



BISTRÒ

CUCINA
VEGETARIANA

BRUNCH
&
BREAKFAST

In case of allergies to any product,
please notify the dining room staff



WHAT IS ZIGA'S VEGETABLE GARDEN..

**IN FEBRUARY 2021 AT THE HEIGHT OF THE PANDEMIC WE
RENTED A VACANT LOT IN PARONA AND
FOUNDED OUR ASSOCIATION THE GIANICULUM.**

**IN THIS VERY PLACE WE REALISED A
YEARS-LONG DREAM COME TRUE, GIVING BIRTH TO THE
SHARED GARDENS, AN OASIS WHERE AROUND TWENTY PEOPLE
INCLUDING CHILDREN FAMILIES AND YOUNG PEOPLE
CULTIVATE TOGETHER IN A NATURAL WAY.**

**SPECIFICALLY, WE AT ZIGA HAVE DECIDED
TO DEDICATE OUR ENERGIES TO THE CULTIVATION
AND DRYING OF AROMATIC HERBS, BUT OUR AMBITION
REMAINS THAT OF INTEGRATING AND VARYING
OUR SELF-PRODUCTION MORE AND MORE!**

**IN OUR MENU YOU CAN FIND CLEAR REFERENCES
TO DISHES CONTAINING OUR NATURAL AROMATIC HERBS.**



**WITH THE GIANICULUM ASSOCIATION WE ARE INVOLVED
IN SHARED GARDENS, NATURE EVENTS, CULTURAL EVENTS,
CHILDREN'S ACTIVITIES, CAMPUSES AND MUCH MORE.**

**YOU CAN FOLLOW
GIANICULUM AND OUR
GARDENS ON INSTAGRAM:|**

@GIANICULUM



GIANICULUM

BREAKFAST

CENTRIFUGALS

VITAMINIC - 5,90€
carrot, apple, orange, ginger

ANTIOX - 5,90€
pineapple, orange, apple

PINAPOP - 5,90€
blueberry, pineapple, lime, apple

SMOOTHIES & BOWLS

TROPICO - 7.80€
red fruits, strawberry, mango and banana
(optionally, organic cow's or vegetable milk: almond, oat, soy)

ZIGA BLUES - 7,80€
mango, banana, coconut, blue spirulina algae
(optionally, organic cow's or vegetable milk: almond, oat, soy)

 **ACAI BOWL - 10,50€**
Açai, banana, granola, dried fruit, apple juice, fresh fruit

LEAN YOGURT BOWL - 9.60€
Yogurt, granola and fresh fruit

VEGETABLE MILK

CHAI LATTE - Cinnamon and mixed spices - 5€
(optionally, organic cow's or vegetable milk: almond, oat, soy)

MATCHA LATTE- 5€
(optionally, organic cow's or vegetable milk: almond, oat, soy)

BLUES LATTE- 5€
(optionally, organic cow's or vegetable milk: almond, oat, soy)

AROMATIC AQUAROS

CARAFE - €4

GLASS -€1.6

(flavoured with syrups produced by Ziga using aromatic herbs from our garden, in addition, fresh seasonal fruit)


SAVORY

AVOCADO TOAST

AVOCADO TOAST '18 - 12,90€
Multigrain bread, avocado with lime and chives, fried egg, smoked sheep's milk ricotta, pepper.

AVOCADO TOAST POPEYE - 13,90€
Multigrain bread, avocado with lime and chives, fried egg, smoked sheep's milk ricotta, Maricha pepper, sautéed spinach glazed with tahini.

AVOCADO TOAST HALLOUMI - 15,50€
Multigrain bread, avocado with lime and chives, grilled halloumi cheese, confit cherry tomatoes and drops of honey.

 **AVOCADO TOAST VEGAN - 14,90€**
Multigrain bread, avocado and chives, scrambled tofu curry, strips of planted based vegan chicken, fresh raspberries and homemade teriyaki sauce.

EGGS & BREAD

-SCRAMBLED OR POACHED EGGS - €11.40

 **-SCRAMBLED TOFU (VEGANO) - 11,40€**

+CHEESE/VEG CHEESE - €2.50

+AVOCADO - €2,5

+VEGETABLES - €2

+CRISPY CHICKPEAS- €2

+POTATOES - €2

SWEET

BRIOCHEs - €1.90

OUR CAKES - €5.5/€6.50

CHIA PUDDING - €5

BREAD AND JAM - €4.50

(red fruits, bitter oranges, apricot)

+butter - €0.50

COFFEE

COFFEE - €1.30

CAPPUCCINO - €1.70

LATTE MACCHIATO - €2.20

(optionally, organic cow's or vegetable milk: almond, oat, soy)



STANDARD BRUNCH!

€26,00

ENTRANCE

YOGURT MAGRO o CHIA PUDDING

CENTRIFUGALS

VITAMINIC carrot, apple, orange, ginger

ANTIOX pineapple, orange, apple

PINAPOP blueberry, pineapple, lime, apple

AVOCADO TOAST

AVOCADO TOAST '18

MULTIGRAIN BREAD, AVOCADO WITH LIME AND CHIVES, FRIED EGG,
SMOKED RICOTTA AND MARICHA PEPPER.

AVOCADO TOAST POPEYE

MULTIGRAIN BREAD, AVOCADO WITH LIME AND CHIVES, EGG, SMOKED RICOTTA, MARICHA PEPPER,
SAUTÉED SPINACH AND GLAZED WITH TAHINI.

AVOCADO TOAST HALLOUMI *NEW*

MULTIGRAIN BREAD, GUACAMOLE WITH LIME AND CHIVES, GRILLED HALLOUMI CHEESE,
CONFIT CHERRY TOMATOES AND DROPS OF HONEY.

AVOCADO TOAST VEGAN *NEW*

MULTIGRAIN BREAD, AVOCADO AND CHIVES, SCRAMBLED TOFU CURRY,
STRIPS OF PLANTED BASED VEGAN CHICKEN, FRESH RASPBERRIES AND HOMEMADE TERIYAKI SAUCE.

DISHES

EGGS & BREAD & CHEESE & AVOCADO

SCRAMBLED EGGS, CHEESE, BREAD AND AVOCADO.

BALANCED PLATE

CEREAL OF THE DAY, VEG MEATBALL, MIXED VEGETABLES AND HOMEMADE SAUCE.

MEDITERRANEAN POUCH EGG

ORGANIC EGG POACHED WITH BUFFALO MOZZARELLA, CHERRY TOMATO STEW AND OREGANO,
SERVED WITH TOASTED APULIAN BREAD WITH HERBS FROM THE ZIGA GARDEN.

CAKES

OF YOUR CHOICE

COFFEE OR CHAI LATTE

MASTER BRUNCH!

€29,00

ENTRANCE

YOGURT MAGRO o CHIA PUDDING

CENTRIFUGALS

VITAMINIC carrot, apple, orange, ginger

ANTIOX pineapple, orange, apple

PINAPOP blueberry, pineapple, lime, apple

DISHES



ARABIC BREAD, CARAMELIZED ONION, VEGAN KEBAB (PLANT BASED), VEG CHEESE, VEG MAYO, MARINATED PURPLE CABBAGE AND SALAD.

club sandwich thymus

MULTIGRAIN BREAD, COURGETTES SEASONED WITH AROMATIC HERBS FROM OUR GARDEN, BUFFALO MOZZARELLA FROM CAMPANIA, CARAMELIZED ONION, SCRAMBLED EGGS AND ROCKET + VEG BEETROOT SAUCE, CHOPPED PISTACHIOS, PUFFED RICE AND HERBS FROM THE GARDEN.

burger

DRAGON BURGER

BREAD WITH ANCIENT FLOURS, BURGER (PLANT BASED), CARAMELIZED ONION, AVOCADO, HALLOUMI CHEESE, ROCKET AND VEG MAYO WITH WASABI OR RED TURNIP.



BURGER VALE VEGAN

BREAD WITH ANCIENT FLOURS, CHICKEN BURGER, CARAMELIZED ONION, VEG CHEESE, PURPLE CABBAGE COLESLAW, SALAD AND VEG MAYO WITH WASABI OR RED TURNIP.

HELICHRISUS BURGER

BREAD WITH ANCIENT FLOURS, VEG BURGERS (PLANT BASED), COURGETTES SEASONED WITH OUR GARDEN HERBS, BUFFALO MOZZARELLA AND VEG MAYO.

CAKES

OF YOUR CHOICE

COFFEE OR CHAI LATTE



COVER CHARGE:
LUNCH 1,5 Euro
DINNER 2,5 Euro

ALLERGEN LEGEND

- A) CEREALS containing gluten such as wheat, rye, barley, oats, spelled, camut and their derived strains and derived products
- B) CRUSTACEANS and shellfish-based products
- C) EGGS and egg products
- D) FISH and fish-based products
- E) PEANUTS and peanut-based products
- F) SOYA and soy-based products
- G) MILK and milk-based products (including lactose)
- H) NUTS such as almonds, hazelnuts, walnuts, pistachios and their products
- I) CELERY and celery-based products
- L) MUSTARD and mustard-based products
- M) SESAME SEEDS and products based on sesame seeds
- N) SULFUR DIOXIDE AND SULPHITES
in concentrations higher than 10 mg / kg or 10 mg / liter in terms of total sulfur dioxide
- O) LUPINS and lupine-based products
- P) MOLLUSCS and mollusc-based products

FOR DISH ALLERGENS SWEET / SAVORY OF THE DAY ASK AT THE COUNTER

Some raw materials can be frozen at the origin or frozen on site using a rapid blast chiller.

We are not a Gluten-Free restaurant and cannot guarantee that cross-contamination will never occur.

For more information, contact the dining room staff.

For any information on the presence of substances that can cause allergies and intolerances, you can consult the appropriate documentation that will be provided by the staff on duty.



REMEMBER
TO BOOK
YOUR TABLE

ALWAYS AVAILABLE
TAKE AWAY AND DELIVERY

DOWNLOAD
OUR APP



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