



vegs and more

the brunch bistro



unionlido.com

LE ORIGINI

- **Uova a la Coque € 1,50 cad**
(weich gekochte Ei - soft boiled egg)
- **Uova Sode € 1,50 cad**
(hart gekochtes Ei - boiled egg)
- **Uova Strapazzate € 6,00**
(servite con pane e contorni del giorno)
(Rührei mit Brot und Beilage - scrambled eggs with side dish)
- **Uova all'Occhio di Bue € 7,00**
(servite con pane e contorni del giorno, oppure con patate e speck)
(Spiegelei mit Brot und Beilage oder Kartoffeln und Speck - sunny side up egg with side dish or potatoes and speck)
- **Uova in Camicia € 5,00**
(servite con pane e contorni del giorno)
(pochierte Ei mit Brot und Beilage - poached eggs with side dish)
- **Frittatina Semplice € 5,00**
(servita con pane e contorni del giorno)
(einfaches Eierkuchen und Beilage - thick Omelette with side dish)
- **Omelette € 6,00**
(prosciutto/formaggio/confettura/cioccolato/nutella)
(Omelet mit Schinken / Käse / Marmelade / Nutella - thin Omelette with Ham, Cheese, Jam, Nutella)



PANCAKES TOWERS

5 PIECES

- **Pancakes Bacon & Maple € 8,50**
- **Pancakes Mirtilli e sciroppo D'Acero € 8,50**
(Blaubeeren und Ahornsirup - Blueberry and maple syrup)
- **Pancakes Fragole e Panna € 8,50**
(Erdbeeren und Sahne - Strawberries and cream)
- **Pancakes Key Lime style € 8,50**
- **Pancakes Banane e Caramello Salato € 8,50**
(Bananen und gesalzener Karamell - Banana and salted caramel)
- **Pancakes Miele / Nutella / Burro D'Arachidi / Marmellata € 6,00**
(Honig / Nutella / Erdnussbutter / Marmelade - Honey, Nutella, Peanut butter, Jam)



BREAD ADDICTED

- **Bagel Salsiccia, Uova Strapazzate e Pomodori € 6,00**
(italienische Salsiccia, Rührei, Tomaten - Italian sausage, Scramble eggs, Tomatoes)
- **Bagel Tacchino, formaggio, frittata e insalata € 6,00**
(Putenbrust, Käse, Eiertuch, Salat - Turkey, Cheese, Thick omelette, Salad)
- **Bagel Salmone, formaggio spalmabile, uovo sodo e pomodori € 6,00**
(Raucherlachs, Streichkäse, hart gekochte Ei, Tomaten - Smoked salmon, creamy cheese, Boiled egg, Tomatoes)
- **Bagel Bacon, Uovo all'occhio e Cheddar € 6,00**
(Bacon, Spiegelei, Cheddar-Käse - Bacon, sunny side up egg, Cheddar)
- **Egg Benedict (con Salmone o Prosciutto cotto) € 8,00**
(mit Räucherlachs oder Schinken - with smoked Salmon or Ham)
- **Le Croque Madame € 6,00**
- **Le Croque Monsieur € 5,00**
- **Le Croque Provençal € 5,50**



GALETTE BRETONNE

- Galette al Grano Saraceno con Formaggio, Uovo e Erba Cipollina €7,00**

(mit Käse, Spiegelei und Schnittlauch – Cheese, Sunny side up egg, chives)

- Galette al Grano Saraceno con Formaggio, Uovo e Prosciutto cotto €8,00**

(mit Käse, Spiegelei und Schinken – Cheese, Sunny side up egg, Ham)

- Galette al Grano Saraceno con Formaggio, Prosciutto cotto e Funghi €8,50**

(mit Käse, Schinken und Pilzen – Cheese, Ham, Mushrooms)

- Galette al Grano Saraceno con Formaggio, Salame Piccante e Funghi Freschi €8,50**

(mit Käse, würzige Salami und Pilzen – Cheese, spicy salami, Mushrooms)

- Galette al Grano Saraceno con Brie, Patate e Speck €9,00**

(mit Brie-Käse, Kartoffeln und Speck – Brie cheese, Potatoes, Speck)

- Galette al Grano Saraceno con Formaggio, Uovo e Salmone e Erba Cipollina €10,00**

(mit Käse, Spiegelei, Räucherlachs und Schnittlauch – Cheese, sunny side up egg, smoked salmon, chives)



BOARDS

- Uova all'occhio di Bue, Salsicette, Fagioli, Patate e Pomodori €14,00 a persona**

(Spiegelei, Salsiccia und Wurst, Bohnen, Kartoffeln und Tomaten – Sunny side up egg, sausages, beans, potatoes, tomatoes)

- Uova all'occhio di Bue, Bacon, Avocado, Pomodori, Cetrioli e Cipolla €14,00 a persona**

(Spiegelei, Bacon, Avocado, Tomaten, Gurken und Zwiebel – sunny side up egg, Bacon, Avocado, Tomatoes, Cucumber, Onion)

- Uova in Camicia, Salmone, Formaggio, Patate e More €14,00 a persona**

(Pochierte Ei, Räucherlachs, Käse, Kartoffeln und Brombeeren – Poached egg, smoked salmon, cheese, potatoes, blackberries)

- Uova Sode, Pomodori, Salmone Affumicato, Patate, Avocado €14,00 a persona**

(Hart Gekochte Ei, Tomaten, Räucherlachs, Kartoffeln und Avocado – boiled eggs, tomatoes, smoked salmon, potatoes, avocado)

- Melone, Prosciutto Crudo, Ananas, Pere, Uva, Formaggio e Noci €14,00 a persona**

(Honigmelone, rohe Schinken, Ananas, Birne, Trauben, Käse und Walnüssen – Melon, raw ham, pineapple, pears, grapes, cheese, walnuts)

- Formaggi, Salumi, Miele, Humus e Tzaziki €14,00 a persona**

(Käse, gemischte Wurstplatte, Honig, Hummus und Tzaziki – cheese, mixed cold cuts, Honey, hummus, tzaziki)

- Frutta Mista, Verdura Mista, Vinegrette e salsa allo Yogurt €14,00 a persona**

(Mischobst, Mischgemüse, Vinegarrette und Yogurtsauce – mixed vegetables, mixed fruits, yogurt dressing)



...LUNCH & DINNER

- **Crespelle Gratinée alla fiorentina € 9,00**

(Käse- und Schinkenbrotchen "Frittata" mit Füllung - Florentine Crespelle gratin)

- **Uova al Forno alla Contadina € 8,00**

(Backen gebackenes Ei - farmer's (baked) eggs)

- **Uova Sode Fritte alle erbetto con**

Contorno di Insalatina € 7,00

(Frittiert hart gekochtes Ei mit Tomaten und kleiner Salat - boiled egg fried with tomato, herbs and small salad side dish)

- **Frittatona di Verdure con**

Contorno di Insalatina o Contorni del giorno € 8,00

(Brennt-Eierkuchen mit kleiner Salat oder Beilage - thick omelette with vegetables and small salad side dish or daily side dish)

- **Frittatona Pancetta e Cipolla con**

Contorno di Insalatina o Contorni del giorno € 8,00

(Eierkuchen mit Bacon und Zwiebel mit kleiner Salat oder Beilage - thick omelette with bacon and onion and small salad side dish or daily side dish)

- **Tortell di Patate con Salumi e Formaggio € 12,00**

Kartoffelbrotchen mit geräucherter Wurstplatte und Käse - fried potato cake with smoked sausage and cheese

- **Quiche con Contorno di Insalatina € 7,00**

(Quiche mit kleiner Salat - Quiche and small salad side dish)



OMAS KARTOFFELN

patate gratinate al forno con Emmentaler Besciamella
überbackene Ofenkartoffeln mit Käse und Bechamelsauce

- **Prosciutto e Funghi € 8,00**

(Schinken und Pilzen - Ham and Mushrooms)

- **Pollo e Mais € 9,00**

(Hähnchenbrust und Mais - chicken breast and sweet-corn)

- **Verdure € 8,00**

(Gemüse - Vegetables)

- **Uovo e Salamino Piccante € 8,00**

(Ei und würzige Salami - Egg and spicy salami)

- **Salmone e Erba Cipollina € 9,00**

(Räucherlachs und Schnittlauch - smoked salmon and chives)

- **Pancetta Croccante e Scamorza € 8,00**

(Kruspiger Speck und Scamorza-Käse - Crispy bacon and smoked cheese)



SALAD IS NOT A MEAL, IT'S A STYLE!

- **Insalata Greca € 7,00**

(Cetrioli, Pomodori, Peperoni, Olive Nere, Feta Greca e Origano)
(Cucumers, Tomatoes, Peppers, Olive Nere, Feta Greek, Oregano)

- **Insalata Nizzarda € 8,50**

(Patate lesse, Fagioli, Olive Nere, Uova Sode, Pomodori, Tonno, Peperoni, Cipolla)
(gekochte Kartoffeln, Bohnen, Oliven, hart gekochtes Ei, Tomaten, Thunfisch, Paprika, Zwiebel - potatoes, beans, olive, boiled egg, tomatoes, tuna, peppers, onion)

- **Insalata Pantesca € 8,00**

(Pomodori, Olive Verdi, Patate lesse, Cipolla Rossa, Capperi, Basilica e Origano)
(Cherry Tomatoes, Olive grüne, Kartoffeln, Zwiebel, Kapern, Basilikum, Oregano - cherry tomatoes, olive, potatoes, onion, capers, basil, oregano)

- **Caesar Salad € 10,00**

(Insalata, Crastini di Pane, Petto di Pollo, Uova Sode, Grana a Scaglie e Vinaigrette)
(Salat, Bruschetta, Hähnchenbrust, hart gekochtes Ei, Parmesan, Vinaigrette - salad, bread croutons, chicken breast, boiled egg, parmesan, vinaigrette)

- **Insalata, Uova Sode, Tonno, Gamberetti e Pomodorini € 9,00**

(Salat, hart gekochtes Ei, Thunfisch, Garnelen, Cherry Tomaten - Salad, boiled egg, tuna, shrimp)

- **Insalata, Prosciutto, Mozzarella, Uova Sode, Mais e Cuori di Palma € 8,00**

(Salat, Schinken, Mozzarella Käse, hart gekochtes Ei, Mais, Pilze - salad, ham, mozzarella, boiled egg, corn, mushrooms)

- **Insalata, Avocado, Uova Sode e Salmone € 10,00**

(Salat, Avocado, hart gekochtes Ei, Räucherlachs - Salad, Avocado, boiled egg, smoked salmon)

- **Insalata Caprese € 7,00**

(Tomaten, Mozzarella Käse - tomatoes and mozzarella)

- **Fitness salad € 8,00**

(Insalata, Sedano, Fenchel, Mela, Uova Soda, Semi di Girasole, Chia e Semi di Lini)
(Salat, Sellerie, Petersilie, Apfel, hart gekochtes Ei, Sonnenblumenkerne, Chia, Leinsamen - Salad, celery, fennel, apple, boiled egg, sunflower seeds, chia seeds, flax seeds)

- **Insalata Mista a Proprio Gusto € 6,00**

(5 Verdure)

(Gemischter Salat nach Wunsch à la carte, 5 Leinsamen - Mix salad of your choice)



BIRRA

BIRRA PORETTI
Piccola €3,00 / Media €5,00

PORETTI NON FILTRATA
Piccola €3,00 / Media €5,00

WEIZENBIER TUCHER
Piccola €3,00 / Media €5,00

HEINEKEN/RED PALE FLEA €4,00

ANALCOLICA €4,00

WEIZEN / CORONA € 5,00

VINO

TERRAFORTE ROSSO
BICC €3,00 / BOTT €20,00

TERRALBA BIANCO
BICC €3,00 / BOTT €20,00

LAMBRUSCO SAETTI
BICC €3,00 / BOTT €16,00

PROSECCO LISPIDA
BICC €3,00 / BOTT €16,00

HBIANCO
BICC €4,00 / BOTT €22,00

CENTRIFUGHE SMOOTHIES

● **ACE** 🍊🍏🥕
Arancia, Mela, Carota, Limone

● **CARAIBI** 🍌🍍🍈
Anguria, Ananas, Melone

● **SOLARE** 🍏🥕
Mela, Carota

● **DISSETANTE** 🍊🍏
Arancia, Mela

● **ESTIVA** 🍌🍏🍑
Melone, Mela, Pesca

● **FRESCA** 🍌🍏
Anguria, Mela

● **DELIZIA** 🍌🍏🍑
Fragola, Mela, Pesca

● **DIGESTIVA** 🥕🌿🍌🍌
Carota, Sedano, Arancia, Zenzero

● **NO STRESS** 🍏🥕🌿🍌
Mela, carota, Sedano, Zenzero

● **TONICA** 🍏🍌🍌
Mela, Zenzero, Kiwi

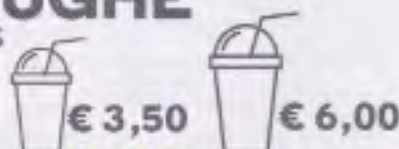
● **PIACEVOLE** 🍌🍏🍌🍌
Pompelmo Rosè, Fragola, More

● **BLOODY** 🍌🍌🍌
Cetriolo, Zenzero, Pompelmo Rosè

● **SUMMER** 🍌🍏🍏
Carota, Pesca, Arancio

● **SWEET & SOUR** 🍌🍏🍌
Fragola, Arancia, Uva

● **DETOX** 🍌🍏🍌
Finocchio, Arancio, Limone



FROZEN YOGURT € 5,00 ...O YOGURT NATURALE con

● **MIELE E NOCI**
Honig und Walnüsse - Honey and Walnuts

● **MIELE E MANDORLE**
Honig und Mandeln - Honey and Almonds

● **KIWI E SEMI DI LINO**
Kiwi und Leinsamen - Kiwi and flax seeds

● **AMARENE E SEMI DI GIRASOLE**
Amarene und Sonnenblumenkerne
Black cherry and sunflower seeds

● **BANANE E CHIA**
Bananen und Chia - Banana and Chia

● **FRUTTI DI BOSCO**
Waldfrüchte - Wildberries

● **FRUTTA FRESCA**
Frische Früchte - Fresh Fruits

● **FRAGOLE**
Erdbeeren - Strawberries

● **FRAGOLE E BANANE**
Erdbeeren und Bananen - Strawberries and banana

● **FRAGOLE, BANANA E KIWI**
Erdbeeren, Bananen und Kiwi
Strawberries, banana and kiwi

● **MUESLI E CIOCCOLATO**
Müslis und Schokolade - Muesli and chocolate

● **COCCO E CIOCCOLATO**
Kokos und Schokolade - Coconut and chocolate

● **NUTELLA**

● **FRUTTA E NUTELLA**
Frische Früchte und Nutella
Fresh Fruits and Nutella



SPREMUTA FRESH ORANGE JUICE

● **ARANCIO** 🍊
Orange

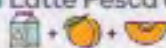
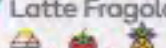
● **POMPELMO** 🍊
Grapefruit

Small € 3,50

Large € 6,00

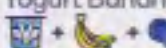
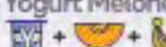
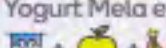
MILK

SMOOTHIES € 6,00

- 01 Latte Fragola e Banana 
- 02 Latte Mora e Lampone 
- 03 Latte Pesca e Melone 
- 04 Latte Ananas e Melone 
- 05 Latte Mela e Pesca 
- 06 Latte Kiwi e Fragola 
- 07 Latte Fragola e Ananas 
- 08 Latte Mela e Banana 

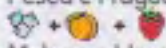
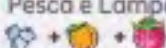
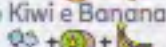
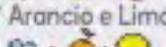
YOGURT

SMOOTHIES € 6,00

- 09 Yogurt More e Fragole 
- 10 Yogurt Fragole e Banana 
- 11 Yogurt Banana e Mirtilli 
- 12 Yogurt Fragole e Lamponi 
- 13 Yogurt Melone e Banana 
- 14 Yogurt Pesca e Ananas 
- 15 Yogurt Mela e Banana 

FROZEN

SMOOTHIES € 6,00

- 16 Fragola e Lampone 
- 17 Pesca e Fragola 
- 18 Melone e Limone 
- 19 Lampone, Mirtillo e Mora 
- 20 Fragola e Limone 
- 21 Pesca e Lampone 
- 22 Fragola e Kiwi 
- 23 Pesca e Limone 
- 24 Ananas e Melone 
- 25 Arancio e Fragola 
- 26 Kiwi e Banana 
- 27 Arancio e Limone 

MILKSHAKES

Small € 3,70 Large € 5,00

- Cioccolato Schokolade
- Melone Melone
- Menta Minze
- Fragola Erdbeer
- Caramello Karamel
- Vaniglia Vanille
- Banana Banane
- Amarena Amarena
- Limone Zitronen
- Tiramisù Tiramisù
- Yogurt Yogurt
- Caffè Mokka
- Nocciola Haselnuss
- Mango Mango
- Puffo Puffo

COPPE GELATO

- Coppa Macedonia € 6,00 Fruchsalat Becher
- Coppa Frutti di Bosco € 6,00 Waldfruchte Becher
- Coppa Fragole € 5,50 Erdbeer Becher
- Coppa Amarena € 5,00 Amarena Becher
- Spaghetti Eis € 4,00
- Banana Split € 5,00
- Coppa Caramel € 4,50 Karamel Becher
- Coppa AfterEight € 4,50 AfterEight Becher
- Coppa Cioccolato € 4,50 Schokolade Becher
- Coppa Bounty (cocco) € 4,50 Bounty Becher (coconut)
- Coppa Nuss € 5,00 Nuss Becher
- Coppa Kiwi € 5,00 Kiwi Becher
- Spaghetti Carbonara* € 5,00 Spaghetti Eis Carbonara
- Coppa Malaga* € 6,00 Malaga Becher
- Coppa Amaretto* € 6,00 Amaretto Becher
- Coppa Tiramisù* € 6,00 Tiramisù Becher

*contiene

SOFT SUNDAY € 3,00

- Cioccolato Schokolade
- Fragola Erdbeer
- Banana Banane
- Lampone Himbeer
- Frutti di Bosco Waldfruchte
- Mango Mango
- Amarena Amarena
- kiwi Kiwi
- Nocciola Nocciola



● EISKAFFEE € 5,00

● EISSCHOKOLADE € 5,00



ICE CREAM € 4,00

- BANANA & NUTELLA
- STRAWBERRY & NUTELLA



BROWNIESN'ICE € 5,00

- PLAIN
- AMERICAN COOKIE
- NUTTY-TELLA

