PAPPARE

Breakfast

Monday to Friday from 8:00 to 14:30

EGGS-ON-TOAST

Scrambled or fried eggs
on toasted multigrain sourdough bread
and seeds soaked in yogurt

The Essential 9,00
choice of scrambled or fried eggs

Smoked Nordic 18,00
eggs of your choice, smoked salmon
and cream cheese

Mediterranean Bliss 14,00
eggs of your choice, whipped avocado and
oven-baked citrus-scented cherry tomato confit

Sea Green 18,00
eggs of your choice, smoked salmon
and a soft avocado cream

Crispy Tradition 12,00
eggs of your choice and crispy bacon

To Brie or not to Brie 14,00
eggs of your choice, crispy bacon
and melted Brie cheese

Sliced Freshness 15,00
eggs of your choice, sliced fresh avocado
and tomatoes

YOGURT, FRUIT AND CEREALS

Healthy and nutritious

Very Berry 8,00
yogurt, berry jam, fresh berries,
chocolate chips and
homemade granola

Hey, Honey! 8,00
yogurt, honey, fresh seasonal fruit, dehydrated
apricots and homemade granola

Pure White 4,00
yogurt and honey

Fruit pot 7,00
seasonal fresh fruit salad

Gelato e frutta fresca 8,00
our artisanal ice cream, flavors of the day
served with fresh seasonal fruit

AT THE COUNTER

Discover our daily sweet and savory options

HOMEMADE WHOLE WHEAT PANCAKES

freshly prepared every day

The Classic 9,00
with butter and maple syrup

Pure Maple 9,00
the essence of pure maple syrup
on a soft, golden base

Fruit Sunrise 12,00
with creamy yogurt, maple syrup,
seasonal fruit, and homemade granola

Raspberry Velvet 12,00
with pistachios butter and chopped pistachios,
dark chocolate shavings and fresh raspberries

Strawberry Delight 12.00
with hazelnut butter and strawberries

Cheesecake Style 12,00
with cream cheese, raspberry compote,
berries, and crunchy crumble

The Royals 14,00
with scrambled eggs, crispy bacon, and
the ever-present maple syrup

Salmon Nordic 16,00
with smoked salmon, cream cheese,
butter, and maple syrup

OMELETTE

Accompanied by mixed salad and cherry tomatoes

The Traditional 10,00
lightly beaten eggs cooked in butter

Velvet Omelette 18,00
with smoked salmon, avocado cream,
and thinly sliced fresh tomatoes

NEW **Cheesy Smile** 14,00
with three cheeses: Emmental, Brie and Pecorino

Deli Style 12,00
with ham and melted emmenthal cheese

all prices are expressed in euros

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Lunch

Monday to Friday from 12:00 to 14:30

HOMEMADE SALADS

Turkey 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

Tuna 15,00
mixed salad, tuna, fresh cherry tomatoes,
hard-boiled eggs, edamame beans, chickpeas
and vegan lemon mayonnaise

Caesar Salad Gourmet 15,00
crunchy salad with our artisanal
pulled chicken, parmesan flakes,
caesar sauce, croutons and crispy bacon

Salmon 17,00
mixed salad according to season,
crunchy carrots, avocado cream,
smoked salmon, toasted almonds,
mix of seeds and yogurt dressing

TO SHARE

Avo-Cuddle 7,00
avocado guacamole,
served with corn nachos

Rustic Gold 5,00
roasted rustic potatoes
with remoulade sauce

Hummus Sapiens 7,00
homemade chickpea hummus
and toasted sourdough bread

Polpette da condividere 7,00
our homemade vegan meatballs with peppers
and carrots served with vegan mayonnaise

Multigrain bread 2,00

WITH OUR ARTISAN ICE CREAM...

Ice cream cup with toppings 8,00

Our ice cream, discover the flavors of the day 4,00

Coffee affogato with homemade crumble 5,50

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

NEW **Beef Carpaccio with Peaches** 18,00
our artisanal spiced roast beef on a base of fresh
baby spinach, served with fresh peaches, an emulsion
of extra virgin olive oil and lemon, parmesan shavings,
toasted hazelnuts, and pink peppercorns

Polpette Vegetali 11,00
homemade vegan vegetable meatballs with peppers
and carrots served hot on a bed of mixed salad with our
vegan mayonnaise

Roastbeef Club Sandwich 18,00
club sandwich stuffed with our roast beef
artisanal spiced cooked at low temperature,
crispy bacon, seasonal salad, sauce
remoulade, served with rustic baked potatoes

NEW **Club Sandwich al tacchino** 18,00
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** 16,00
whole-grain club sandwich filled with chickpea
hummus,vegan mayonnaise, caramelized onion,
fresh tomato, marinated cabbage, and grilled
zucchini, served with rustic baked potatoes

Pulled Chicken Club Sandwich 17,00
club sandwich filled with our artisanal pulled chicken,
Edamer cheese, homemade pickled cabbage,
crispy bacon and Worcestershire mayo,
served with rustic baked potatoes

Cheese Burger 16,00
soft bun filled with Piedmontese Fassona beef burger,
double dark cheddar, vegan mayonnaise, ketchup,
crispy bacon, pickled gherkin, mixed salad,
served with rustic baked potatoes

NEW **Veggie Burger Proteico** 16,00
homemade lentil and pea protein burger
with fresh spinach, seasoned avocado cream,
sun-dried tomatoes, and vegan mayonnaise
served with rustic baked potatoes

Tacchino Tonnato 16,00
homemade turkey breast with herbs,
cooked at low temperature with fresh spinach,
tuna sauce, and dried olives

NEW **Salmon Club sandwich** 16,00
club sandwich filled with smoked salmon,
vegan mayonnaise, fresh tomato, pickled cabbage,
grilled zucchini, and cream cheese,
served with rustic baked potatoes

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 roastbeef is prepared by us
with cuts of national adult cattle,
left to marinate with a mix of spices,
finally vacuum cooked at 57° for over three hours

Our artisanal pulled chicken
is prepared from whole chickens that are
massaged with a mix of herbs and spices,
roasted in the oven, and finally pulled by hand
using the reduction of their cooking juices.

Our cbt chicken breast is prepared by us
with fresh chicken breast, massaged and
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

FROM THE COFFEE COUNTER

Espresso	1,30
Decaffeinated	1,40
Tea - Tisane	3,80
Macchiato	1,30
Marocchino	1,60
Filter coffee 300 ml	4,00
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 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

Coffee affogato with our homemade ice cream	5,00

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

Aperitif & Drink

SMOOTHIES

Pink Velvet 6,50
strawberry, banana
and coconut milkshake

NEW **Choco mint** 6,50
vegan smoothie with oat milk, veg hazelnut
and mint syrup

NEW **Colada shake** 6,50
with milk, pineapple juice and coconut syrupr

Cocco Bello 6,50
milkshake with homemade fiordilatte ice cream,
milk, coconut syrup, and desiccated coconut

Karma Caramel 6,50
milkshake with homemade fiordilatte ice cream,
milk and caramel syrup

Moretto 6,50
milkshake with homemade fiordilatte ice cream,
milk and chocolate syrup

Coppa del Nonno 6,50
milkshake with homemade fiordilatte ice cream,
milk and espresso coffee

Red Alert ! 6,50
with oat milk and red fruits

WINES AND BEERS

	bottle
White wines	
Serese bianco “Cascina Belmonte”	24,00
Naturae bianco “Cascina Belmonte”	24,00
Red wines	
Vedonero rosso “La Via del Colle”	22,00
Ambaradan rosa “La Via del Colle”	20,00
Stramonio rosso “Cascina Belmonte”	27,00
Naturae rebo rosso “Cascina Belmonte”	24,00
Oscillazioni rosa “Cascina Belmonte”	27,00
Orange wines	
Lopi orange “La Via del Colle”	22,00
Ultra bianco “La Via del Colle”	22,00
Cuororo passito “La Via del Colle”	37,00

	glass	bottle
Bubbles		
Prosecco superiore DOCG	6,00	30,00
Ferrari		38,00
Franciacorta		35,00

	small	medium
Heineken, draft beer	3,50	6,00
Ichnusa non filtrata, draft beer	3,50	6,00
Bottled beer 33cl	3,80	

DRINKS AND COCKTAILS

Natural fruit juice (*)	4,50
Tonic water	3,80
Bitter lemon tonic water	3,80
Coca Cola 33 cl	3,80
Ginger Beer	3,80
Antioxidant lemonade	3,90
Detox lemonade	3,90
Red berries lemonade	3,90
Classic lemonade	3,90
Elderflower lemonade	3,90
Ice Tea - lemon	3,90
Ice Tea - peach	3,90
Ice Tea - elderflower	3,90
NEW Ice Tea - raspberry	3,90
Orange juice	5,00
Orange and fresh ginger juice	5,00
Orange and lemon juice	5,00
Grapefruit juice	5,50
Centrifuge	6,50
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

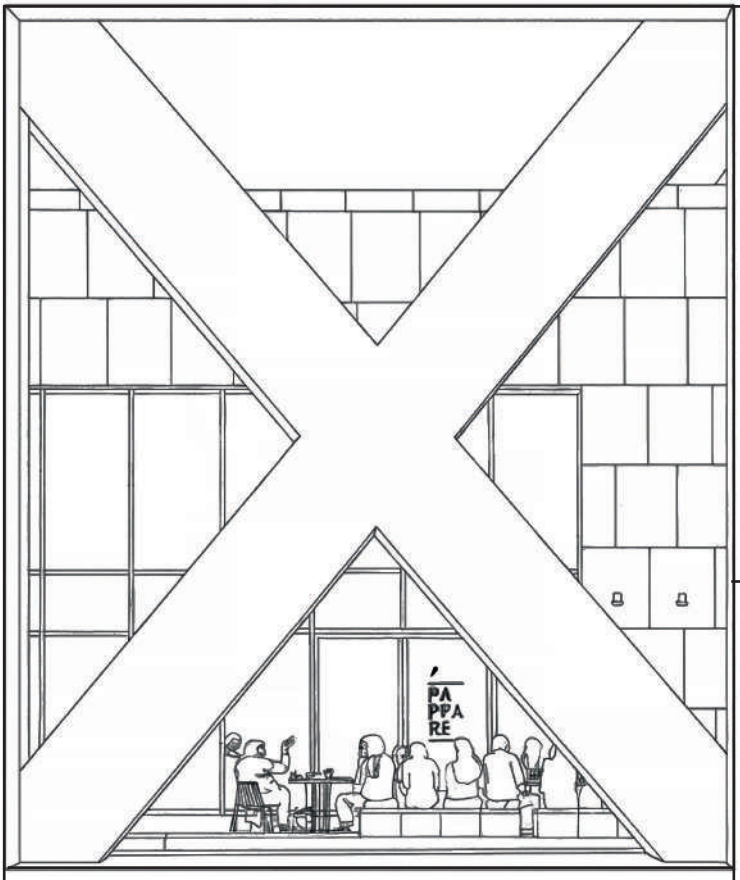
Analcolico	6,00
Americano	8,00
Aperol Spritz	7,00
Campari Spritz	7,00
Rabarbaro Spritz	7,00
Select Spritz	7,00
Spritz Half & Half	7,00
Gin tonic Mare	11,00
Gin tonic Hendrick’s	11,00
Gin tonic Tanqueray	9,00
Hugo	7,00
Vodka tonic	9,00
Gin lemon	9,00
Negroni	8,00
Cuba libre	8,00
Grappa	5,50
Amaro	4,50

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

all prices are expressed in euros

Symbiosis Brunch

Saturdays, Sundays and holidays from 9:00 to 15:00



BRUNCH CLASSICS

[01] **Since Day One** 16,00
our signature club sandwich, stuffed with
artisanal roast beef, cooked at low temperature,
crispy bacon, seasonal salad, sauce remoulade

[02] **Caesar Gourmet** 15,00
crunchy salad with our artisanal
pulled chicken, parmesan flakes,
caesar sauce, croutons and crispy bacon

NEW [03] **Peas & Love** 14,00
homemade lentil and pea protein burger with
fresh spinach, seasoned avocado cream, sun-dried
tomatoes and vegan mayonnaise,

[04] **Over the Top** 14,00
fassona beef burger, melted cheddar cheese,
crispy bacon, fried egg, and salsa rosa

NEW [05] **Pulp Chicken** 15,00
club sandwich filled with our artisanal pulled chicken,
Edamer cheese, homemade pickled cabbage,
crispy bacon and Worcestershire mayo

[06] **Madame Brioche** 12,00
toasted brioche bread, butter, cooked ham,
melted Emmental cheese, and fried egg

OMELETTE

Accompanied by mixed salad and cherry tomatoes

[01] **The Traditional** 10,00
lightly beaten eggs cooked in butter

[02] **Velvet Omelette** 18,00
with smoked salmon, avocado cream,
and thinly sliced fresh tomatoes

NEW [03] **Cheesy Smile** 14,00
with three cheeses: Emmental, Brie and Pecorino

[04] **Deli Style** 12,00
with ham and melted emmenthal cheese

FRENCH TOASTS

All our French Toasts are made with brioche bread
dipped in beaten eggs and browned with butter

[01] **Berry Red** 12,00
Raspberry jam, fresh berries
and dark chocolate chips

[02] **Gold Perdu** 12,00
custard, fresh strawberries, chopped pistachios
and maple syrup

[03] **Smoky Doky** 14,00
smoked salmon, citrusy and dill cream cheese,
sliced fresh avocado

BAGEL BENEDICT

All our poppy seed-crusted butter bagels are served
with a poached egg and homemade hollandaise sauce

[01] **Evergreen** 14,00
smoked salmon, sliced fresh avocado

NEW [02] **B.B.B. Onion** 14,00
avocado cream, caramelized onion,
crispy bacon on a bed of spinach

[03] **Roast Yourself** 14,00
Ou artisanal, spiced roast beef cooked at low
temperature with tomatillo salsa and remoulade sauce

VEGETARIAN VEGAN GLUTEN-CONSCIOUS*

IF YOU HAVE ANY FOOD ALLERGIES OR INTOLERANCES, PLEASE NOTIFY OUR STAFF IN ADVANCE SO WE CAN GUIDE YOU THROUGH THE MENU

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

Symbiosis Brunch

Saturdays, Sundays and holidays from 9:00 to 15:00

EGGS-ON-TOAST

Scrambled or fried eggs
on toasted multigrain sourdough bread
and seeds soaked in yogurt

[01] **The Essential** 9,00
choice of scrambled or fried eggs

[02] **Smoked Nordic** 18,00
eggs of your choice, smoked salmon
and cream cheese

[03] **Mediterranean Bliss** 14,00
eggs of your choice, whipped avocado and
oven-baked citrus-scented cherry tomato confit

[04] **Sea Green** 18,00
eggs of your choice, smoked salmon
and a soft avocado cream

[05] **Crispy Tradition** 12,00
eggs of your choice and crispy bacon

[06] **To Brie or not to Brie** 14,00
eggs of your choice, crispy bacon
and melted Brie cheese

[07] **Sliced Freshness** 15,00
eggs of your choice, sliced fresh avocado
and tomatoes

YOGURT, FRUIT AND CEREALS

Healthy and nutritious

[01] **Pure White** 4,00
yogurt and honey

[02] **Yogurt X** 8,00
yogurt, berry jam, fresh berries,
chocolate chips and
homemade granola

[03] **Hey, Honey!** 8,00
yogurt, honey, fresh seasonal fruit, dehydrated
apricots and homemade granola

[04] **Tutti Frutti** 7,00
seasonal fresh fruit salad

[05] **Tutti Frutti Sundae** 8,00
our artisanal ice cream, flavors of the day
served with fresh seasonal fruit

HOMEMADE WHOLE WHEAT PANCAKES

freshly prepared every day

[01] **The Classic** 9,00
with butter and maple syrup

[02] **Pure Maple** 9,00
the essence of pure maple syrup
on a soft, golden base

[03] **Fruit Sunrise** 12,00
with creamy yogurt, maple syrup,
seasonal fruit, and homemade granola

[04] **Raspberry Velvet** 12,00
with pistachios butter and chopped pistachios,
dark chocolate shavings and fresh raspberries

[05] **Strawberry Delight** 12.00
with hazelnut butter and strawberries

[06] **Cheesecake Style** 12,00
with cream cheese, raspberry compote,
berries, and crunchy crumble

[07] **The Royals** 14,00
with scrambled eggs, crispy bacon, and
the ever-present maple syrup

[08] **Salmon Nordic** 16,00
with smoked salmon, cream cheese,
butter, and maple syrup

[09] **The Seven Mix** 26,00
A tasting of 7 of our best creations

TO SHARE

[01] **Avo-Cuddle** 7,00
avocado guacamole,
served with corn nachos

[02] **Rustic Gold** 5,00
roasted rustic potatoes
with remoulade sauce

[03] **To Share X** 7,00
homemade chickpea hummus
and toasted sourdough bread

[04] **Mama's Bread** 2,00
toasted multigrain sourdough bread
and seeds soaked in yogurt

all prices are expressed in euros