



LUNCH

**From 11:00 to 15:30
Every day**

**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

LUNCH

ENTRÉE

ZIGOTTI - € 4,60

Panzerotto with tomato, mozzarella and parmesan

VEG MEATBALLS WITH HOMEMADE SAUCE - €6.50

4 vegetarian meatballs with homemade mayo

GUACAMOLE - € 7,80

With croutons and Nachos

MEDITERRANEAN POUCH EGG - €10.50

Organic egg poached with buffalo mozzarella, cherry tomato stew and oregano,

Served with toasted bread

POTATOES - €6

con vegan mayo homemade

BAKED POTATOES WITH VERONESE CHEESE - €7

With mayo veg homemade

FIRST

BALANCED PLATE - 13.90€

Cereal of the day, veg meatball, mixed vegetables and homemade sauce.

WOK - 12,90€

Soy spaghetti sautéed with soy sauce and seasonal vegetables.

PASTA- 12,50€

With sauce of the day.

BURGER

+ EGG
€ 2.00

DRAGONCELLO BURGER - €16.90

Bread with ancient flours, burger (Plant Based), caramelized onion, avocado, halloumi cheese, rocket and veg mayo with wasabi or red turnip.

BURGER VALE VEGAN - €16

Bread with ancient flours, chicken burger, caramelized onion, veg cheese, purple cabbage coleslaw, salad and veg mayo with wasabi or red turnip.

ELICRISO BURGER - €16.50

Bread with ancient flours, veg burgers (Plant Based), courgettes seasoned with our garden herbs, buffalo mozzarella and veg mayo.

AVOCADOTOAST & SANDWICH

ZIGABAB - 13,50€

Arabic bread, caramelized onion, vegan kebab (Plant Based), veg cheese, veg mayo, marinated purple cabbage and salad

CLUB SANDWICH THYMUS - 15,90€

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 and herbs from the garden

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, vegan chicken strips, fresh raspberries and teriyaki sauce.

MATRIOSCA BOWL - 14,90€

BASE:

- MIXED MIX
- CEREAL OF THE DAY

SEASONING 4 CHOICES:

- VEGAN CHICKEN
- GUACAMOLE
- CARAMELIZED ONION
- CRISPY CHICKPEAS AND PAPRIKA
- TOMATO
- COOKED SPINACH WITH TAHINA
- HALLOUMI CHEESE
- BUFFALO MOZZARELLA
- SMOKED TOFU
- EDAMAME

TO DRINK

CENTRIFUGALS

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

ANTIOX - 5,90€
pineapple, orange, apple

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

SHAKES

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)

KOMBUCHA

Considered an "elixir of long life" for the beneficial action it has on the body. It is a fermented tea-based drink, its origins date back to 250 BC FROM THE YOUNG AND VERONESE COMPANY:
"LEGEND KOMBUCHA"

ASK - 5,50€

GINGER - 5.50€

STRAWBERRY - 5.50€

MINT MATE - 5,50€
Erba Mate, Vegan, low calories, gluten free

HOMEMADE BEERS

BIRRA D'ARIA 0,50cl - 7,50€
Water extracted directly from the humidity of the air is used to produce a beer with machinery powered by renewable energy.

GUERRILLA (CRACK BREWERY) 40cl - 6.90€
IPA with tropical aroma of mango, pineapple. Balanced bitterness, medium body. In the finish, citrus and resinous aroma. 5.8%

AFTER SAUNA (BIRRIFICIO CRACK) 40cl - 6,90€
ITALIAN PILSNER is a delicate beer inspired by German Pilsner, which smells of citrus fruits, hay, cereals and bread. Slim body, moderate bitterness. 5.2%

MUNDAKA (BIRRIFICIO CRACK) 40cl - 6,90€
A very drinkable beer. Clear, slim, very fragrant, with a dry and delicately bitter finish. American hops bring back a wave of aromas reminiscent of mandarin, mango, apricot, pineapple, grapefruit and cedar.

AYINGER (BIRRIFICIO PRIVATBRAUEREI) 50cl - 6,50€
Lager Hell dal leggero sentore di malto, gusto particolarmente pieno e carattere morbido

AWANAGANA - 5,50€
(SMALL ILLEGAL BREWERY) 33cl Eurotropical Pale Ale 5% GLuten Free

AROMATIC AQUAROS

CARAFE - €4

GLASS -€1.6

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

DRINKS

MOLECOLA- €4.50

Italian Artisan Cola (Turin)

MOLECOLA ZERO - €4.50

Italian Artisan Cola (Turin)

CHINOTTO/CEDRATA - €5

Tomarchio (Sicily)

COFFEE

COFFEE - €1.30

CAPPUCCINO - €1.70

LATTE MACCHIATO - €2.20

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





BISTRÒ

CUCINA
VEGETARIANA

NATURAL WINE LIST

WINES BY THE GLASS



BUBBLES

LA ROVESCIATA (glera)
4,5 - 25€
Corte de Pieri, 2020 €6,50
Lonigo, Vicenza

CREMANT DU JURA BRUT ZÉRO
(Chardonnay, Savagnin)
8 - 35€
Champ Divin, 2021
Gevingey, Jura

REDS AND ROSÈ

QUARETTE (Corvina, Corvinone, Rondinella)
4 - 24€
Antica Valpolicella, 2018
Fumane, Verona

SBOCCIO (Tai rosso)
5 - 27€
Corte de Pieri, 2020
Lonigo, Vicenza

WHITES AND MACERTED

RETSINA TRADIZIONALE
(Assyrtiko, Roditis)
4 - 25€
Kamara Wines, 2021
Thessaloniki, Grecia

GIANDON (Malvasia macerata)
4 - 24€
Il Farneto, 2021
Tressano di Castellarano,
Reggio Emilia

BIANCO RUGOLI (Garganega)
5 - 30€
Davide Spillare, 2021
Gambellara, Vicenza

SWEET WINES

VINO COTTO (Malvasia, Montepulciano)
6€
Podere San Biagio
Teramo, Abruzzo

A typical product of the Marche and Abruzzo regions in which the must is cooked on a copper pot, then fresh must is added for slow fermentation. It may be reminiscent in flavour of the more famous passito wine.





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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