


Wellness Menu

Appetizers

Italian Vegetarian Stuffed Mushrooms

Portobello mushrooms, Parmesan cheese and herbs  **NF**

Or

Zucchini Basic Soup

with yoghurt, zucchini, and fresh basil  **NF**

Entrée

Mushroom Risotto

Low carb mushroom risotto with cauliflower and fresh Parmesan cheese  **NF**

Or

Spaghetti Carbonara

Gluten free spaghetti with turkey bacon, peas and Parmesan cheese **GF - NF**

Desert

Coconut Panna Cotta

with blueberry sauce  **NF**

PRIMI PIATTI

Pasta alla Bolognese

Conchiglioni, ground beef, tomato sauce and fresh grated Parmesan cheese **NF**


Pasta alla Carbonara

Calamarata, with bacon, parsley, creamy sauce, and Parmesan cheese **NF**

Ravioli Di Granchio

Made with lump crab meat, tarragon, spinach, and lobster sauce **NF**

Trottole con Cime di Rapa

Spiral pasta with broccoli spears, olive oil, pine-nuts, and blue cheese sauce 


Conchiglioni allo Scoglio

Shell pasta with shrimp, mussels, scallop, dill, garlic, and lobster sauce **NF**

Lasagna Tradizionale

Beef lasagna with tomatoes, Parmesan cheese, and ricotta cheese **NF**

Cannelloni Ricotta e Spinaci

Stuffed with ricotta cheese, spinach, tomato basil sauce, and béchamel sauce  **NF**



ANTIPASTI

Vitello Tonnato

Thinly sliced veal with tuna crème, caper apples and pine nuts

Antipasto

Prosciutto, truffle salami, mix olives, pecorino pepato, and crostini **NF**

Prosciutto

Arugula, mozzarella balls, cherry tomatoes and melon shooter **GF - NF**

Bruschetta Grigliata

Tomato, bell pepper, basil, onions, and Parmesan cheese **✓NF**

Cesar Salad

Croutons, romaine lettuce, crispy bacon, egg and Parmesan cheese **NF**

ANTIPASTI CALDI

Zuppa Di Gnocchi

Creamy potato dumpling soup, with sausage, thyme and green scallions **NF**

Gazpacho

Cold Tomato soup, with cucumber, bell pepper, olive oil, croûtons, and red onion **NF**

Melanzane Fritte

Fried eggplant and squid rings with tartar sauce **✓NF**

PIATTI PRINCIPALI

Filetto Di Salmone

Spinach, artichoke, olives, capers, and tomato cream sauce **GF - NF**

Tagliata Di Bovino

Tenderloin with mushroom tortelloni and truffle sauce **NF**

Ossobuco Di Vitello

Veal with saffron risotto, and red wine tomato basil sauce **GF - NF**

Bocconcini Di Pollo

Breaded chicken with lemon butter sauce, capers, and parsley **NF**

GF = Gluten free

NF = Nut Free

✓ = Vegetarian

DF = Dairy Free



DESSERTS

Tiramisu with lady fingers and cinnamon **NF**

Coffee and Amaretto Panna Cotta

Almond and chocolate cake topped with vanilla ricotta

Lemon cheesecake with coconut ice cream **NF**

Assorted Ice Cream, vanilla, coconut, chocolate, strawberry, pistachio **GF**

KIDS MENU

Tropical cocktail

Fruit Cocktail

Mega Nuggets

Crispy fried chicken nuggets with a honey mustard sauce

Fried Fish

Breaded fish fillet with French fries

Spaghetti Marinara

Spaghetti in tomato sauce with meatballs

Fillet Mignon

Small beef tenderloin with French fries

Hamburger

Grilled hamburger served with French fries

Ice-cream

Choice of different kinds of ice cream

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