

SOUPS

ONLY IN WINTER TIME - SERVED WITH BREAD

SOUP OF THE DAY

ASK OUR CHEF'S DAILY SPECIAL 7.00

PAPPA AL POMODORO - BREAD TOMATO SOUP

LIGHT BREAD, TOMATO SAUCE, BASIL AND PARMESAN 5.00

PANINI -VEGETERIAN

OUR BREAD IS BAKED DAILY IN LIMITED AMOUNT

MAMMA MIA

GORGONZOLA CHEESE, TOMATOES, ARUGULA, AVOCADO.
ASK IF AVAILABLE. 7.00

BUBI

BUFFALO MOZZARELLA, TOMATOES, BASIL, OIL, SALT 7.00

SANO

HOMEMADE FRITTATA, ARUGULA, PESTO SAUCE, FRESH TOMATOES, PARMESAN 5.00

SICILIANO

EGGPLANTS, FRESH TOMATOES, PARSLEY, SALTED RICOTTA CHEESE 7.00

MEDITERRANEO

GOAT CHEESE, OREGAN, FRESH TOMATOES, ROASTED PEPPERS 5.00

LUNCH

SERVED ONLY ON LUNCH TIME

PER PERSON

ANY SALAD (SMALLER SIZE) + \$7 PANINO + COFFEE 15.00

DINNER

SERVED ONLY FROM 5.00PM TO THE CLOSING OF THE KITCHEN

FOR TWO PEOPLE

ANTIPASTO ITALIANO PLATE MEDIUM + BRUSCHETTA + PASTA OF THE DAY + LITTLE DESSERT 40.00

BRUSCHETTE

WE WILL BRING YOU TOASTED BREAD WITH A SELECTIONS OF DIFFERENT INGREDIENTS

YOU WILL ENJOY TO MIX UP THE FLAVOURS THE WAY YOU WANT TOO. 10.00

PANINI

SOMETIME WE RUN OUT OF BREAD, GIVE US TIME TO MAKE IT MORE

CORSARO

BRESAOLA, ARTICHOKE, MOZZARELLA, HOUSE SPECIAL SAUCE 10.00

MARITONNO

TUNA, PROVOLON CHEESE, TOMATOES, ARUGULA, SPECIAL HOUSE SAUCE 7.00

DELICATO

PROVOLON, PROSCIUTTO COTTO (HAM), BUFFALO RICOTTA. 7.00

DELIZIOSO

PROSCIUTTO COTTO (HAM), MOZZARELLA, TOMATOES, ANCHIOVES, HONEY MUSTARD. 7.00

ELEGANTE

BRESAOLA (DRY CURED AGED BEEF) SEASONED WITH LEMON AND OIL, GOAT CHEESE, BLACK PEPPER. 8.00

FICO

FIG GOAT CHEESE, TOMATOES, PROSCIUTTO DI PARMA 10.00

GOLOSO

PROSCIUTTO COTTO (HAM), MASCARPONE CHEESE, ROASTED PEPPERS. 7.00

MILANESE

CHICKEN CUTLET, ARUGULA, TOMATOES, PESTO SAUCE. 7.00

MONTANARO

SPECK (SMOKED PROSCIUTTO), ITALIAN PICKLED VEGETABLES, TALEGGIO CHEESE. 7.00

PICCANTINO

SALAMI, MASCARPONE CHEESE, SPICY CABBAGE, PARSLEY AND TOMATOES. 7.00

CLASSICO

ARUGULA, BUFFALO MOZZARELLA, TOMATOES, PROSCIUTTO DI PARMA.O CULATELLO 10.00

PROSCIUTTINO

BRIE AND PROSCIUTTO DI PARMA. 8.00

BEVERAGES

HOT CHOCOLATE WITH WHIPPED CREAM 5.00

TEA: GREEN, BLACK, MINT, CAMOMILE ETC. 2.00

SAN PELLEGRINO SODA 2.00

PEAR JUICE, ORANGE JUICE 3.00

BOTTLED SPARKLING WATER
3.00 SMALL/5.00 BIG

SALADS

WE USE ONLY ARUGULA SALAD AND SOMETIMES RADICCHIO OR LETTUCE.

SEMPLICE

ARUGULA, TOMATOES, BALSAMIC DRESSING 5.00

SFIZIOSA

ARUGULA, TOMATOES, SHREDED MOZZARELLA, RED ONIONS, ITALIAN ARTICHOKE, PROSCIUTTO COTTO (HAM) IN BALSAMIC DRESSING.
ASK IF AVAILABLE. 10.00

AL TONNO

ARUGULA, TUNA, CAPERS, ROASTED PEPPERS IN BALSAMIC DRESSING. 10.00

ALLA LIGURE

ARUGULA, TOMATOES, PARMESAN, OUR PESTO SAUCE, OIL. 8.00

PICCANTE

THIN SLICED CABBAGE SALAD, TOMATOES, PARSLEY, SPICY SAUCE, OLIVES, CHICKEN CUTLET. 10.00

CRABMEAT SALAD

CRABMEAT, OLIVES, ARTICHOKE, ARUGULA IN LEMON DRESSING.
ASK IF AVAILABLE. 12.00

OCTOPUS SALAD

OCTOPUS, POTATOES, ARUGULA, TOMATOES, PARSLEY, EGGPLANTS IN BALSAMIC DRESSING
ASK IF AVAILABLE. 12.00

ILLY COFFEE

CAFFELATTE (LATTE) 2.00 SMALL / 3.00 BIG

AMERICANO

SHOT OF ESPRESSO WITH HOT WATER 2.50

MAROCCHINO

SHOT OF ESPRESSO, FOAMY MILK, CHOCOLATE 3.00

CAPUCCINO

2.00 SMALL / 3.00 BIG

MACCHIATO

2.50

DOPPIO

TWO SHOTS OF ESPRESSO 3.00

ESPRESSO

SINGLE SHOT 2.00

REGULAR BREW

1.00

GAIA PHILOSOPHY

GAIA MEANS EARTH

WE WANT TO CELEBRATE EARTH. WE ARE GUESTS ON THIS EARTH, WE DO NOT POSSESS IT AND WE BELIEVE WE NEED TO LEARN AND DEVELOP MORE RESPECT FOR THIS PLANET.

WE ARE A COMMUNITY

DROP YOUR EGO BUT KEEP YOUR PERSONALITY. WE ARE A COMMUNITY, WE ARE HERE TO HELP, SHARE AND SUPPORT EACH OTHER. BREAD IS LIMITED ONLY WHEN YOU WANT MORE.

WE ARE WHAT WE EAT

NOT PROCESSED FOOD! FOOD INFLUENCES OUR MOOD AND THE WAY WE RELATE TO OTHER PEOPLE. WE CHOOSE QUALITY OVER QUANTITY AS A GOOD BALANCE FOR OURSELVES. GAIA BELIEVE IN MEDITERRANEAN DIET AS A MULTIPLE SOURCE OF FRESH AND VARIETY OF INGREDIENTS THAT MAKE OUR BODIES HAPPY.

LOVE, EAT AND BE MERRY

EATING IS A NECESSITY AND A PRIORITY. IT SHOULD NOT BE EXPENSIVE. WE CHOOSE FRESH FOOD AT A GOOD PRICE, SERVICE IS NOT PRIORITY.

COUNT YOUR BLESSINGS

AND NOT WHAT YOU DO NOT HAVE OR CAN NOT HAVE. SOMETIMES WE FORGET TO SAY THANK YOU TO MOTHER EARTH, WE TAKE TOO MANY THINGS FOR GRANTED. AN APPROACH OF GRATITUDINE AND AWARENESS OF WHAT WE HAVE CAN ENRICH OTHERS.

TEGAMINI

SERVED WITH BREAD ON A SIDE.

POLENTA E GORGONZOLA

CREAMY POLENTA TOPPED WITH GORGONZOLA AND BAKED IN THE OVEN 10.00

SPINACH AND RICOTTA GNOCCHI

A TRIBUTE TO MY GRANDMOTHER: SPINACH AND RICOTTA BALLS SERVED IN OUR TOMATO SAUCE TOPPED WITH PARMESAN. 10.00

MEAT LASAGNA

OUR HOMEMADE LASAGNA IN RED SAUCE WITH BECHAMEL AND MEATSAUCE. 10.00

PESTO LASAGNA

OUR HOMEMADE LASAGNA WITH BUFFALO RICOTTA, BECHAMEL AND PESTO SAUCE. 10.00

POTATOES AND MEATBALL

OUR HOMEMADE POLPETTE (MEATBALL) IN TOMATO SAUCE WITH POTATOES. 8.00

SPICY BEAN AND SAUSAGE

A REMAKE OF SALSICCIA CON FAGIOLI ALL'UCCELLETTA MEANS SAUSAGE WITH BEAN IN A SPICY TOMATO SAUCE. 8.00

POTATOES AND TOMATO SAUCE WITH

PARMESAN
OUR DELICIOUS BAKED POTATOES WITH HOMEMADE TOMATO SAUCE WITH LIGHT GARLIC AND A LOT OF PARMESAN. 5.00



PASTAS

DIFFERENT TYPE AND SAUCE OF PASTA FOR ANY DAY OF THE WEEK

TUESDAY

DIFFERENT KIND OF PASTA ALL VEGETARIAN AND GLUTEN FREE ALSO AVAILABLE TODAY. ASK THE DIFFERENT OPTION AVAILABLE.

WEDNESDAY

MEAT TORTELLINI DAY AND MEAT DAY WE PLAY WITH DIFFERENT KIND OF PASTAS AND SAUCES.

THURSDAY

DEDICATED TO RAVIOLI AND POTATO GNOCCHI ASK FOR ALL THE OPTION AVAILABLE.

FRIDAY

IS FISH DAY. DIFFERENT PASTA SAUCES WITH FISH.

SATURDAY

PASTA, CANNELLONI, RAVIOLI ALL DAY LONG.

ANTIPASTI O SECONDI

APPETIZER OR ENTREE. IT'S UP TO YOU FOR US COULD BE BOTH.

BUFFALO MOZZARELLA

THIS MOZZARELLA IS MADE WITH BUFFALO MILK, IS VERY RICH AND DELICIOUS, SERVED WITH SWEET GRAPE TOMATOES AND OUR PESTO SAUCE. 13.00

BURRATINA

SWEET AND CREAMY MOZZARELLA TOPPED WITH MUSHROOMS SAUTED IN WHITE WINE AND PARSLEY. 13.00

BRESAOLA CARPACCIO

BRESAOLA (DRY CURED AGED BEEF) SEASONED WITH OIL AND LEMON TOPPED WITH ARUGULA AND PARMESAN 10.00

CACIOTTA ALLA TOSCANA

TRUFFLE CACIOTTA CHEESE WITH TRUFFLE HONEY - ASK IF AVAILABLE 10.00

ANTIPASTO ITALIANO CON FOCACCIA

A SELECTION OF COLD CUTS, CHEESES, SALAD AND MUCH MORE
11 SMALL / 18 MEDIUM / 25 BIG

FAGOTTINI RIPIENI

MINI CALZONI STUFFED ONE WITH MASCARPONE
CHEESE/ROASTED PEPPERS/OREGANO AND THE
OTHER WITH BUFFALO RICOTTA/SWEET GRAPE
TOMATOES/ BLACK PEPPER. 8.00

