spinach, tomatoes, leek, beetroot, broccoli, sesame oil, sesame seeds, soia light
6, 11, 12

PAD THAI RICE GSTF GSTF

18,00

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

CHICKEN PAD THAI RICE GSTF NEW **17,00**

Sauteed rice with eggs, chicken slow cooked,
green beans*, beans*, bean sprouts, spring onion,
ginger, gluten free soysauce
3, 6, 8, 12

GSTF MAIN COURSES
GRILLED SALMON FILLET with orange sauce Ω3 NEW **19,00**

Served with fennel and baby spinach salad, ponzu
orange sauce
1, 4, 6, 12

OCTOPUS IN CATALANA SALAD Ω3 NEW **20,00**

Steamed octopus with celery, tomatoes, onion,
fresh onion, paprika, Evo oil, salt, pepper and basil
4, 9, 12

GAZPACHO WITH BURRATA VEG NEW **16,00**

Served with roastes bread
1, 7, 12

SIDES
Baked Potato & cream cheese VEG **6,00**

7

Roasted potatoes VEG **6,00**
Mixed salads VEG **5,00**
1/2 avocado VEG **4,00**
Baby spinach sautee VEG **5,00**
GSTF DESSERTS
VANILLA ICECREAM **6,00**

3, 7

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

3, 7

FRESH RED FRUITS TART **7,00**

1, 3, 7

LEMON CURD **7,00**

1, 3, 7

TIRAMISÙ * **7,00**

1, 3, 7

CHEESECAKE * **7,00**

1, 3, 7

CREME BRULEE **7,00**

3, 7

BROWNIES **6,00**

1, 3, 7, 8

APRICOT JAM TART *
1, 3, 7

5,00

FRUITS & BOWLS

FRESH FRUIT SALAD

6,00

FRESH FRUIT SALAD AND GREEK YOGURT

7,00

7

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 2,00

BRUNCH APERITIF

| | | | |
|---------------------------|-------------|----------------------|-------------|
| ROSSINI | 8,00 | APEROL SPRITZ | 8,00 |
| Prosecco, strawberry pulp | | | |

APPETIZER

| | | | |
|---|-------------|--|-------------|
| HUMMUS <small>VEG</small> | 8,00 | GUACAMOLE <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 | |

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|---|--------------|
| MARGHERITA LITTLE PIZZA <small>VEG</small> | 10,00 |
| 1, 7, 8, 12 | |

GSTF SANDWICHES

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|---|--------------|---|--------------|
| GSTF CLUB SANDWICH with roasted potatoes and pink sauce <small>GSTF</small> | 18,00 | GSTF SALMON CLUB SANDWICH with roasted potatoes and pink sauce <small>Ω3</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, avocado, pickled gherkins, romaine lettuce, mustard, fresh lemon and pepper 1, 4, 6, 7, 10, 12 | |
| SALT BEEF SANDWICH with red cabbage salad <small>GSTF NEW</small> | 20,00 | BACON CHEESE BURGER <small>PRO</small> | 18,00 |
| White bread, beef tenderloin GSTF marinated and slow cooked, cucumber, wasabi mayonnaise 1, 9, 10, 11, 12 | | Beef burger, crispy bacon, cheddar, salads, tomatoes, pickled cucumber, homemade bbq sauce served with roasted potatoes 1, 3, 7, 10, 11, 12 | |

GSTF SALADS

CHICKEN CAESAR SALAD GSTF

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

1, 3, 4, 7, 12

17,00

NEW QUINOA SALAD VEG NEW

White and red quinoa, feta cheese, green beans, cherry tomatoes, dry tomatoes, cucumber, basil, citronette

7, 12

16,00

GSTF AVOCADO SALAD Ω3

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

2, 8, 12

18,00

GAZPACHO WITH BURRATA VEG NEW

Served with roasted bread

1, 7, 9

16,00

GSTF CLASSIC BRUNCH

NEW BACON EGGS AVOCADO TOAST GSTF NEW

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

1, 3, 7, 12

18,00

SALMON EGGS AVOCADO TOAST Ω3 NEW

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

19,00

VEGGIE AVOCADO TOAST 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, 12

16,00

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

18,00

EGGS BENEDICT ROYALE Ω3 NEW

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 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, 11, 12

16,00

CROQUE MOSIEUR GSTF NEW

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

1, 7, 12

16,00

CROQUE MADAME GSTF 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 **12,00**
Served with maple syrup
1, 3, 7, 12

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

GSTF WOKS with fresh chili and coriander, cashew nut


CHICKEN & VEGETABLE WOK with thai rice and poppy seeds GSTF  **17,00**
Marinated chicken sauteed with carrots, zucchini, chinese gabbage, bean sprouts, green beans*, broccoli*, and GSTF gluten free soysauce
6, 12

PAD THAI RICE GSTF Ω3  **18,00**
Sauteed rice with eggs, shrimps*, green beans*, beans*, bean sprouts, spring onion, ginger, gluten free soysauce
2, 3, 6, 8, 12

SIDES

Baked potato & cream cheese VEG **6,00**
7, 12

Roasted potatoes PRO  **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 **6,00**
3, 7

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

TIRAMISÙ **7,00**
1, 3, 6, 7

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

CREME BRULEE **7,00**
3, 7

LEMON CURD **7,00**
1, 3, 7

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

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

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

FRUITS & BOWLS

FRESH FRUIT SALAD

6,00

FRESH FRUIT SALAD AND GREEK YOGURT

7,00

7

FRESH FRUIT SALAD AND VANILLA ICE-CREAM

7,00

GREEK YOGURT whit dried fruit, granola, honey

6,00

7

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