



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.

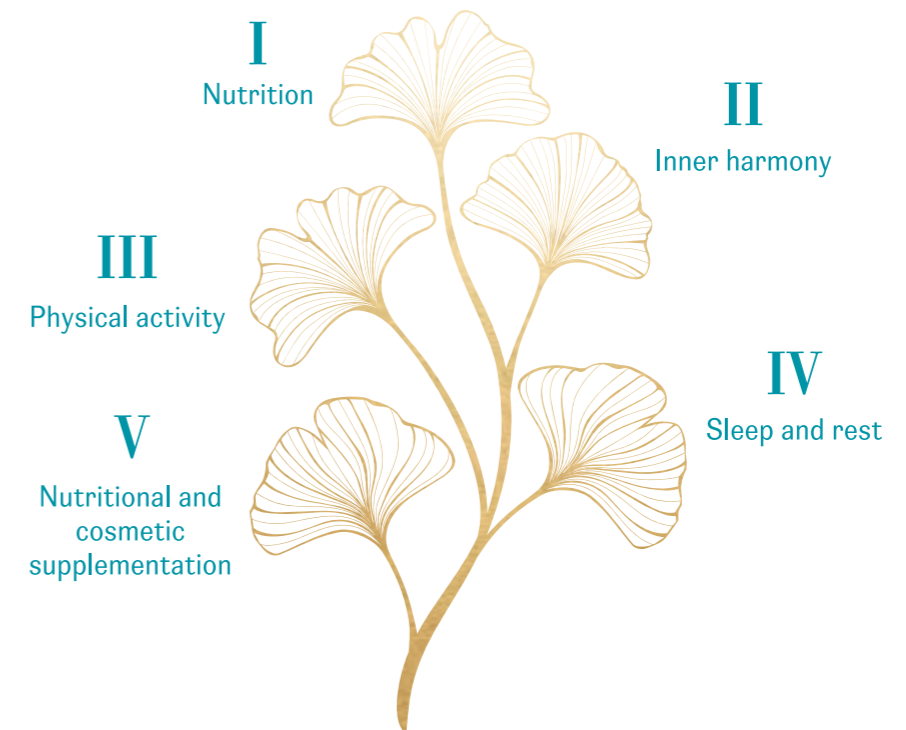
Natural elements, soothing colours, sounds and a focus on sustainability evoke **biophilia**: this is a nature-inspired place that fosters mindfulness, enriched by *Mindful Eating* experiences, *masterclasses* and *cooking classes*.

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.

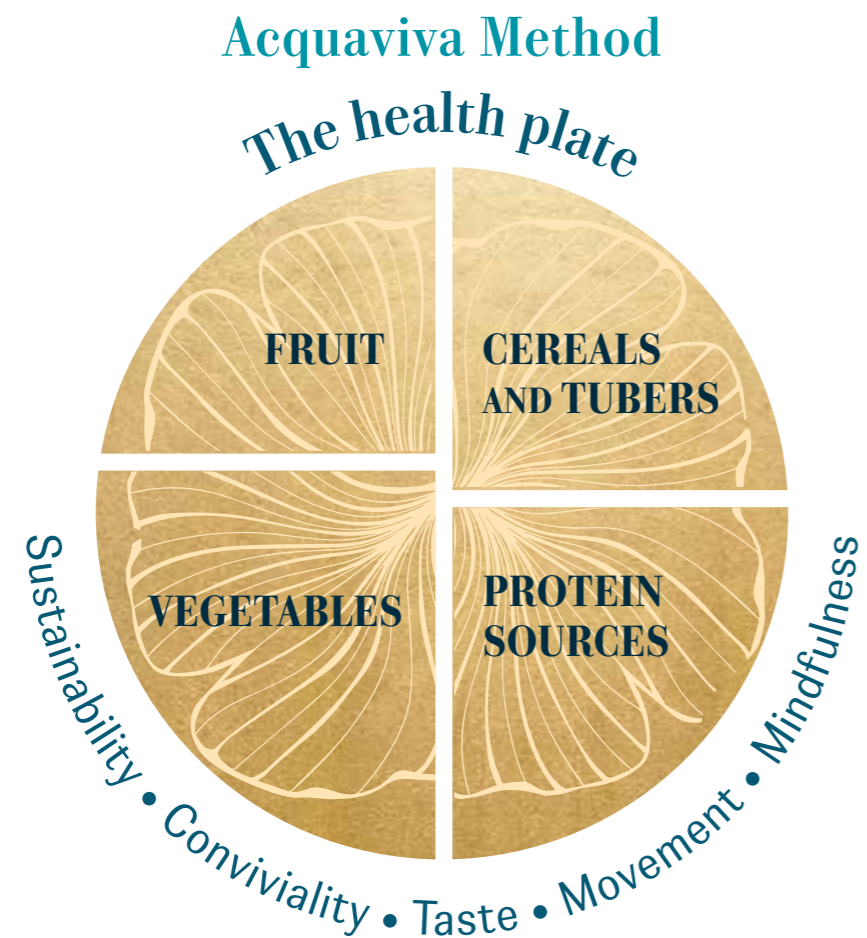
The key players are strategic combinations of nutraceuticals, able to modulate the genes of longevity and enhance physical and mental performance.

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

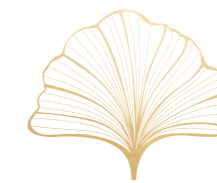


Dr. Annamaria Acquaviva,
SCIENTIFIC DIRECTOR OF PALAZZO DI VARIGNANA

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

SEASONAL AMUSE-BOUCHE

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



ELIXIR: Radiant Bloom

SEA AND EMERALD PARCEL - SWISS CHARD RAVIOLI, WHIPPED SALT COD & CA' BIANCA EVO OIL

◆ - ALLERGENS: 4

ELIXIR: Golden Glow

BLOOMING FAVA - WHITE BROAD BEAN MOUSSE WITH TURMERIC AND TIMUT PEPPER, VEGETABLE MOSAIC COOKED AND RAW, VARGNANO EVO OIL

◆ - ALLERGENS: 9

ELIXIR: Lavender Essence

LAVENDER DREAMS - LAVENDER MACARON WITH BLUEBERRY REDUCTION

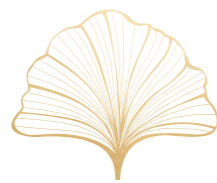
◆ - ALLERGENS: 3, 8

ELIXIR: Green Whispers - ALLERGENS: 8

65,00 euro

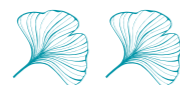
With Longevity Elixir pairing: 95,00 euro

*"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

SEASONAL AMUSE-BOUCHE

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

- ALLERGENS: 8

ELIXIR: Radiant Bloom

ERMES RICE - SEASONAL VEGETABLES AND AROMATIC HERBS ON GINGER CARROT CREAM, LA FONTE EVO OIL

- ALLERGENS: 9, 12

ELIXIR: Spiced Ray

TURBOT REVEALED “NERANO STYLE” - WITH ZUCCHINI, MINT AND OLIVES, LA FONTE EVO OIL

- ALLERGENS: 4

ELIXIR: Purple Goddess

EASTERN BREEZE - GREEN APPLE AND YUZU SORBET

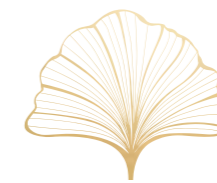
- ALLERGENS: 7, 8

ELIXIR: Golden Cocoa - ALLERGENS: 8

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

SEASONAL AMUSE-BOUCHE

GAZPACHO ESSENCE - GARDEN VEGETABLE CRUDITÉS IN DIFFERENT TEXTURES, CA’ BIANCA EVO OIL

ELIXIR: Lavender Essence

SEA GARDEN - MEDITERRANEAN EGGPLANT MILLEFEUILLE, PANDESCO EVO OIL

- ALLERGENS: 9

ELIXIR: Purple Goddess

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

- ALLERGENS: 9

ELIXIR: Spiced Ray

PRALINA LONGEVITY - AVOCADO, DARK CHOCOLATE AND CINNAMON

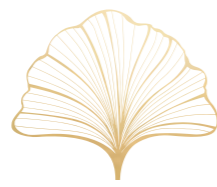
- ALLERGENS: 7, 8

ELIXIR: Golden Cocoa - ALLERGENI: 8

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

SEASONAL AMUSE-BOUCHE

SILK FOREST - SPINACH SALAD, MARINATED MACKEREL IN PANDESCO EVO OIL, CASHEW MILK AND POMEGRANATE VINAIGRETTE

◆ - ALLERGENS: 4, 8

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: 2, 9

ELIXIR: Spiced Ray

CATCH OF THE DAY - WITH BRAISED ESCAROLE, RAISINS AND PINE NUTS, PANDESCO EVO OIL

◆ - ALLERGENS: 4, 8, 9

ELIXIR: Purple Goddess

LAVENDER DREAMS - LAVENDER MACARON WITH BLUEBERRY REDUCTION

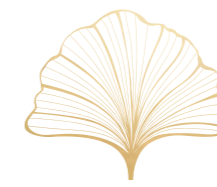
◆ - ALLERGENS: 3, 8

ELIXIR: Green Whispers - ALLERGENS: 8

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

SEASONAL AMUSE-BOUCHE

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

◆ ◆

ELIXIR: Radiant Bloom

SEA GARDEN - MEDITERRANEAN EGGPLANT MILLEFEUILLE, PANDESCO EVO OIL

◆ - ALLERGENS: 9

ELIXIR: Golden Glow

SUPREME WITH GARDEN AROMATICS - FREE-RANGE FARM CHICKEN LEG WITH GUINNESS, SICHUAN PEPPER AND VARIEGATED BABY CARROTS, VARGNANO EVO OIL

◆

ELIXIR: Spiced Ray

PRALINA LONGEVITY - AVOCADO AND DARK CHOCOLATE TRUFFLE WITH CINNAMON

◆ ◆ - ALLERGENS: 8, 9

ELIXIR: Golden Cocoa - ALLERGENS: 8

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

SILK FOREST - SPINACH SALAD, MARINATED MACKEREL IN PANDESCO EVO OIL, CASHEW MILK AND POMEGRANATE VINAIGRETTE

The detox action of fennel works in synergy with the vitamin C of oranges, enhancing the antioxidant effect of Mackerel, spinach, pomegranate, and extra virgin olive oil combine omega-3 fatty acids, polyphenols, and monounsaturated fats in a nutraceutical blend that supports cardiovascular health, metabolic function, and cellular vitality



13,50 euro

Ideal with our Lavender Essence Elixir

GAZPACHO ESSENCE - GARDEN VEGETABLE CRUDITÉS IN DIFFERENT TEXTURES, CA' BIANCA EVO OIL

Tomato, fresh vegetables, and extra virgin olive oil provide lycopene, polyphenols, and carotenoids. A nutraceutical synergy that enhances the bioavailability of these compounds and supports cardiovascular health



12,50 euro

Ideal with our Lavender Essence Elixir



À la carte menu

MIDDLE COURSES

SEA AND EMERALD PARCEL - SWISS CHARD RAVIOLI, WHIPPED SALT COD & CA' BIANCA EVO OIL

Swiss chard, salt cod, seaweed, and extra virgin olive oil provide high-quality proteins, dietary fiber, omega-3 fatty acids, polyphenols, and valuable marine nutrients, supporting metabolic balance and cardiovascular health.

◆ - ALLERGENS: 4

16,00 euro

Ideal with our Golden Glow Elixir

ERMES RICE - SEASONAL VEGETABLES AND AROMATIC HERBS ON GINGER CARROT CREAM, LA FONTE EVO OIL

A dish rich in plant-based antioxidants, fibre and bioactive compounds that helps protect cells, reduce inflammation and support the immune system and digestion.

◆ - ALLERGENS: 9, 12

13,00 euro

Ideal with our Spiced Ray Elixir

SEA GARDEN - MEDITERRANEAN EGGPLANT MILLEFEUILLE, PANDESCO EVO OIL

Eggplants provide fibre, potassium and anthocyanins*, while extra virgin olive oil enhances carotenoid absorption and supports cardiovascular health.

◆ - ALLERGENS: 9

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: 2, 9

15,00 euro

Ideal with our Lavender Essence Elixir

SEASONAL VELVET SOUPS - CREAMY SOUPS OF FRESH VEGETABLES, CA' BIANCA EVO OIL

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

BLOOMING FAVA - WHITE BROAD BEAN MOUSSE WITH TURMERIC AND TIMUT PEPPER, VEGETABLE MOSAIC COOKED AND RAW, VARGNANO EVO OIL

The combination of broad beans, turmeric and Timut pepper creates an anti-inflammatory and antioxidant synergy, enhancing joint wellbeing and cellular protection.

◆ - ALLERGENS: 9

16,00 euro

Ideal with our Lavender Essence Elixir

CATCH OF THE DAY - WITH BRAISED ESCAROLE, RAISINS AND PINE NUTS, PANDESCO EVO OIL

Fish, seeds, escarole, and nori seaweed provide omega-3 fatty acids, dietary fiber, iodine, and polyphenols. A nutraceutical synergy that supports intestinal health, energy metabolism, and overall physiological balance.

◆ - ALLERGENS: 4, 8, 9I

26,00 euro

Ideal with our Purple Goddess Elixir

TURBOT REVEALED "NERANO STYLE" - WITH ZUCCHINI, MINT AND OLIVES, LA FONTE EVO OIL

The combination of turbot, zucchini, olives, and mint provides high-quality proteins, dietary fiber, and polyphenols. A nutraceutical synergy that supports metabolic balance and cardiovascular well-being.

◆ - ALLERGENS: 4

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: 9

22,00 euro

Ideal with our Spiced Ray Elixir

SUPREME WITH GARDEN AROMATICS - FREE-RANGE FARM CHICKEN LEG WITH GUINNESS, SICHUAN PEPPER AND VARIEGATED BABY CARROTS, VARGNANO EVO OIL

The high-biological-value proteins of chicken combine with the carotenoids of carrots and the aromatic compounds of Sichuan pepper. A nutraceutical synergy that supports energy metabolism and helps protect against oxidative stress..

◆

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: 7, 8

12,00 euro

Ideal with our Golden Cocoa Elixir - ALLERGENS: 8

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: 3, 8

12,00 euro

Ideal with our Green Whispers Elixir - ALLERGENS: 8

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: 7, 8

12,00 euro

Ideal with our Golden Cocoa Elixir - ALLERGENS: 8

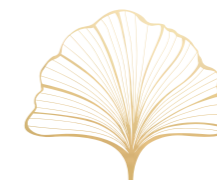
EASTERN BREEZE - GREEN APPLE AND YUZU SORBET

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: 7, 8

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.

MICKY 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: 7, 8, 9

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: 3

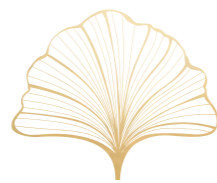
10,00 euro

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.

- | | | |
|----------------------|-------------------|---------------------------|
| 1 Gluten | 6 Soy | 11 Sesame seeds |
| 2 Crustaceans | 7 Milk | 12 Sulphur dioxide |
| 3 Eggs | 8 Nuts | 13 Lupins |
| 4 Fish | 9 Celery | 14 Mollusks |
| 5 Peanuts | 10 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>

SmartFood - Istituto Europeo di Oncologia (IEO)
<https://smartfood.ieo.it>

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<https://www.eatright.org>

Fondazione per lo Studio degli Alimenti e della Nutrizione (FOSAN)
<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/>

Casiraghi L. et al.. Moonstruck sleep: Synchronization of human sleep with the moon cycle under field conditions.
Sci Adv. 2021 Jan 27; 7(5): eabe0465.



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.

