

DESSERTS

- MELA-GODO ..... €8.00  
Slow-cooked apple stuffed with passito wine and cinnamon, raw crème patissiere
- AUTUMN ON A SPOON ..... 8.00  
Avocado and orange mousse, persimmon sauce, chestnut waffle
- TROPICAL TARTLET ..... 8.00  
Coconut biscuit, pineapple in syrup, coconut and banana mousse
- CHOCO TRIS ..... €8.00  
White chocolate mousse, black chocolate mousse, chocolate and hazelnuts brownie, berries

Discover our  
**COOKING CLASSES**

For further information ask the staff  
or visit our website

[WWW.SOLOCRUDO.COM](http://WWW.SOLOCRUDO.COM)



**SOLO  
CRUDO**

JUICE BAR AND RAW FOOD

*Bistrot*

SOLOCRUDO.COM



## APPETIZERS

- AVOCADO AND APPLE TARTARE** ..... 8.00  
 Avocado, apple, parsley pesto, raw crackers
- FALL BALL** ..... 9.00  
 Pumpkin's ball with hazelnuts and chestnut flour, heart of cashew and horseradish, thyme pesto
- WHAT'S LEFT FROM THE SUMMER** ..... 9.00  
 Preserved eggplant and dried cherry tomatoes from our garden, pine nuts, celery, pesto sauce
- THE BEETS OF MUSTARD** ..... 9.00  
 Marinated beetroots, figs, fermented hazelnuts, mustard

## SUSHI

- ONIGHIRI** ..... 7.00  
 Marinated cauliflower, miso, hazelnuts, avocado, olives, sundried tomatoes
- CAULI-MAKI** ..... 6.50  
 Nori, marinated cauliflower, kimchi, mushroom, ponzu sauce
- THE FARMER** ..... 6.50  
 Pears, rocket salad, cashew raw-cheese, balsamic glaze

## SOUPS

WARM

- ONION SOUP** ..... 8.00  
 Wine cooked onions, tamari sauce, cashew, pepper
- PUMPKIN SOUP** ..... 8.00  
 Pumpkin, coconuts milk, curry, chili pepper, coriander
- MUSHROOM SOUP** ..... 8.00  
 Mushrooms, garam masala, tamari sauce, cashew, almond milk

## RAW PASTA

- CACIO, PEPE E PORCINI** ..... 11.00  
 Zucchini spaghetti, cashew raw-cheese, porcini cooked at low temperature, pepper
- ORIENTAL NOODLES** ..... 9.50  
 Daikon noodles, avocado sauce, ginger, miso, kimchi and dried pineapple
- SAVOY FAGOTTINI** ..... 9.50  
 Marinated savoy cabbage, american potatoes puree, walnuts, grapes and rosemary sauce
- PUMPKIN RAVIOLI** ..... 9.50  
 Marinated pumpkin ravioli with heart of cashew raw-cheese and tabbouleh, thyme pesto and beetroots sauce

## MAIN COURSES

- TUBERS CARPACCIO** ..... 10.00  
 Marinated tubers, chard salad, orange and mustard curd
- MUSHROOMS SALAD** ..... 12.00  
 Roman salad, porcini mushrooms, balsamic sauce, thyme pesto
- HAMBURGER** ..... 10.00  
 Raw burger, barbecue sauce, mustard, crunchy veggies chips, pickled cucumber
- AUTUMNAL VEGETABLES GARDEN** ..... 10.00  
 Seasonal vegetables cooked at low temperature with different marinades, american potatoes puree, raw crackers
- TACO** ..... 10.00  
 Raw taco, savoy cabbage and green apple curry, crunchy onions
- RAW VEGAN CHEESE SELECTION** ..... Small 8.00 | Big 10.00  
 A selection of our aged raw cheeses with crackers and jam