

DESSERTS

- SPRING ROSE.....8.00
Green apple rose marinated whit agave and smoked paprika, lemon cream, almonds and cashew tartlet
- TROPICAL STORM8.00
Avocado and lime mousse, mango and coco sauce, sesame waffles
- CHOCO TRIS8.00
White chocolate mousse, black chocolate mousse, chocolate and hazelnuts brownie, berries
- KIWI AND PINEAPPLE CUSTARD.....8.00
Raw crème patissière, pineapple waffle, dried kiwi

Discover our COOKING CLASSES

For further information ask the staff or visit our website

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SOLO CRUDO

JUICE BAR AND RAW FOOD

Bistrot



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APPETIZERS

- AVOCADO AND MANGO TARTARE** 8.00
 Avocado tartare, mango, coriander, bell pepper sauce, tabasco, raw crackers
- ASPARAGUS CARPACCIO** 9.00
 Marinated asparagus, balsamic glaze, fermented cashew cheese, avocado cream, turmeric, himalaya salt
- STUFFED ZUCCHINI BLOSSOM** 9.00
 Zucchini blossom, Sicilian pesto, pickled capers, oregano sauce
- KIWI TARTARE** 8.00
 Kiwi, green and sundried tomatoes, olives, basil, raw cashew cheese

SUSHI

- WASA-MAKI** - Nori, wasabi and peas sauce, seasonal vegetables, salad 6.00
- CAULI-MAKI** - Nori, marinated cauliflower, kimchi, oyster mushroom, ponzu sauce 6.00
- ONIGIRI** - Marinated cauliflower, miso, hazelnuts, avocado, olives, sundried tomatoes 6.00
- DAIKON-MAKI** - Daikon, pineapple, marinated red cabbage, salad, sesame mayo 6.00

SOUPS

ROOM TEMPERATURE

- PEAS VELOUTÉ** 8.00
 Peas, leek, lemon oil, pepper, cashews
- ASPARAGUS SOUP** 8.00
 Asparagus, spinach, balsamic glaze, cashews
- CHARD AND FAVA BEANS SOUP** 8.00
 Chard, fava beans, spicy oil, thyme
- MUSHROOMS SOUP** 8.00
 Mixed mushrooms, curry, cashews, tamari sauce, coconut milk

RAW PASTA

- CACIO E PEPE** 9.50
 Zucchini spaghetti, pepper, raw cashew cheese, artichokes cooked at low temperature
- ORIENTAL NOODLES** 9.50
 Daikon noodles, ginger sauce, avocado, miso, kimchi, dried pineapple
- RADICCHIO CANNELLONI** 9.50
 Red wine marinated radicchio, avocado and green apple tabbouleh, béchamel of almond milk, balsamic glaze
- PUTTANESCA FETTUCCINI** 9.50
 Carrots fettuccini, tomato sauce, olives, capers, oregano

MAIN COURSES

- TACOS** 9.50
 Raw taco, avocado, bell pepper, carrots, shallot, radish, cocumber, verdida sauce
- FALAFEL AND VIGNAROLA** 10.00
 Fava beans falafel, wonton of chard and peas, hummus, bell pepper spicy sauce
- HAMBURGER** 10.00
 Raw burger, tzatziki sauce, barbecue sauce, pickled cocumber, zucchini crunchy chips stick, onion rings
- FENNEL AND RADICCHIO CRUDITÉ** 9.00
 Fennel, radicchio, brine orange, balsamic glaze, raw cashew and thyme cheese
- SPRING VEGETABLES GARDEN** 10.00
 Seasonal vegetables cooked at low temperature whit different marinades, american potatoes puree, raw croutons
- RAW VEGAN CHEESE SELECTIONS** Small 8.00 | Big 10.00
 A selections of our aged raw cheeses with crackers and marmalade