1 — BREAKFAST & SWEET.

Power Granola BEST SELLER **5,9€**
Granola, yogurt vegetale, crema di arachidi Giardì, cioccolato fondente

Giardì Classic Granola **4,9€**
Granola al cacao, yogurt vegetale, banana, mirtilli freschi

2 — TO SHARE.

Patate Arrosto BEST SELLER **4,9€**
Al rosmarino e olio evo

Purple Hummus PROTEIN BOOST **5,9€**
Rapa rossa, ceci, tahina, olio evo, limone, paprika

Mondegreen **5,9€**
I nostri veg mondeghili con patate, broccoli e tzatziki

Power Boost Salad HEALTHY **4,9€**
Kale, ceci, cipolla crunchy, chutney di ananas

3 — COLD PRESSED

Chill HEALTHY **6,9€**
Cetriolo, mela, limone, zenzero

Detox HEALTHY **6,9€**
Arance, limone, zenzero

Red Passion **6,9€**
Barbabietola, arancia, mela e zenzero

4 — SANDWICH & STREET

Oh My Sandwich! BEST SELLER **9,9€**
Pane casereccio, protein ragù, funghi arrosto, veg cheese, senape, cipolla agrodolce, insalata

UAO Burger **8,9€**
Bun, burger patty di legumi, salsa bbq, veg cheese, insalata, cavolo viola

Ke-Wrap **7,9€**
Tortilla acqua e farina, cavolo viola, ragù di legumi, kale e tzatziki

5 — MARKET BOWLS.

Wild Mediterranean Bowl BEST SELLER **11,9€**
Quinoa integrale, fagioli azuki, lenticchie beluga, zucca, radicchio, cavolfiore, salsa miso, melograna, noci tritate, protein ragù

Protein Caesar Crunchy PROTEIN BOOST **11,9€**
Mix insalata, not-ggets, ceci, tahina, pane crunchy, arachidi tostati

6 — PIATTI CALDI

Purple Hummus & Roasted Veg **11,9€**
Hummus di rapa rossa e tahina, mix verdure arrosto, paprika

Green Balls **10,9€**
Mondegreen, tzatziki, cavolo kale, chutney di ananas, zucca arrosto

Thai Bowl **11,9€**
Riso integrale, Protein Bites Planted, edamame, zucca, radicchio, kale, salsa bbq, salsa miso, sesamo

Gnocchi al Forno **10,9€**
Crema di zucca, salsiccia veg, radicchio e granella di mandorle

7 — MAKE YOUR OWN SALAD. 12,9€

SCEGLI 2 **BASI**
- Kale
- Mix insalata
- Quinoa
- Riso integrale

SCEGLI 3 **VERDURE**
- Zucca
- Radicchio
- Cavolo viola
- Cavolfiore

SCEGLI 2 **PROTEINE & LEGUMI**
- Not-ggets
- Mix legumi (ceci, azuki, beluga)
- Edamame
- Protein bites
- Hummus
- Mondegreen

SCEGLI 1 **DRESSING**
- Tahina
- Tzatziki
- Chutney ananas
- Salsa Miso

SCEGLI 1 **CRISPY**
- Cipolla crunchy
- Arachidi tostati
- Semi di sesamo
- Granella di mandorle

Il week end scopri la formula brunch

Tutti i prodotti sono di origine vegetale
Allergeni e valori nutrizionali disponibili al banco su richiesta

GIARDÍ

1 — BREAKFAST & SWEET.

Power Granola BEST SELLER **5,9€**
Granola, yogurt vegetale, crema di arachidi Giardì, cioccolato fondente

Giardì Classic Granola **4,9€**
Granola al cacao, yogurt vegetale, banana, mirtilli freschi

2 — TO SHARE.

Patate Arrosto BEST SELLER **4,9€**
Al rosmarino e olio evo

Purple Hummus PROTEIN BOOST **5,9€**
Rapa rossa, ceci, tahina, olio evo, limone, paprika

Mondegreen **5,9€**
I nostri veg mondeghili con patate, broccoli e tzatziki

Power Boost Salad HEALTHY **4,9€**
Kale, ceci, cipolla crunchy, chutney di ananas

3 — COLD PRESSED

Chill HEALTHY **6,9€**
Cetriolo, mela, limone, zenzero

Detox HEALTHY **6,9€**
Arance, limone, zenzero

Red Passion **6,9€**
Barbabietola, arancia, mela e zenzero

4 — SANDWICH & STREET

Oh My Sandwich! BEST SELLER **9,9€**
Pane casereccio, protein ragù, funghi arrosto, veg cheese, senape, cipolla agrodolce, insalata

UAO Burger **8,9€**
Bun, burger patty di legumi, salsa bbq, veg cheese, insalata, cavolo viola

Ke-Wrap **7,9€**
Tortilla acqua e farina, cavolo viola, ragù di legumi, kale e tzatziki

5 — MARKET BOWLS.

Wild Mediterranean Bowl BEST SELLER **11,9€**
Quinoa integrale, fagioli azuki, lenticchie beluga, zucca, radicchio, cavolfiore, salsa miso, melograna, noci tritate, protein ragù

Protein Caesar Crunchy PROTEIN BOOST **11,9€**
Mix insalata, not-ggets, ceci, tahina, pane crunchy, arachidi tostati

6 — PIATTI CALDI

Purple Hummus & Roasted Veg **11,9€**
Hummus di rapa rossa e tahina, mix verdure arrosto, paprika

Green Balls **10,9€**
Mondegreen, tzatziki, cavolo kale, chutney di ananas, zucca arrosto

Thai Bowl **11,9€**
Riso integrale, Protein Bites Planted, edamame, zucca, radicchio, kale, salsa bbq, salsa miso, sesamo

Gnocchi al Forno **10,9€**
Crema di zucca, salsiccia veg, radicchio e granella di mandorle

7 — MAKE YOUR OWN SALAD. 12,9€

SCEGLI 2 **BASI**
- Kale
- Mix insalata
- Quinoa
- Riso integrale

SCEGLI 3 **VERDURE**
- Zucca
- Radicchio
- Cavolo viola
- Cavolfiore

SCEGLI 2 **PROTEINE & LEGUMI**
- Not-ggets
- Mix legumi (ceci, azuki, beluga)
- Edamame
- Protein bites
- Hummus
- Mondegreen

SCEGLI 1 **DRESSING**
- Tahina
- Tzatziki
- Chutney ananas
- Salsa Miso

SCEGLI 1 **CRISPY**
- Cipolla crunchy
- Arachidi tostati
- Semi di sesamo
- Granella di mandorle

Il week end scopri la formula brunch

Tutti i prodotti sono di origine vegetale
Allergeni e valori nutrizionali disponibili al banco su richiesta

GIARDÍ

1 — BREAKFAST & SWEET.

Power Granola BEST SELLER **5,9€**
Granola, plant-based yogurt, Giardì peanut cream, dark chocolate

Giardì Classic Granola **4,9€**
Cocoa granola, plant-based yogurt, banana, fresh blueberries

2 — TO SHARE.

Patate Arrosto BEST SELLER **4,9€**
With rosemary and extra virgin olive oil

Purple Hummus PROTEIN BOOST **5,9€**
Beetroot, chickpeas, tahini, extra virgin olive oil, lemon, paprika

Mondegreen **5,9€**
Our plant-based mondeghili with potato, broccoli and tzatziki

Power Boost Salad HEALTHY **4,9€**
Kale, chickpeas, crispy onion, pineapple chutney

3 — COLD PRESSED

Chill HEALTHY **6,9€**
Cetriolo, mela, limone, zenzero

Detox HEALTHY **6,9€**
Orange, lemon, ginger

Red Passion **6,9€**
Beetroot, orange, apple and ginger

4 — SANDWICH & STREET

Oh My Sandwich! BEST SELLER **9,9€**
Homestyle bread, protein ragù, roasted mushrooms, veg cheese, mustard, sweet and sour onion, lettuce

UAO Burger **8,9€**
Bun, legume burger patty, bbq sauce, veg cheese, lettuce, purple cabbage

Ke-Wrap **7,9€**
Water and flour tortilla, purple cabbage, legume ragù, kale and tzatziki

Discover the weekend brunch option

5 — MARKET BOWLS.

Wild Mediterranean Bowl BEST SELLER **11,9€**
Whole quinoa, azuki beans, beluga lentils, pumpkin, radicchio, cauliflower, miso sauce, pomegranate, chopped walnuts, protein ragù

Protein Caesar Crunchy PROTEIN BOOST **11,9€**
Mixed salad, not-ggets, chickpeas, tahini, crunchy bread, toasted peanuts

6 — PIATTI CALDI

Purple Hummus & Roasted Veg **11,9€**
Beetroot hummus and tahini,roasted vegetable mix, paprika

Green Balls **10,9€**
Mondegreen, tzatziki, kale, pineapple chutney, roasted pumpkin

Thai Bowl **11,9€**
Brown rice, Protein Bites Planted, edamame, pumpkin, radicchio, kale, bbq sauce, miso sauce, sesame

Gnocchi al Forno **10,9€**
Pumpkin cream, plant-based sausage, radicchio and almond crumble

7 — MAKE YOUR OWN SALAD. 12,9€

CHOOSE 2 **BASE**
- Kale
- Mixed salad
- Quinoa
- Brown rice

CHOOSE 3 **VEGETABLES**
- Pumpkin
- Radicchio
- Red cabbage
- Cauliflower

CHOOSE 2 **PROTEIN & LEGUMES**
- Not-ggets
- Legume mix (chickpeas, azuki, beluga)
- Edamame
- Protein bites
- Hummus
- Mondegreen

CHOOSE 1 **DRESSING**
- Tahini
- Tzatziki
- Pineapple chutney
- Miso sauce

CHOOSE 1 **CRISPY**
- Crispy onion
- Toasted peanuts
- Sesame seeds
- Almond flakes

Tutti i prodotti sono di origine vegetale
Allergeni e valori nutrizionali disponibili al banco su richiesta

GIARDÍ

1 — BREAKFAST & SWEET.

Power Granola BEST SELLER **5,9€**
Granola, plant-based yogurt, Giardì peanut cream, dark chocolate

Giardì Classic Granola **4,9€**
Cocoa granola, plant-based yogurt, banana, fresh blueberries

2 — TO SHARE.

Patate Arrosto BEST SELLER **4,9€**
With rosemary and extra virgin olive oil

Purple Hummus PROTEIN BOOST **5,9€**
Beetroot, chickpeas, tahini, extra virgin olive oil, lemon, paprika

Mondegreen **5,9€**
Our plant-based mondeghili with potato, broccoli and tzatziki

Power Boost Salad HEALTHY **4,9€**
Kale, chickpeas, crispy onion, pineapple chutney

3 — COLD PRESSED

Chill HEALTHY **6,9€**
Cetriolo, mela, limone, zenzero

Detox HEALTHY **6,9€**
Orange, lemon, ginger

Red Passion **6,9€**
Beetroot, orange, apple and ginger

4 — SANDWICH & STREET

Oh My Sandwich! BEST SELLER **9,9€**
Homestyle bread, protein ragù, roasted mushrooms, veg cheese, mustard, sweet and sour onion, lettuce

UAO Burger **8,9€**
Bun, legume burger patty, bbq sauce, veg cheese, lettuce, purple cabbage

Ke-Wrap **7,9€**
Water and flour tortilla, purple cabbage, legume ragù, kale and tzatziki

Discover the weekend brunch option

5 — MARKET BOWLS.

Wild Mediterranean Bowl BEST SELLER **11,9€**
Whole quinoa, azuki beans, beluga lentils, pumpkin, radicchio, cauliflower, miso sauce, pomegranate, chopped walnuts, protein ragù

Protein Caesar Crunchy PROTEIN BOOST **11,9€**
Mixed salad, not-ggets, chickpeas, tahini, crunchy bread, toasted peanuts

6 — PIATTI CALDI

Purple Hummus & Roasted Veg **11,9€**
Beetroot hummus and tahini,roasted vegetable mix, paprika

Green Balls **10,9€**
Mondegreen, tzatziki, kale, pineapple chutney, roasted pumpkin

Thai Bowl **11,9€**
Brown rice, Protein Bites Planted, edamame, pumpkin, radicchio, kale, bbq sauce, miso sauce, sesame

Gnocchi al Forno **10,9€**
Pumpkin cream, plant-based sausage, radicchio and almond crumble

7 — MAKE YOUR OWN SALAD. 12,9€

CHOOSE 2 **BASE**
- Kale
- Mixed salad
- Quinoa
- Brown rice

CHOOSE 3 **VEGETABLES**
- Pumpkin
- Radicchio
- Red cabbage
- Cauliflower

CHOOSE 2 **PROTEIN & LEGUMES**
- Not-ggets
- Legume mix (chickpeas, azuki, beluga)
- Edamame
- Protein bites
- Hummus
- Mondegreen

CHOOSE 1 **DRESSING**
- Tahini
- Tzatziki
- Pineapple chutney
- Miso sauce

CHOOSE 1 **CRISPY**
- Crispy onion
- Toasted peanuts
- Sesame seeds
- Almond flakes

Tutti i prodotti sono di origine vegetale
Allergeni e valori nutrizionali disponibili al banco su richiesta

GIARDÍ