



Ginkgo Longevity Restaurant

Welcome to an enchanting Garden of Eden, dedicated to Ginkgo Biloba, the tree of longevity.

Here, science meets the art of cuisine.

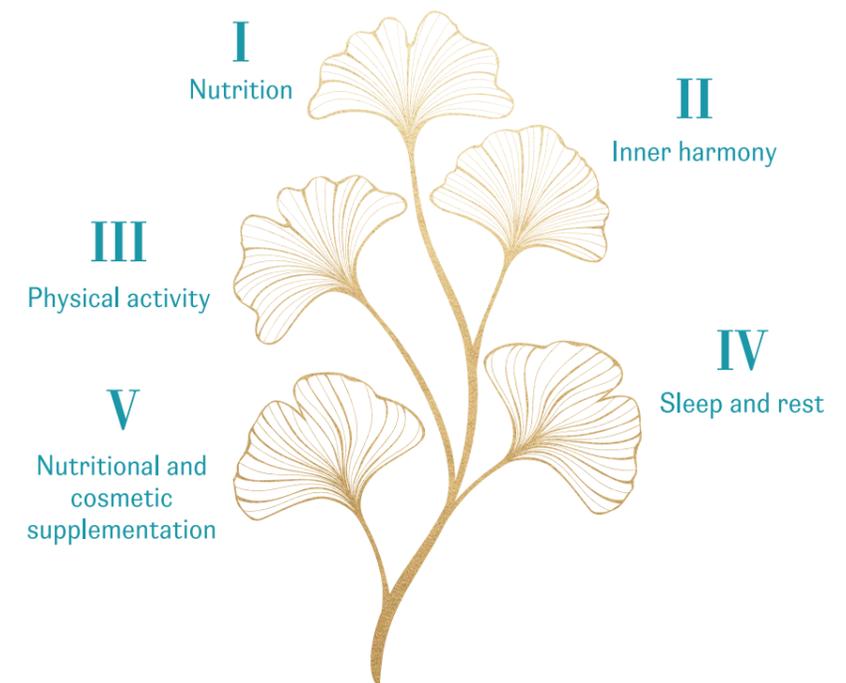
Natural elements, soothing colours, sounds and a focus on sustainability evoke **biophilia**: this is a nature-inspired place that fosters mindfulness, enriched by *Mindful Eating* experiences, *masterclasses* and *cooking classes*.

The empowering menu, combines the pleasure of taste with the desire for well-being, inspired by the **Acquaviva Method**, the foundation of the retreats at **Palazzo di Varignana**. Created by dr. Annamaria Acquaviva, the Method is based on the Five Pillars of Health.

In the *tasting menus*, these principles give life to a journey that awakens one's full potential, where **food becomes a powerful biological regulator that modulates the genes of longevity.**



Acquaviva Method The 5 Pillars of Health



Longevity Menu

"I have created a functional innovative menu with controlled glycaemic impact, free from added sugars and refined flours. It stimulates the metabolism, counteracts oxidative stress and supports the immune system.

The key players are strategic combinations of nutraceuticals, able to modulate the genes of longevity and enhance physical and mental performance.

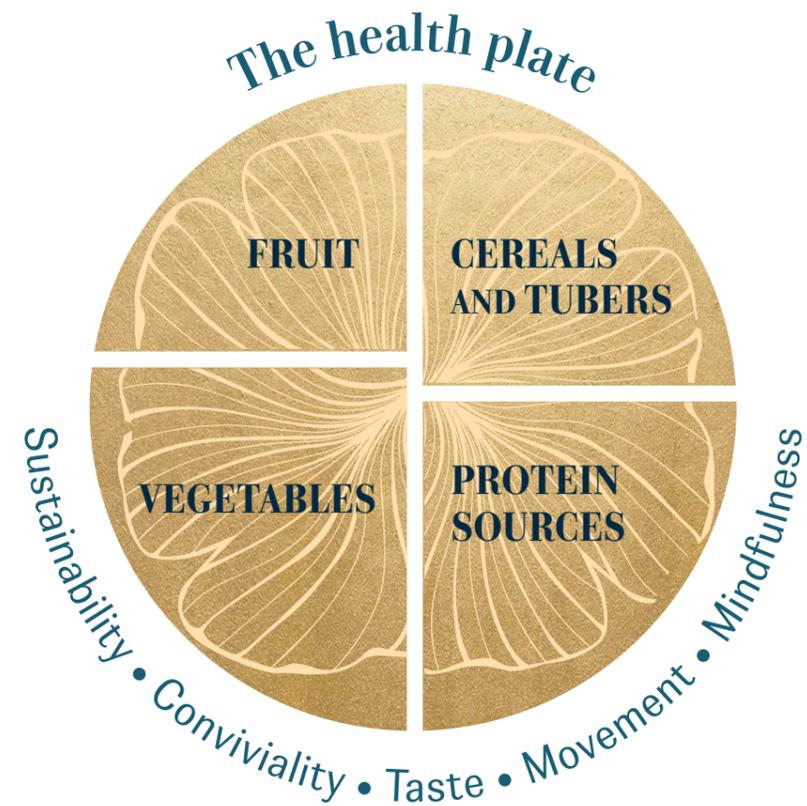
Sustainability guides every choice: local products, edible flowers and premium ingredients from our agricultural estate, including our award-winning extra virgin olive oil, the star of the Mediterranean Diet.

The menu is anti-inflammatory, low-FODMAP, free from gluten, dairy and refined carbohydrates. Garlic and onion are excluded to support digestion. It is suitable for low-carb, ketogenic or vegan eating patterns. This menu respects the principles of the MIND diet to promote brain function.

Each dish is paired with a dedicated elixir, which enhances its benefits."

Dr. Annamaria Acquaviva

Acquaviva Method



Dr. Annamaria Acquaviva,
SCIENTIFIC DIRECTOR OF PALAZZO DI VARIGNANA

Dietitian and dr. in pharmacy. Certified in mindfulness.
Expert in longevity science, clinical and pediatric nutrition.

Author of the book

Health Revolution, The 5 Pillars of Health – Well-being and Longevity according to the Acquaviva Method



Tasting Menu

TASTING MENUS

Longevity Experience: a five-step journey

A culinary journey inspired by the **5 Pillars of the Acquaviva Method**.

Each menu represents a stage of this journey. By completing the five experiences, you activate a deep synergy that **helps you awaken your full potential**.

Born from the research and clinical experience of Dr Annamaria Acquaviva, this journey **transforms longevity science into a ritual to be lived and savoured**.

Five menus for five stages of the journey

I. PURE BOOST

Awaken your potential. Renew your energy.

II. TURN BACK TIME

Enhance your wellbeing. Stop the “hands of time”.

III. BEYOND TIME

Build your longevity, today and tomorrow. Boost your performance.

IV. MOONLIGHT HARMONY

Find your inner balance. Regenerate body and mind.

V. VITAL GLOW

Shine with vitality. Glow with a new inner light.

Each stage is enriched with **Longevity Tips**, given at the end of the experience to help you **integrate the Acquaviva Method into daily life** and extend its benefits beyond the table.

I. Pure boost



FUNCTIONAL NUTRITION

Awaken your potential. Renew your energy

The synergy of functional ingredients supports body and mind and interacts with longevity genes, **laying the foundations for long-lasting wellbeing**.

Menu

LONGEVITY WELCOME COCKTAIL

AMUSE-BOUCHE

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



ELIXIR: Radiant Bloom

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

◆ - ALLERGENS: B, I

ELIXIR: Golden Glow

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

◆ - ALLERGENS: I

ELIXIR: Lavender Essence

LAVENDER DREAMS - LAVENDER MACARON WITH BLUEBERRY REDUCTION

◆ - ALLERGENS: C, H

ELIXIR: Green Whispers - ALLERGENS: H

65,00 euro

With Longevity Elixir pairing: 95,00 euro

*"Pure Boost" has awakened your potential, creating the foundations for balance and energy. Now it is time **to stop time: continue with "Turn Back Time"**. You'll discover regenerating dishes that counteract oxidative stress and promote deep beauty and vitality.*



Tasting Menu

II. Turn back time



INNER HARMONY

Enhance your wellbeing. Stop the “hands of time”.

The central phase of the Longevity journey, dedicated to **cellular regeneration and beauty**. Ingredients rich in **antioxidants, flavonoids and essential vitamins** counteract oxidative stress.

Menu

LONGEVITY WELCOME COCKTAIL

AMUSE-BOUCHE

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

- ALLERGENS: H

ELIXIR: Radiant Bloom

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

ELIXIR: Spiced Ray

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

- ALLERGENS: D

ELIXIR: Purple Goddess

EASTERN BREEZE - GREEN APPLE AND YUZU SORBET

- ALLERGENS: G, H

ELIXIR: Golden Cocoa - ALLERGENS: H

70,00 euro

With Longevity Elixir pairing: 100,00 euro

Turn Back Time has enhanced your wellbeing, “stopping the hands of time”. Now it is time to go **beyond time**: with **Beyond Time** you will build lasting wellbeing, nourishing your deep longevity.



Tasting Menu

III. Beyond time



MOVEMENT

Build your longevity, today and tomorrow. Boost your performance

Beyond Time is the consolidation menu: it looks to the future with functional nutrients such as **omega-3, polyphenols, vitamins and minerals**. Every dish promotes energy and mind-body balance.

Menu

LONGEVITY WELCOME COCKTAIL

AMUSE-BOUCHE

GOLDEN HARMONY - PUMPKIN FLAN, BLACK KALE IN TWO TEXTURES, LIQUORICE AND MANDARIN NOTES, VARGNANO EVO OIL

- ALLERGENS: C

ELIXIR: Lavender Essence

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

- ALLERGENS: I

ELIXIR: Purple Goddess

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

- ALLERGENS: I

ELIXIR: Spiced Ray

PRALINA LONGEVITY - AVOCADO, DARK CHOCOLATE AND CINNAMON

- ALLERGENS: G, H

ELIXIR: Golden Cocoa - ALLERGENI: H

70,00 euro

With Longevity Elixir pairing: 100,00 euro

Beyond Time has built your longevity, nourishing your long-term wellbeing. Now it is time to discover your inner balance with **Moolight Harmony**, where body and mind regenerate through calm and serenity.



Tasting Menu

IV. Moonlight harmony



SLEEP AND REST

Find your inner balance. Regenerate body and mind

A menu dedicated to deep relaxation and mind-body recovery, featuring functional ingredients selected to promote sleep and **reduce stress**.

Menu

LONGEVITY WELCOME COCKTAIL

AMUSE-BOUCHE DI STAGIONE

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



ELIXIR: Lavender Essence

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

◆ - ALLERGENS: B, I

ELIXIR: Spiced Ray

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

◆ - ALLERGENS: D, I

ELIXIR: Purple Goddess

LAVENDER DREAMS - LAVENDER MACARON WITH BLUEBERRY REDUCTION

◆ - ALLERGENS: C, H

ELIXIR: Green Whispers - ALLERGENS: H

70,00 euro

With Longevity Elixir pairing: 100,00 euro

***Moonlight Harmony** has helped you find balance and inner calm. Now it is time to nourish your deep rest and shine with **Vital Glow**, the completion of the Longevity Experience.*



Tasting Menu

V. Vital glow



NUTRITIONAL AND COSMETIC INTEGRATION

Shine with vitality. Glow with a new inner light

Vital Glow celebrates the union of beauty and well-being through functional and nutraceutical foods that support **cellular health, vitality** and inner radiance.

Menu

LONGEVITY WELCOME COCKTAIL

AMUSE-BOUCHE

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



ELIXIR: Radiant Bloom

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

◆ - ALLERGENS: B, I

ELIXIR: Golden Glow

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



ELIXIR: Spiced Ray

PRALINA LONGEVITY - AVOCADO AND DARK CHOCOLATE TRUFFLE WITH CINNAMON

◆ - ALLERGENS: G, H

ELIXIR: Golden Cocoa - ALLERGENS: H

70,00 euro

With Longevity Elixir pairing: 100,00 euro

***Vital Glow** completes the Longevity Experience: a journey through the 5 Health Pillars of the Acquaviva Method, where you discover how food regenerates body, mind, and energy, awakening natural beauty and vitality.*



MENU À LA CARTE



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



À la carte menu

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

Venere 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.

◆

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.

◆

14,00 euro

Ideal with our Purple Goddess Elixir



À la carte menu

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.

◆

18,00 euro

Ideal with our Golden Glow Elixir



À la carte menu

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: C, 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



À la carte menu

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: C

10,00 euro

FRULLÌ FRULLÀ

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



7,00 euro



À la carte menu

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

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<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://www.eatright.org>

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<https://www.fosan.org>

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From the Table to the Health & Wellness Retreats Acquaviva Method

At Palazzo di Varignana, centuries-old culture and history are intertwined with science. An environment that fosters innovation, where the **Health & Wellness Retreats** by the **Acquaviva Method**, uphold: “transformational” opportunities to express your potential, regain psycho-physical harmony and mental energy, giving a glowing with new beauty.

The **Acquaviva Method** is evidence-based and combines Western medicine with Eastern practices, to achieve wellbeing, balance and beauty through the balance of the **5 Pillars of Health**: nutrition, inner harmony, physical activity, sleep and rest, and nutritional and cosmetic integration.

Whether your goal is to **lose weight, sleep better or pursue longevity**, the balance among the 5 pillars is the key strategy to achieve **more effective and long-lasting results**, transforming your holiday into an unforgettable experience.

