

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

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

GSTF SALADS

NEW CHICKEN CAESAR SALAD GSTF NEW

16,00

Grilled Chicken, lettuce, flakes of parmesan, toasted bread, crispy bacon, Caesar salad dressing
1, 3, 4, 7, 12

QUINOA BOWL VEG NEW

15,00

White and red quinoa, primosale cheese, boiled red onion, cucumber, zucchini, citronette
7, 8, 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

BURRATA VEG

15,00

Served with tomatoes, olives, basil
7

GSTF CLUB SANDWICH with roasted potatoes, pink sauce
GSTF CLUB SANDWICH PRO **17,00**

 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 **19,00**
Ω3

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

GSTF ITALIAN CLUB SANDWICH GSTF **17,00**

 White bread, Parma ham, mozzarella, rocket, tomato, EVO oil, salt and pepper
 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 soysauce
 6, 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 toamtoes, leek, citronette
 4

VEGGIE WOK served with thai rice and poppy seeds VEG **15,00**

 Carrots, zucchini, chinese cabbage, bean sprouts, broccoli*, green beans*, pepperoni, fresh chili pepper cooked with sriracha and GSTF soya sauce
 6., 2

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

 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



GSTF BUCKWHEAT NOODLE with shrimps and green peppers Ω3 NEW **17,00**


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

GSTF BURGERS & TACOS




CHICKEN TACOS <small>GSTF</small> <small>NEW</small>	16,00	BACON CHEESE BURGER 180 gr <small>GSTF</small>	18,00
With salad, tomatoes, coriander and pico de gallo, radish, guacamole, salt, pepper and lime 1, 12		Fassona burger (180gr), crispy bacon, cheddar, salads, tomatoes, pickled cucumber, homemade bbq sauce served with roasted potatoes 1, 3, 7, 10, 11, 12	

GSTF MAIN COURSES


GSTF TUNA TATAKY <small>GSTF</small> <small>NEW</small> 	18,00	TONNATO VEAL <small>GSTF</small> 	18,00
Served with homemade ponzu sauce anche sesame, fennel, apple, cabbage salad 4, 6, 11, 12		Veal with tuna sauce, roasted potatoes and salad 3, 4, 7, 9, 12	

TUNA & AVOCADO TARTARE <small>Ω3</small> 	19,00		
Lightly smoked tuna, avocado, cherry tomatoes, basil 4, 12			

SIDES

Baked Potato & cream cheese <small>VEG</small>	5,00	Mixed salads <small>VEG</small> 	5,00
7			
Roasted potatoes <small>VEG</small> 	5,00	Baby spinach sautee <small>VEG</small>	5,00
1/2 avocado <small>VEG</small> 	4,00		

GSTF DESSERTS

VANILLA ICECREAM 	6,00	VANILLA ICE CREAM AND COFFEE	7,00
3, 7		3, 7	
FRESH RED FRUITS TART	7,00	COOKED CREAM TART	7,00
1, 3, 7		1, 3, 7	
TIRAMISÙ *	7,00	CHEESECAKE *	7,00
1, 3, 7		1, 3, 7	
CAPRESE TART *	6,00	APRICOT JAM TART *	5,00
1, 3, 7, 8		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		1,7,8	
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	6,00	APEROL SPRITZ	6,00
Prosecco, strawberry pulp			

APPETIZER

HUMMUS & VEGETABLES <small>VEG</small>	7,00	GUACAMOLE <small>VEG</small> 	9,00
Chickpea cream served with pita*, vegetables and paprika			
1, 11, 12			

GSTF CLUB SANDWICH with roasted potatoes and pink sauce

GSTF CLUB SANDWICH <small>GSTF</small>	17,00	GSTF SALMON CLUB SANDWICH <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			

GSTF ITALIAN CLUB SANDWICH <small>GSTF</small> <small>NEW</small>	17,00
White bread, Parma ham, mozzarella, rocket, tomato, EVO oil, salt and pepper	
1, 3, 6, 7, 10, 12	

GSTF SALADS
NEW CHICKEN CAESAR SALAD GSTF

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

1, 3, 4, 7, 12

16,00

QUINOA BOWL VEG 

White and red quinoa, primosale cheese, boiled red onion, cucumber, zucchini, citronette

7, 8, 12

15,00

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

BURRATA GSTF 

Served with tomatoes, oregano and olives

7

16,00

GSTF CLASSIC BRUNCH
CHICKEN FINGERS PRO

Chicken nuggets served with baked potatoes and pink ajoli

1, 3, 12

16,00

BACON CHEESE BURGER 180 G GSTF

Fassona burger (180gr), crispy bacon cheddar, salads, crispy bacon, tomatoes, pickled cucumber, homemade bbq sauce served with roasted potatoes

1, 3, 7, 10, 11, 12

18,00

VEGGIE AVOCADO TOAST served with mixed

salad VEG NEW

Toast with guacamole, dry tomatoes, promosale cheese, onion, mixed seeds

1, 3, 7, 12

16,00

EGGS & BACON AVOCADO TOAST served with mixed salad GSTF NEW

Toast with fried eggs, dry tomatoes, promosale cheese, onion, mixed seeds

1, 3, 7, 12

17,00

NEW VEGGIE EGGS BENEDICT VEG NEW

Poached eggs served with spinach, beans* and asparagus, hollandaise sauce, roasted bread, baked potato and salad

1, 3, 7, 12

16,00

EGGS BENEDICT ROYALE Ω3

Poached eggs served with smoked salmon, hollandaise sauce, roasted bread, baked potato and salad

1, 3, 4, 7, 12

17,00

BAGEL with Praga ham GSTF NEW

Bagel, Praga ham, baby spinach, dry tomatoes served with roasted potatoes and mixed salad

1, 3, 7, 12

18,00

BAGEL with smoked salmon Ω3

Bagel, smoked salmon, cream cheese, avocado, salad served with roasted potatoes and mixed salad

1, 3, 4, 7, 12

19,00

PANCAKES WITH FRESH BERRIES AND BANANA

VEG

12,00

Served with maple syrup

1, 3, 7, 12

WAFFLE WITH BANANE & NUTELLA GSTF NEW

13,00

Served with salted nuts grains and whipped cream

1, 3, 6, 7, 8

WAFFLE WITH SOURE CHERRIES SYRUP GSTF NEW

13,00

Served with yogurt, honey and sesame seeds

1, 3, 6, 7, 8

GSTF WOKS
CHICKEN & VEGETABLE WOK with thai rice and poppy seeds GSTF

16,00

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

17,00

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

SIDES
Baked potato & cream cheese VEG

5,00

7, 12

Roasted potatoes PRO

5,00

Mixed salads - baby spinach, salad, peppers, fennel, carrots, tomatoes and scarola VEG

6,00

1/2 avocado VEG

4,00

GSTF HOMEMADE DESSERTS
VANILLA ICE CREAM

6,00

3, 7

VANILLA ICE CREAM & SOUR CHERRY SYRUP

7,00

3, 7, 12

VANILLA ICE CREAM & ESPRESSO COFFEE

7,00

3, 7

TIRAMISÙ

7,00

1, 3, 6, 7

CHEESECAKE

7,00

1, 3, 7

TORTA DELLA NONNA

7,00

1, 3, 7

FRESH RED FRUITS TART

7,00

1, 3, 7

CAPRESE

6,00

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