

## 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.



## Tasting Menu

### 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**, dowhere 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.