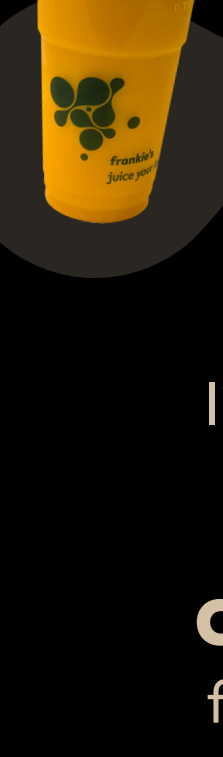


# frankie's juice your imagination

**a Milano ci trovi in:**  
 ☺ Corso di Porta Ticinese, 89  
 ☺ Via della Moscova, 39  
 ☺ Via Sile, 18

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## juices

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

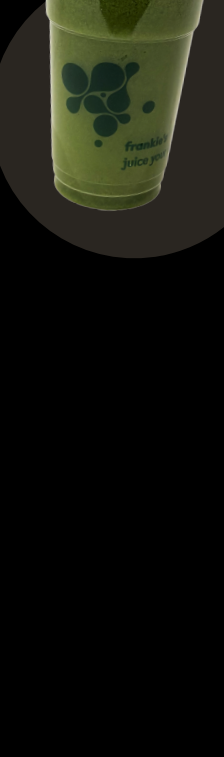
**copenheaven**  
 fragola, pesca, mela  
 strawberry, peach, apple

**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

**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** (1) +1,50€   
 almond milk (4) / oat milk (1) +1,50€ 

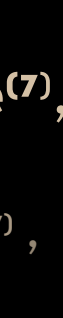
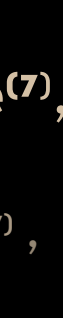
**ice vanilia**  
 caffè, banana, latte (7),  
 sciroppo di vaniglia  
 coffee, banana, milk (7),  
 vanilla syrup

**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€

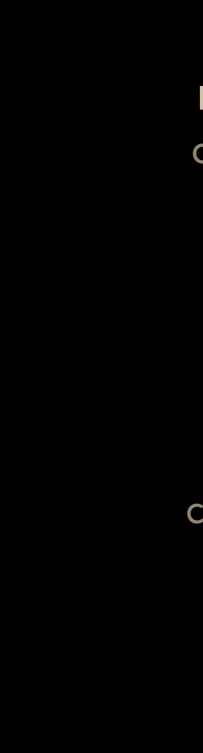
latte di **mandorla** (4) / **avena** (1) +1,50€   
 almond milk (4) / oat milk (1) +1,50€ 

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

**brazilian** 🌿  
 açai, fragola, banana,  
 miele, latte (7)  
 açai, 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,  
 carrot, 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** (1,8)

açaí  
 topping: banana, pineapple, coconut, **granola** (1,8)

### matcha energy bowl

matcha, miele, banana, **yogurt naturale** (7)  
 topping: banana, **granola** (1,8), salsa di fragole con miele, semi di chia

matcha, honey, banana, **natural yogurt** (7),  
 topping: banana, **granola** (1,8), 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

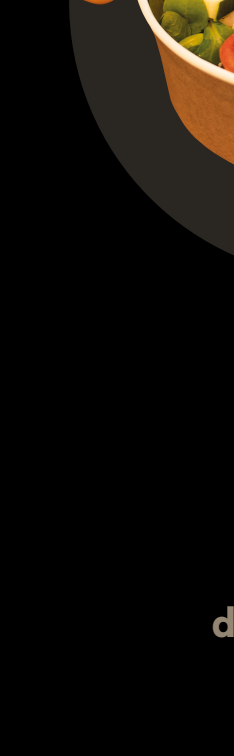
**yogurt naturale** (7), **burro di arachidi** (5), **proteine** (7), banana  
 topping: banana, **granola** (1,8), semi di chia, **burro di arachidi** (5)

**natural yogurt** (7), **peanut butter** (5), **proteins** (7), banana  
 topping: banana, **granola** (1,8), chia seeds, **peanut butter** (5)

### porridge bowl

**avena** (1), **latte di mandorla** (8), sciroppo di vaniglia, cannella  
 topping: banana, salsa di fragole con miele, semi di chia, **yogurt naturale** (7)

**oat** (1), **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** (1), rucola, insalata, semi di girasole

🌱\*opzione vegetariana: senza pollo con **tofu** (6)

chicken, **parmesan shavings** (7), tomatoes, avocado, **edamame** (6),  
 cucumbers, **couscous** (1), rocket salad, iceberg salad, sunflower seeds

🌱\*vegetarian option: **tofu** (6) instead of chicken

### salmon salad

**salmone** (4), avocado, pomodori, cetrioli, **couscous** (1), rucola,  
 insalata, semi di girasole

🌱\*opzione vegana: senza **salmone** (4) con **edamame** (6)

**salmon** (4), avocado, tomatoes, cucumbers, **couscous** (1), 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, **couscous** (1)

**tofu** (6), chickpeas, corn, **edamame** (6), tomatoes, cucumbers,  
 sunflower seeds, rocket salad, **couscous** (1)



## sandwiches 9€

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

### club

pollo, avocado, rucola, pomodori, pesto di spinaci,  
**pane integrale** (1)

chicken, avocado, rocket salad, tomatoes, spinach pesto,  
**whole grain bread** (1)

### spicy chicken

pollo, **mozzarella** (7), pomodori, **jalapeños** (12), salsa piccante,  
**pane integrale** (1)

chicken, **mozzarella** (7), tomatoes, **jalapeños** (12),  
 chili dressing, **whole grain bread** (1)

### new vegan

hummus con barbabietola, avocado, pomodori, cetrioli,  
 rucola, **pane integrale** (1)

hummus with beets, avocado, tomatoes, cucumbers,  
 rocket salad, **whole grain bread** (1)

### avocado

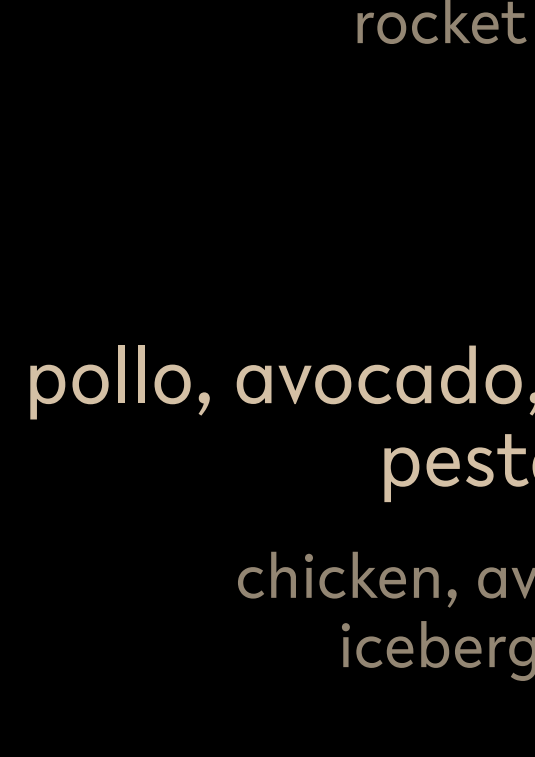
avocado, pomodori, **mozzarella** (7), cetrioli, pesto di spinaci,  
**pane integrale** (1)

avocado, tomatoes, **mozzarella** (7), cucumbers,  
 spinach pesto, **whole grain bread** (1)

### salmon

**salmone** (4), avocado, pomodori, spinaci, **salsa miele e  
 mostarda** (10), **pane integrale** (1)

**salmon** (4), avocado, tomatoes, spinach,  
**honey-mustard dressing** (10), **whole grain bread** (1)



## wraps 9,5€

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

### new vegan

hummus con barbabietola, pomodori, avocado, **jalapeños** (12),  
 rucola, insalata, **piadina integrale** (1)

hummus with beets, tomatoes, avocado, **jalapeños** (12),  
 rocket salad, iceberg salad, **whole grain wrap** (1)

### chicken

pollo, avocado, pomodori, **mozzarella** (7), rucola, insalata,  
 pesto di spinaci, **piadina integrale** (1)

chicken, avocado, tomatoes, **mozzarella** (7),  
 iceberg salad, spinach pesto, **whole grain wrap** (1)

### crudo

prosciutto crudo, **mozzarella** (7), pomodori, rucola, insalata,  
 pesto di spinaci, **piadina integrale** (1)

prosciutto crudo, **mozzarella** (7), tomatoes, rocket salad,  
 iceberg salad, spinach pesto, **whole grain wrap** (1)

### tuna

**tonno** (4), avocado, pomodori, rucola, insalata,  
 olio extravergine l'oliva, **piadina integrale** (1)

**tuna** (4), avocado, tomatoes, rocket salad, iceberg salad,  
 olive oil, **whole grain wrap** (1)

## 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€

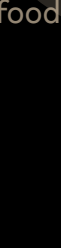
caffè decaffeinato 1,6€

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.

# menu

## **green meal 14€**

salad o wrap e juice

\*super juice o smoothie +1€

salad or wrap and juice

\*super juice or smoothie +1€

## **pick&juice 13€**

sandwich e juice

\*super juice o smoothie +1€

sandwich and juice

\*super juice or smoothie +1€



## **fresh deal 13,5€**

bowl e juice

\*super juice o smoothie +1€

bowl and juice

\*super juice or smoothie +1€

# dolci



banana bread <sup>(1,6,8)</sup> 3€



cinnamon roll <sup>(1,3,7)</sup> 2,5€



matcha plumcake <sup>(1,3,7)</sup> 3,5€



biscotti <sup>(1,3,6,7)</sup> 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 più 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 più 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 di 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,