

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**, 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.*