AUTUMN MENU
LUNCH

1 - MADE WITH LOVE

Wild Mediterranean Bowl FIBER BOOST — 13,5
Whole quinoa, azuki beans, beluga lentils, pumpkin, radicchio, cauliflower, miso sauce, pomegranate, chopped walnuts, protein ragù

Hummus e Verdure Arrosto PROTEIN BOOST — 12,5
Chickpea hummus, roasted vegetable mix, sesame, paprika and warm bread

Protein Autumn Salad HEALTHY — 13,5
Baby spinach, scrambled veg, radicchio, apple, pumpkin, bread croutons, tahini, toasted almonds

Uao Burger BEST SELLER — 12,5
Giardì legume burger patty, hemp flour bun, barbecue sauce, plant-based cheese, lettuce and sautéed purple cabbage with roasted potatoes and vegan mayo

Oh My Sandwich! BEST SELLER — 13,5
Homestyle bread, plant-based cheese, protein ragù, roasted mushrooms, mustard, sweet and sour onion and lettuce with roasted potatoes and vegan mayo

Pump&Brock HEALTHY — 12
Pumpkin velouté with cauliflower, coconut milk and whole quinoa, azuki bean and beluga lentil mix

Weekly Chef's Specials–
Special recipes, every week

2 - ALL DAY LONG WE SNACK

Not Avocado Toast BEST SELLER — 8,5
Toasted bread, pea guacamole, roasted mushrooms, tomatoes and peanuts

Green Explosion — 8,5
Toasted bread, beetroot hummus, roasted vegetable mix, sesame seeds

Veg Protein Toast PROTEIN BOOST — 8,5
Toasted bread, scrambled vEgg, spinach and chives

Honestly Good — 7
Toasted bread with Giardì peanut and cocoa cream, banana and toasted peanuts

PBJ *Peanut Butter Jam* PROTEIN BOOST — 7,5
Toasted bread, 100% Giardì peanut butter, red berry compote, banana, dark chocolate shavings

3 - TO SHARE OR NOT TO SHARE?

Patate arrosto with rosemary and veg mayo — 5,5
Focaccia extra virgin olive oil and rosemary — 3,5
Hummus, Tahini, lemon, paprika and warm bread — 5,5
Mondegreen: PROTEIN BOOST — 5,5
Legume patties, broccoli and potato with herb mayo
Kale boost: FIBER BOOST — 6,5
Kale, pomegranate, crispy onion, pineapple chutney
Roasted Veg: HEALTHY — 5,5
Roasted vegetable mix, sesame seeds and extra virgin olive oil
Potato Salad: FIBER BOOST — 6,5
Sweet potato, kimchi, romesco sauce, toasted sesame, chives
Warm Bread — 1,5
GF Bread — 2

4 - SWEET CORNER

Plumcake — 4
Banana and chocolate with Giardì peanut and cocoa cream
Brownie — 4
Chocolate and chickpea with pistachio cream
Carrot cake — 4
Giardì hazelnut and cocoa cream and toasted hazelnuts

5 - DRINKS

Water 500 ml (Still - Sparkling) — 2
Pils Beer 330 ml — 6
Pale Ale Beer 330 ml — 6
Double Ipa Beer 330 ml — 6,5
Molecola — 3,5
Molecola zero — 3,5

6 - COLD PRESSED JUICES — 6,5

Detox Orange, grapefruit, ginger, lemon
Chill Apple, cucumber, lemon, ginger
Red Passion Beetroot, orange, apple, ginger

7 - HOT HOT HOT! — 4,5

Hot Protein Milk Oat milk, peanut butter, cocoa and cinnamon
Hot chocolate

GIARDÍ

AUTUMN MENU
BREAKFAST

Breakfast & coffee until 11:30 am

1 - SAVORY BREAKFAST

Uao Burger BEST SELLER 12,5
Giardì legume burger patty, hemp flour bun, barbecue sauce, plant-based cheese and lettuce and sautéed purple cabbage with roasted potatoes and vegan mayo *+ with GF bread + 1 €*

Oh My Sandwich! BEST SELLER 13,5
Homestyle bread, plant-based cheese, protein ragù, roasted mushrooms, mustard, sweet and sour onion and lettuce with roasted potatoes and vegan mayo

Hummus e Verdure Arrosto PROTEIN BOOST 12,5
Seasonal roasted vegetable mix, sesame, paprika and warm bread *+ with GF bread + 1 €*

Not Avocado Toast BEST SELLER 8,5
Toasted bread, pea guacamole, roasted mushrooms, tomatoes and peanuts

Green Explosion 8,5
Toasted bread, beetroot hummus, roasted vegetable mix, sesame seeds

Veg Protein Toast 8,5
Toasted bread, scrambled vEgg, spinach and chives

5 - BRUNCH FORMULA

Open Toast of your choice
Choose your favorite toast

Side of your choice
Choose your favorite side

Coffee of your choice
Choose your favorite coffee

Sweet of your choice
Choose your favorite sweet

Juice of your choice
Choose your favorite juice

24 €
Every day until 1:30 pm

2 - SWEET BREAKFAST

Honestly Good Toasted bread, Giardì peanut and cocoa cream, banana and toasted peanuts 7,5

PBJ *Peanut Butter Jam* PROTEIN BOOST 7,5
Toasted bread, 100% Giardì peanut butter, red berry compote, banana, dark chocolate shavings

Granola Homemade 6,5
Plant-based yogurt, Giardì granola, banana and red berries

Pancakes homemade 12,5
Homemade pancakes, banana, red berries, maple syrup, cocoa and lots of love

Sweet Corner

Plumcake 4
Banana and chocolate with Giardì peanut and cocoa cream

Brownie
Chocolate and chickpea with pistachio cream 4

Carrot cake 4
Giardì hazelnut and cocoa cream and toasted hazelnuts

3 - COLD PRESSED JUICES 6,5

Detox Orange, grapefruit, ginger, lemon

Chill Apple, cucumber, lemon, ginger

Red Passion Beetroot, orange, apple, ginger

4 - HOT HOT HOT! 4,5

Hot Protein Milk
Oat milk, peanut butter, cocoa and cinnamon

Hot chocolate

6 - COFFEE AND MATCHA

Hot Matcha	4	Matcha Milk	4,5
Matcha Cappuccino	4,5	Iced Matcha	4
Coffee	1,5	Decaffeinated coffee	
Barley Coffee	1,5	Cappuccino	2,5
Iced Latte	2,5	Iced Americano	2,5
Americano	2,5	Hot Tea	2,5

GIARDÍ

do you have allergies or intolerances? let us know
our ingredients may have been frozen at origin to ensure the best possible quality. You can find all allergen information in our allergen register. All our products are plant-based; during processing or production at our partners, we cannot exclude cross-contamination with ingredients of animal origin.