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Breakfast

Monday to saturday, from 08:00 to 15:00
Sunday and holidays from 09:00 to 15:00

SCRAMBLED EGGS ON TOAST
with seeded multigrain sourdough bread, seeds soaked in yogurt

classics	9,00
with smoked salmon and cream cheese	18,00
with smoked salmon and avocado cream	18,00
with roasted bacon	12,00
with grilled mushrooms	12,00
with seasoned avocado cream	12,00
with caramelized tomatoes	12,00
with avocado and tomatoes	14,00
with mushrooms and tomatoes	14,00
with roasted bacon and tomatoes	14,00
Full house toasted bread with scrambled eggs, bacon, roasted ham with honey, caramelized tomatoes, grilled mushrooms, baked beans	18,00
add pancakes and maple syrup	3,00

YOGURT, FRUIT AND CEREALS
Healthy and nutritious

Chi-A Detto Cioccolato? chia seed pudding, rich in Omega-3, protein, and fibers, with blueberries, chocolate chips, orange and lemon zest, our homemade granola, and fresh seasonal fruit	8,00
Berries yogurt, berry jam, fresh berries, chocolate chips and homemade granola	8,00
Honey yogurt, honey, fresh seasonal fruit, dehydrated apricots and homemade granola	8,00
NEW **Tropical dream** chia seeds soaked in soy milk and coconut puree for 12 hours, flavored with passion fruit syrup, homemade granola, grated coconut, and pineapple	8,00
Fruit pot seasonal fresh fruit salad	7,00

AT THE COUNTER
Discover our daily sweet and savory options at the counter

every day, all day

HOMEMADE WHOLE WHEAT PANCAKES
freshly prepared every day

Miss Maple with maple syrup	9,00
MatchaTart with vegan pistachio and matcha cream, fresh strawberries, topping and chopped pistachios	12,00
Chocolate with vegan hazelnut, apricot jam, banana and cookie crumble	12,00
Classici with butter and maple syrup	9,00
Uova strapazzate with butter, maple syrup and scrambled eggs	12,00
Bacon with butter, maple syrup and crispy bacon	12,00
Salmone e cream cheese with butter, maple syrup, salmon and cream cheese	16,00
Fruit Sunrise with yogurt, maple syrup, seasonal fruit and granola	12,00
Strawberry with hazelnut cream and strawberries	12,00
Raspberry with cream and chopped pistachios, chocolate flakes and raspberries	12,00
Pancake cheesecake with cream cheese, raspberry jam, fresh berries, and homemade crumble	12,00
Pancake hazel berry vegan with hazelnut butter, berry jam, blueberries, and toasted hazelnuts	12,00

VEGETARIAN VEGAN GLUTEN CONSCIOUS*

*without gluten-containing ingredients, however cross-contamination is possible

IF YOU SUFFER FROM ALLERGIES OF FOOD INTOLERANCES, LET OUR STAFF KNOW IN ADVANCE, SO WE CAN GUIDE YOU THROUGH THE MENU

Our recipe book is available for consultation with a complete list of allergens and any frozen products

Lunch & Brunch

Monday to saturday, from 08:00 to 15:00
Sunday and holidays from 09:00 to 15:00

HOMEMADE SALADS

Pappare' salad 9,00
mixed salad, cherry tomatoes, crunchy carrots, citronette, turmeric croutons, spinach, sesame seeds and sprouts

Green salad con fesa di tacchino 15,00
mixed salad according to season, crunchy carrots, toasted seeds, vinaigrette with balsamic vinegar with our turkey cooked at low temperature and rocket and walnut pesto

Caesar salad 15,00
crispy salad with cooked chicken at low temperature, flakes of parmesan, caesar sauce, croutons and crispy bacon

Fruit salad 12,00
mixed salad, baby spinach, crunchy carrots, apple cider vinaigrette, fresh fruit, pumpkin and sunflower seeds, with our homemade vegan pepper and carrot meatballs

NEW **Summer Soup** 12,00
a delicate summer soup made with tomatoes and multigrain bread, served cold with buffalo mozzarella, basil oil and toasted sourdough bread

TO SHARE

Hummus 6,50
our homemade chickpea hummus, served with corn nachos

Crema di avocado 6,50
seasoned avocado cream, served with corn nachos

Polpette 6,50
our homemade vegan meatballs with peppers and carrots accompanied by vegan mayonnaise

Patate 6,50
rustic baked potatoes served with a delicate barbecue sauce

Multigrain bread 2,00

PAPPARE' GOURMET

NEW **Vegan burger proteico** 15,00
homemade lentil and pea protein burger with fresh spinach, seasoned avocado cream, sun-dried tomatoes, and vegan mayonnaise, served with baked rustic potatoes

Burrito 10,00
wholemeal tortilla with basmati rice, baked beans, tabasco, caramelized onion, seasoned avocado cream, homemade vegan mayonnaise

Chicken burrito 15,00
whole wheat tortilla with our marinated and slow-cooked chicken breast, basmati rice, baked beans, Tabasco sauce, caramelized onion, crispy bacon, homemade vegan paprika mayonnaise, parmesan shavings

Veggie wrap 12,00
whole wheat tortilla with fresh tomato, crunchy salad, citronette, homemade vegan mayonnaise, with our vegan pepper and carrot meatballs

Club sandwich al tacchino 15,00
club sandwich with our artisanal, slow-cooked, herb-infused turkey breast with remoulade sauce, fresh tomato, arugula, citronette, served with rustic baked potatoes

NEW **Hummus Club sandwich** 15,00
whole-grain club sandwich filled with chickpea hummus,vegan mayonnaise, caramelized onion, fresh tomato, marinated cabbage, and grilled zucchini, served with rustic baked potatoes

BBQ Club sandwich 17,00
club sandwich stuffed with our chicken cooked at low temperature, crispy bacon, warm brie, mushrooms, mixed salad, citronette, delicate barbecue sauce, served with rustic baked potatoes

Fassona beef burger 14,00
soft sweet potato bun stuffed with 220g fassona burger, smoked scamorza, caramelized onion, bacon, dijon sauce with mustard grains, fresh tomato, crunchy salad, served with rustic baked potatoes

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Coffee

A LITTLE ABOUT US....

For our coffees we use an arabic blend exclusive to Pappare'.
In addition to the extraction of espresso coffee
try filter extraction (true American coffee)
or extraction by cold infusion (cold brew)

Our homemade cakes and biscuits
are prepared every day
from our pastry chefs in a wide assortment
also vegan. Ask the staff!

Our bread is made with
type 1 flours and multigrain wholemeal flours,
100% leavened with sourdough,
It is characterized by the presence of mixed seeds
which macerate for 24 hours in yogurt.
The slow fermentation improves digestion

Our spiced roast beef is prepared by us
with cuts of national adult cattle, massaged and
left to marinate with a mix of spices,
finally vacuum cooked at 57° for over three hours

Our spiced turkey breast is prepared by us
with fresh turkey breast, massaged and
left to marinate with a mix of spices,
finally vacuum cooked at 70° for four hours

Our pancakes are made every day
with wholemeal flour, eggs, fresh whole milk,
sunflower seed oil and cane sugar

Our teas and infusions are obtained from tea leaves
green, black and white, aromatic herbs and essential oils,
in transparent 100% biodegradable and
compostable infusers

Our fruit juices and nectars are 100% natural,
no colourants, no preservatives, no added sugars
Our lemonades and iced teas are prepared
every day with fresh products

SMOOTHIES

Pink velvet 4,80
with strawberry, banana, and coconut syrup

NEW **Choco mint** 4,80
vegan smoothie with oat milk, veg hazelnut
and mint syrup

NEW **Colada shake** 4,80
with milk, pineapple juice and coconut syrup

FROM THE COFFEE COUNTER

every day, all day

Espresso	1,40
Decaffeinated	1.50
Tea - Tisane	3,80
Macchiato	1,40
Macchiatone	1,60
Marocchino	1,60
Filter coffee 300 ml	3,50
Cappuccino	1,90
Cappuccione	2,30
Barley coffee small	1,70
Barley coffee large	2,00
Ginseng small	1,70
Ginseng large	2,00
Flat white	4,00
Frothed milk	1,60
Latte macchiato	2,70
Mochaccino	4,80
Cold brew	4,50
Shaken coffee	4,00
Chai latte 300 ml	4,80
Matcha 300 ml	5,00
Iced latte	4,70
Iced latte cold frothed milk	4,70
Iced matcha	5,00
Iced chai latte	5,00
Iced caramel milk	5,00
Iced flat white	5,50
Iced mochaccino	5,00
Hot chocolate	4,20
Hot chicolate and cream	4,90

The use of milk other than cow's milk involves a slight change in price

Aperitif & Drink

WITH THE APERITIF

Puff pastry pizza Parma ham and robiola 4,50
fragrant puff pastry pizza stuffed with Parma ham and robiola

Puff pastry pizza Margherita 4,50
fragrant puff pastry pizza stuffed with tomato and fiordilatte

Puff pastry pizza with roasted ham and buffalo mozzarella 4,50
fragrant puff pastry pizza stuffed with roasted ham and buffalo mozzarella

WINES

Organic farm "La Via del Colle"

	bottle	glass
Lopi bianco	18.00	5.00
Lopi rosso	18.00	5.00

Bubbles

	bottle	glass
Prosecco superiore DOCG	27.00	6.00

BEERS

Hefe waizen 50 cl	5,00
Ichnusa non filtrata 33 cl	3,80

DRINKS AND COCKTAILS

Daily fresh homemade

Lemonade	3,90
Antioxidant lemonade	3,90
Detox lemonade	3,90
Red berries lemonade	3,90
Elderflower Lemonade	3,90
Ice Tea	3,90
Peach Ice Tea	3,90
NEW Raspberry ice tea	3,90
Orange juice	5,00
Orange and lemon juice	5,00
Grapefruit juice	5,50
Centrifuge	6,50

Soft drink

Natural fruit juice (*)	4,50
Coca cola 33cl	3,80
Tonic water	3,80
Ginger beer	3,70
Crodino	3,50
Mineral water 50 cl	1,50
Cedrata Bio - Galvanina 355 ml	4,50
Chinotto Bio - Galvanina 355 ml	4,50
Aranciata Bio - Galvanina 355 ml	4,50

Cocktail

Non Alcoholic drink	6,00
Americano	8,00
Aperol Spritz	6,00
Campari Spritz	6,00
Gin Tonic Mare	11,00
Gin Tonic Hendrick's	11,00
Gin Tonic Tanqueray	9,00
Hugo	7,00
Moscow Mule	9,00
Negroni	8,00
Grappa	5.50
Amaro	5.50

(*) apple, peach, apricot, pear, carrot, blueberry, pinapple

all prices are expressed in euros