

summer menu

frankie's juice your imagination



juices 6€

lemonizer ☀️
limone, mela, menta
lemon, apple, mint

copenheaven
fragola, pesca, mela
strawberry, peach, apple

vege 🌱
carota, arancia, mela
carrot, orange, apple

stress out 🧘
fragola, mela, zenzero
strawberry, apple, ginger

c-me ☀️
fragola, ananas, arancia
strawberry, pineapple, orange

twisty red
banana, fragola, mela
banana, strawberry, apple



super juices 6,5€

jungle joy 🌿
mango, mela, arancia,
frutto della passione
mango, passion fruit, apple, orange

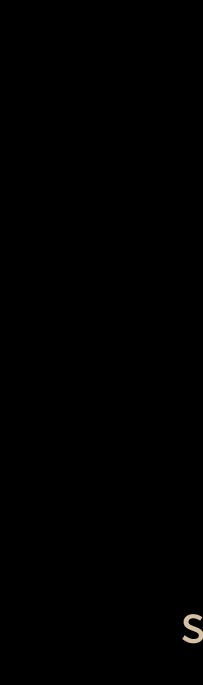
green detox 🥒
sedano ⁽⁹⁾, spinaci, zenzero,
limone, cetriolo, mela
celery ⁽⁹⁾, spinach, ginger, lemon,
cucumber, apple

immunity 🧘
carota, zenzero, curcuma,
limone, arancia
carrot, ginger, turmeric,
lemon, orange

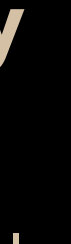
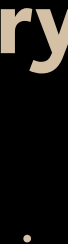
heartbeet 💖
barbabietola, carota, zenzero,
limone, mela
beetroot, carrot, ginger,
lemon, apple

summer vibes ☀️
anguria, semi di chia,
menta, fragola, mela
watermelon, chia seeds, mint,
strawberry, apple

new



iced fuel 6,5€

latte di **mandorla** ⁽⁴⁾ / **avena** ⁽⁴⁾ +1,50€ 
almond milk ⁽⁴⁾ / oat milk ⁽⁴⁾ +1,50€ 

ice vanilia
caffè, banana, **latte** ⁽⁷⁾,
sciroppo di vaniglia
coffee, banana, milk ⁽⁷⁾,
vanilla syrup

**ice strawberry
matcha**
matcha, **latte** ⁽⁷⁾,
salsa di fragole con miele
matcha, milk ⁽⁷⁾,
strawberry sauce with honey

ice matcha latte
matcha, miele, **latte** ⁽⁷⁾
matcha, honey, milk ⁽⁷⁾

ice americano 4€
ice caffè latte 4,5€

smoothies 6,5€

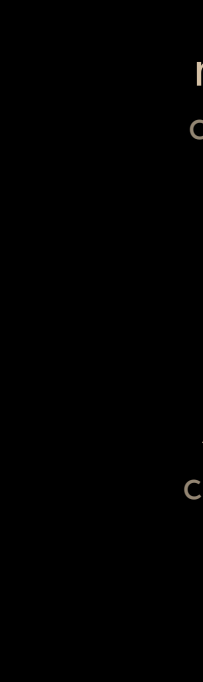
latte di **mandorla** ⁽⁴⁾ / **avena** ⁽⁴⁾ +1,50€ 
almond milk ⁽⁴⁾ / oat milk ⁽⁴⁾ +1,50€ 

pump me up 🌱
burro di arachidi ⁽⁵⁾, **proteine** ⁽⁷⁾,
banana, **latte** ⁽⁷⁾
peanut butter ⁽⁵⁾, **proteins** ⁽⁷⁾,
banana, milk ⁽⁷⁾

brazilian 🌿
açaí, fragola, banana,
miele, **latte** ⁽⁷⁾
açaí, strawberry, banana,
honey, milk ⁽⁷⁾

energizer 🧘
fragola, banana, **proteine** ⁽⁷⁾,
spirulina, **latte** ⁽⁷⁾
strawberry, banana, **proteins** ⁽⁷⁾,
spirulina, milk ⁽⁷⁾

new



glow up 7€

super skin ☀️
collagene, fragola,
mela, carota, zenzero
collagen, strawberry, apple,
carot, ginger

super power 🌱
creatina, ananas,
spinaci, mela, menta
creatine, pineapple, spinach,
apple, mint

bowls 9,5€

ingrediente extra +1,5€
extra ingredient +1,5€

take away +0,50€
senza zuccheri aggiunti
no added sugars

açaí bowl

açaí
topping: banana, ananas, cocco, **granola** ^(4,7,8)

açaí
topping: banana, pineapple, coconut, **granola** ^(4,7,8)

matcha energy bowl

matcha, miele, banana, **yogurt naturale** ⁽⁷⁾
topping: banana, **granola** ^(4,7,8), salsa di fragole con miele, semi di chia
matcha, honey, banana, **natural yogurt** ⁽⁷⁾,
topping: banana, **granola** ^(4,7,8), strawberry sauce with honey, chia seeds

new mango passion fruit bowl

mango, frutto della passione, banana, arancia
topping: banana, cocco, semi di chia, salsa di fragole con miele
mango, passion fruit, banana, orange
topping: banana, coconut, semi di chia, strawberry sauce with honey

peanut butter protein bowl

yogurt naturale ⁽⁷⁾, **burro di arachidi** ⁽⁵⁾, **proteine** ⁽⁷⁾, banana
topping: banana, **granola** ^(4,7,8), semi di chia, **burro di arachidi** ⁽⁵⁾
natural yogurt ⁽⁷⁾, **peanut butter** ⁽⁵⁾, **proteins** ⁽⁷⁾, banana
topping: banana, **granola** ^(4,7,8), chia seeds, **peanut butter** ⁽⁵⁾

porridge bowl

avena ⁽⁴⁾, **latte di mandorla** ⁽⁸⁾, sciroppo di vaniglia, cannella
topping: banana, salsa di fragole con miele, semi di chia, **yogurt naturale** ⁽⁷⁾
oat ⁽⁴⁾, **almond milk** ⁽⁸⁾, vanilla syrup, cinnamon
topping: banana, strawberry sauce with honey, chia seeds, **natural yogurt** ⁽⁷⁾



salads 10€

ingrediente extra +1,5€
extra ingredient +1,5€

take away +0,50€

tutte le insalate sono accompagnate con:
olio extra vergine d'oliva/acetato e pane integrale
all salads are served with extra virgin olive oil/vinegar and wholemeal bread.

condimenti: miele e mostarda,
pesto di spinaci (senza aglio e formaggio), piccante +0,30€
dressings: honey and mustard, spinach pesto (without garlic and cheese), spicy +€0.30

chicken salad

pollo, **scaglie di grana** ⁽⁷⁾, pomodori, avocado, **edamame** ⁽⁶⁾,
cetrioli, **couscous** ⁽⁴⁾, rucola, insalata, semi di girasole
🌱*opzione vegetariana: senza pollo con **tofu** ⁽⁶⁾

chicken, **parmesan shavings** ⁽⁷⁾, tomatoes, avocado, **edamame** ⁽⁶⁾,
cucumbers, **couscous** ⁽⁴⁾, rocket salad, iceberg salad, sunflower seeds
🌱*vegetarian option: **tofu** ⁽⁶⁾ instead of chicken

salmon salad

salmone ⁽⁴⁾, avocado, pomodori, cetrioli, **couscous** ⁽⁴⁾, rucola,
insalata, semi di girasole
🌱*opzione vegana: senza **salmone** ⁽⁴⁾ con **edamame** ⁽⁶⁾

salmon ⁽⁴⁾, avocado, tomatoes, cucumbers, **couscous** ⁽⁴⁾, rocket salad,
iceberg salad, sunflower seeds
🌱*vegan option: **edamame** ⁽⁶⁾ instead of **salmon** ⁽⁴⁾

tuna salad

tonno ⁽⁴⁾, ceci, olive, pomodori, cetrioli, semi di girasole, rucola,
insalata
🌱*opzione vegana: senza **tonno** ⁽⁴⁾ con mela

tuna ⁽⁴⁾, chickpeas, olives, tomatoes, cucumbers, sunflower seeds,
rocket salad, iceberg salad
🌱*vegan option: apple instead of **tuna** ⁽⁴⁾

frankie's vegan couscous

tofu ⁽⁶⁾, ceci, mais, **edamame** ⁽⁶⁾, pomodori, cetrioli, semi di
girasole, rucola, **couscous** ⁽⁴⁾
tofu ⁽⁶⁾, chickpeas, corn, **edamame** ⁽⁶⁾, tomatoes, cucumbers,
sunflower seeds, rocket salad, **couscous** ⁽⁴⁾



sandwiches 9€

ingrediente extra +1,5€
extra ingredient +1,5€

club

pollo, avocado, rucola, pomodori, pesto di spinaci,
pane integrale ⁽⁴⁾
chicken, avocado, rocket salad, tomatoes, spinach pesto,
whole grain bread ⁽⁴⁾

spicy chicken

pollo, **mozzarella** ⁽⁷⁾, pomodori, **jalapeños** ⁽¹²⁾, salsa piccante,
pane integrale ⁽⁴⁾
chicken, **mozzarella** ⁽⁷⁾, tomatoes, **jalapeños** ⁽¹²⁾,
chili dressing, **whole grain bread** ⁽⁴⁾

new vegan

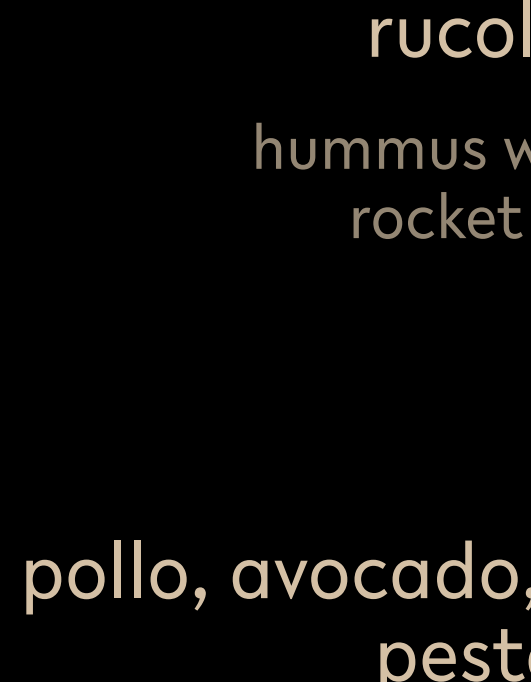
hummus con barbabietola, avocado, pomodori, cetrioli,
rucola, **pane integrale** ⁽⁴⁾
hummus with beets, avocado, tomatoes, cucumbers,
rocket salad, **whole grain bread** ⁽⁴⁾

avocado

avocado, pomodori, **mozzarella** ⁽⁷⁾, cetrioli, pesto di spinaci,
pane integrale ⁽⁴⁾
avocado, tomatoes, **mozzarella** ⁽⁷⁾, cucumbers,
spinach pesto, **whole grain bread** ⁽⁴⁾

salmon

salmone ⁽⁴⁾, avocado, pomodori, spinaci, **salsa miele e
mostarda** ⁽¹⁰⁾, **pane integrale** ⁽⁴⁾
salmon ⁽⁴⁾, avocado, tomatoes, spinach,
honey-mustard dressing ⁽¹⁰⁾, **whole grain bread** ⁽⁴⁾



wraps 9,5€

ingrediente extra +1,5€
extra ingredient +1,5€

new vegan

hummus con barbabietola, pomodori, avocado, **jalapeños** ⁽¹²⁾,
rucola, insalata, **piadina integrale** ⁽⁴⁾
hummus with beets, tomatoes, avocado, **jalapeños** ⁽¹²⁾,
rocket salad, iceberg salad, **whole grain wrap** ⁽⁴⁾

chicken

pollo, avocado, pomodori, **mozzarella** ⁽⁷⁾, rucola, insalata,
pesto di spinaci, **piadina integrale** ⁽⁴⁾
chicken, avocado, tomatoes, **mozzarella** ⁽⁷⁾, spinach,
iceberg salad, spinach pesto, **whole grain wrap** ⁽⁴⁾

crudo

prosciutto crudo, **mozzarella** ⁽⁷⁾, pomodori, rucola, insalata,
pesto di spinaci, **piadina integrale** ⁽⁴⁾
prosciutto crudo, **mozzarella** ⁽⁷⁾, tomatoes, rocket salad,
iceberg salad, spinach pesto, **whole grain wrap** ⁽⁴⁾

tuna

tonno ⁽⁴⁾, avocado, pomodori, rucola, insalata,
olio extravergine l'oliva, **piadina integrale** ⁽⁴⁾
tuna ⁽⁴⁾, avocado, tomatoes, rocket salad, iceberg salad,
olive oil, **whole grain wrap** ⁽⁴⁾

coffee and more

caffè 1,4€
caffè doppio 2,8€
cappuccino 1,8€ / 2,3€
cappuccino latte vegetale 2,5€ / 3€
americano 2,3€ / 2,8€
caffè latte 2,5€ / 3€
cinnamon caffè latte 3€ / 3,5€
caffè decaffeinato 1,6€
ginger shot 4€
matcha latte 6€
acqua 1,5€

 prodotto vegano
vegan product
 prodotto vegetariano
vegetarian product

*alcuni prodotti potrebbero essere surgelati
some products may be frozen
*in caso di allergie o intolleranze rivolgersi allo staff
oppure consultare elenco degli allergeni alimentari
indicato qui sotto
if you have any allergies or intolerances, please speak to our staff or refer to the list of
food allergens below.

dolci

banana bread ^(1,6,8) 3,5€

cinnamon roll ^(1,3,7) 3€

matcha plumcake ^(1,3,7) 4€

biscotti ^(1,3,6,7) 4,5€

in caso di allergie o intolleranze rivolgersi allo staff oppure
consultare elenco degli allergeni alimentari

Comunicazione per la clientela

Si informa la gentile clientela che i piatti da noi realizzati potrebbero contenere una o piu' sostanze allergizzanti, presenti ingrediente o derivanti da una contaminazione crociata in fase di lavorazione. Si prega pertanto le persone che soffrono di una qualche allergia o intolleranza riconducibile ad una o piu' sostanze presenti in questo elenco, di chiedere maggiori informazioni al nostro personale.

Elenco degli allergeni alimentari (ai sensi del Reg. 1169/2011)

1. Cereali contenenti glutine (come grano, orzo, avena, segale, farro, kamut e loro ceppi ibridati) e prodotti derivati,
2. Crostacei e prodotti derivati,
3. Uova e prodotti derivati,
4. Pesce e prodotti contenenti pesce,
5. Arachidi e prodotti derivati,
6. Soia e derivati
7. Latte, derivati, incluso lattosio,
8. Frutta a guscio (come mandorle, nocciole, noci, noci di anacardi, noci pecan, noci Brasile, pistacchi, noci del Queensland e derivati)
9. Sedano e prodotti contenenti sedano,
10. Senape e prodotti contenenti senape,
11. Sesamo e prodotti contenenti sesamo,
12. Anidride de solforosa e solfiti (possibilità di presenza nei vini)
13. Lupini e prodotti contenenti lupini,
14. Molluschi e prodotti contenenti molluschi

Customer Information

Allergenic substances may be present either as ingredients or as a result of cross-contamination during processing.

Therefore, customers who suffer from any allergy or intolerance related to one or more substances listed below are kindly requested to ask our staff for further information.

List of Food Allergens (pursuant to Regulation (EU) No. 1169/2011)

1. Cereals containing gluten (such as wheat, barley, oats, rye, spelt, kamut, and their hybridized strains) and derived products,
2. Crustaceans and products thereof,
3. Eggs and products thereof,
4. Fish and products containing fish,
5. Peanuts and products thereof,
6. Soybeans and products thereof,
7. Milk and milk products, including lactose,
8. Nuts (such as almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachios, Queensland nuts) and derived products,
9. Celery and products containing celery,
10. Mustard and products containing mustard,
11. Sesame seeds and products containing sesame,
12. Sulphur dioxide and sulphites (may be present in wines),
13. Lupin and products containing lupin,