



À la carte menu

BOOST STARTER

RUBY GARDEN - MIXED BERRIES, CRUNCHY FENNEL PETALS AND VIOLETS, LAFONTE EVO OIL

A treasure of antioxidant bioactive compounds: anthocyanins and vitamin C, enhanced by the antioxidant polyphenols and oleic acid of EVO oil.



14,50 euro

Ideal with our Radiant Bloom Elixir

TIMELESS ROSE - BEETROOT ROSE, BLUEBERRY REDUCTION, HAZELNUT AND CAPER PESTO, SPIRULINA PEARLS AND CRUNCHY FENNEL, LAFONTE EVO OIL

A concentrate of antioxidants and nutrients that protect cells, reduce inflammation and support the heart. The synergy between betalains, anthocyanins and omega-3 promotes anti-ageing effects, energy and vitality



12,50 euro

Ideal with our Spiced Ray Elixir

CRYSTAL FLOWERS - CRUNCHY FENNEL PETALS, SICILIAN ORANGES AND POMEGRANATE SEEDS, ORGANIC CABIANCA EVO OIL

The detox action of fennel works in synergy with the vitamin C of oranges, enhancing the antioxidant effect of anthocyanins and ellagitannins, phenolic compounds present in pomegranate.



10,00 euro

Ideal with our Lavender Essence Elixir

GOLDEN HARMONY - PUMPKIN FLAN, KALE IN DOUBLE TEXTURE, LICORICE AND MANDARIN NOTES, VARGNANO EVO OIL

The high-quality proteins of the egg combine with pumpkin and mandarin, rich in beta-carotene and vitamin C—antioxidants that support the immune system and enhance iron absorption from spinach. The synergy with licorice promotes digestion.



13,50 euro

Ideal with our Lavender Essence Elixir



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MIDDLE COURSES

PUMPKIN PENTAGRAM - PUMPKIN CANNELLONI IN TURMERIC OSMOSIS WITH RED PRAWNS FROM MAZARA DEL VALLO, STIFFONTE EVO OIL

Pumpkin, rich in beta-carotene, supports vision and skin; EVO oil enhances its absorption and antioxidant action. Prawns, a source of protein, collagen and omega-3, promote cardiovascular health.

◆ - ALLERGENS: B, I

16,00 euro

Ideal with our Golden Glow Elixir

BLACK IN BLOOM - VENERE BLACK RICE AND BROCCOLI IN TWO TEXTURES, ROSE PETALS, GOJI BERRIES, ORGANIC PANDESCO EVO OIL

Venerè rice and broccoli provide fibre, anthocyanins and vitamins, while goji berries and EVO oil add antioxidants and healthy fats. Rose petals complete the synergy, supporting vitality and longevity.

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13,00 euro

Ideal with our Spiced Ray Elixir

GREEN AND GOLD PEARLS - CELERIAC WITH BROCCOLI CREAM, MANDARIN GEL AND BLACK OLIVE POWDER, STIFFONTE EVO OIL

Protective, anti-inflammatory and detox properties come from celeriac and broccoli, rich in sulforaphane and indoles. Mandarin boosts immunity, and its synergy with EVO oil supports cellular longevity.

◆ ◆ - ALLERGENS: I

14,00 euro

Ideal with our Purple Goddess Elixir

RED PRAWN BONBON - RED PRAWN FROM MAZARA DEL VALLO ON ITS BISQUE SCENTED WITH CARDAMOM, SAFFRON AND PRAWN POWDER, LAFONTE EVO OIL

Shrimp are a source of high-quality proteins and omega-3, allies of the heart and cognitive functions. In synergy with saffron's antioxidants, it supports skin beauty and contributes to cellular wellbeing and vitality.

◆ - ALLERGENS: B, I

15,00 euro

Ideal with our Lavender Essence Elixir

SEASONAL VELVET SOUPS - CREAMY SOUPS OF FRESH VEGETABLES

A concentrate of micronutrients and antioxidants, designed to nourish the body and support cellular wellbeing.

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14,00 euro

Ideal with our Purple Goddess Elixir



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MAIN COURSES

LIVING EARTH - FONDANT CELERIAC, CHICKPEAS, TRUFFLE PETALS, CHICORY COFFEE AND NETTLE POWDER, VARGNANO EVO OIL

Celeriac and chicory, natural nutraceuticals, detoxify and aid digestion. In synergy with truffle, they provide iron, zinc, potassium and antioxidant compounds, while nettles are rich in iron.

◆ - ALLERGENS: I

16,00 euro

Ideal with our Lavender Essence Elixir

CATCH OF THE DAY - WITH PUNTARELLE AND MANDARIN, IN A VEGETABLE GARDEN, ORGANIC CABIANCA EVO OIL

Fish, rich in high-quality proteins and omega-3 for heart and cognitive function, is combined with seasonal vegetables, a source of fibre and antioxidants. EVO oil completes the synergy, promoting cellular protection.

◆ - ALLERGENS: D, I

26,00 euro

Ideal with our Purple Goddess Elixir

UNVEILED SALMON - WITH SAVOY CABBAGE AND CANTABRIAN ANCHOVIES, SWEET PAPRIKA, BASIL, BABY FENNEL AND ORANGE CREAM, LAFONTE EVO OIL

Salmon, rich in omega-3, supports heart, skin and cognitive function. Savoy cabbage, a source of fibre and sulforaphane, promotes anti-inflammatory action, while orange and EVO oil enhance beauty and vitality.

◆ - ALLERGENS: D

24,00 euro

Ideal with our Purple Goddess Elixir

FILET BETWEEN GREENS AND SPICES - WITH SPINACH IN TWO TEXTURES, CAYENNE PEPPER, POMEGRANATE AND DRIED PANSY PETALS, LAFONTE EVO OIL

Beef offers high-quality proteins, while spinach provides vitamin K and carotenoids, enhanced by EVO oil. Antioxidant superfoods include pepper – which stimulates metabolism – and pomegranate, rich in polyphenols and vitamin C.

◆ - ALLERGENS: I

22,00 euro

Ideal with our Spiced Ray Elixir

SUPREME WITH GARDEN AROMATICS - FREE-RANGE CHICKEN FROM RIO ROSSO WITH THYME AND ROSEMARY, PUMPKIN VARIATION WITH CINNAMON, LAFONTE EVO OIL

White meat, rich in protein and collagen, is paired with pumpkin, a source of beta-carotene and tryptophan, and cinnamon for metabolic balance. EVO oil improves vitamin A absorption and supports cellular renewal.

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18,00 euro

Ideal with our Golden Glow Elixir



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SWEET ALCHIMIES

VITALITY GEMS - DARK CHOCOLATE PLUM TRUFFLES WITH HAZELNUTS, RASPBERRY POWDER, POMEGRANATE JUICE AND MACA BOOST

Maca, energising and aphrodisiac, counteracts stress. Plums, with a low glycaemic index, support bone health thanks to vitamin K and manganese. Raspberry powder and pomegranate juice have powerful antioxidant effects.

🌿 ♦ - ALLERGENS: G, H

12,00 euro

Ideal with our Golden Cocoa Elixir - ALLERGENS: H

LAVENDER DREAMS - LAVENDER MACARON WITH BLUEBERRY REDUCTION

Helps relieve anxiety and stress. Almond flour supports bone health, blueberries protect heart and cells, while lavender relaxes.

♦ - ALLERGENS: G, H

12,00 euro

Ideal with our Green Whispers Elixir - ALLERGENS: H

PRALINA LONGEVITY - AVOCADO AND DARK CHOCOLATE TRUFFLE WITH CINNAMON

Avocado nourishes the skin with healthy fats and vitamin E; dark chocolate contains quercetin, supports the heart and interacts with the genes of longevity; cinnamon promotes metabolic balance.

🌿 ♦ - ALLERGENS: G, H

12,00 euro

Ideal with our Golden Cocoa Elixir - ALLERGENS: H

EASTERN BREEZE - GREEN APPLE AND YUZU SORBET

Apple, rich in pectin, supports digestion and helps control sugar absorption. Yuzu juice, a source of vitamin C, counteracts oxidative stress and supports immune defense.

♦ - ALLERGENS: G, H

12,00 euro

Ideal with our Spiced Ray Elixir



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LITTLE GOURMET

A menu designed to guide young guests on a journey of discovering natural flavors, using organic ingredients whenever possible. Tasty dishes that meet nutritional needs and support healthy growth. The dishes are also suitable for a gluten-free and lactose-free diet.

MICKEY MOUSE ON THE PLATE

Pasta naturally coloured with fresh organic vegetables, dressed with your choice of basil pesto, tomato sauce or a light ragout. For a touch of magic, the luckiest will find a small heart of Parmigiano Reggiano cheese hidden on their plate.

◆ - ALLERGENS: G, H, I

12,00 euro

CHEF'S FACE

A cheerful, nutritious omelette prepared with fresh organic eggs and enriched with vegetables that become a colourful, fun face. A little masterpiece of creativity on the plate.

◆ - ALLERGENS: G

10,00 euro

FRULLÌ FRULLÀ

Playful, surprising ice cream made with fresh fruit, free from added sugars and lactose.

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7,00 euro



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COVER CHARGE 4,00 euro

Depending on availability, some ingredients in our dishes maybe blast-chilled or frozen. Traces of ingredients that are sources of allergies or intolerances may accidentally be in some of our dishes.

For information regarding the ingredients in our preparations, please ask the dining room staff.

A Gluten	F Soy	M Sesame seeds
B Crustaceans	G Milk	N Sulphur dioxide
C Eggs	H Nuts	O Lupins
D Fish	I Celery	P Mollusks
E Peanuts	L Mustard	

VEGAN FODMAP-compliant

REFERENCES

Società Italiana di Nutrizione Umana (SINU)
<https://sinu.it>

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Centro di Ricerca Alimenti e Nutrizione (CREA)
<https://www.alimentinutrizione.it/sezioni/tabelle-nutrizionali>

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<https://smartfood.ieo.it>

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<https://www.eatright.org>

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<https://www.fosan.org>

Dietary Guidelines for Americans, 2020-2025
<https://www.dietaryguidelines.gov>

European Food Safety Authority (EFSA)
<https://www.efsa.europa.eu>

Healthy Eating Plate - Harvard T.H. Chan School of Public Health
<https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/>

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