

# INSALATA

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- Delivery menu -

## Appetizers

### Ciabatta bread

R\$ 6,00

### Yellow cassava cakes

Mixed portion: 1/2 brie and 1/2 jerked beef.

R\$ 23,00

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## Salads

### Mantova

Mixed green leaves, fresh mozzarella, shredded chicken breast, parmesan cheese, artichoke hearts, cherry tomatoes, shoestring potatoes and olive oil dressing.

Regular R\$ 45.50 | Reduced R\$ 36.00

### Casablanca

Mixed leaves, couscous, raisings, shredded chicken, almonds and sweet grape tomatoes.

Regular R\$ 44.30 | Reduced R\$ 35.00

### Caprina

Lightly warmed goat cheese covered in honey, mixed leaves, red cabbage, slices of pear, sweet grape tomatoes and toasts in vinegar and honey sauce.

Regular R\$ 45.50 | Reduced R\$ 36.00

### Istambul

Mixed leaves, season fruit, chandliche cheese with za'atar, almonds, fresh basil and toasts.

Regular R\$ 46.00 | Reduced R\$ 37.00

### Paris

Mixed leaves, grilled shiitake, tomato, goat cheese and toasts.

Regular R\$ 45.50 | Reduced R\$ 36.00

### Brindisi

Mixed green leaves, tomato, fresh mozzarella, heart of palm, parmesan cheese, fresh basil and mustard dressing.

Regular R\$ 44.30 | Reduced R\$ 35.00

### Cusco

Quinoa salad, red onion, mixed leaves, apricot and grilled chicken or shiitake strips.

Reguar R\$ 44.50 | Reduced R\$ 36.00

### Parma

Mixed leaves, slices of pear, Parma prosciutto chips, warm brie in vinegar and honey sauce.

Regular R\$ 46.00 | Reduced R\$ 37.00

### Calamari

Mixed leaves, sweet grape tomatoes, grilled banana, sauteed calamari and brazilian nuts.

Inteira R\$ 46.00 | Reduzida R\$ 37.00

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## Sandwiches

### Prime 1

With bacon and brie cheese. Sided by fries and salad.

R\$ 41.00

### Prime 2

With british cheddar and barbecue sauce. Sided by rustic potatoes and salad.

R\$ 41.00

### Prime 3

With gruyère cheese, grilled onion and horseradish mayonnaise. Sided by rustic potatoes and salad.

R\$ 41.00

### Firenze

Chicken breast, melted cheese, tomato, lettuce and mayonnaise.

R\$ 31.80

### Milano

Grilled filet mignon with melted cheese and tomato.

R\$ 33.00

### Parma

Parma prosciutto, brie, tomato and honey.

R\$ 33.00

### Pesto

Ciabatta bread, arugula, roasted tomatoes, buffalo mozzarella, zucchini, eggplant and pesto sauce.

R\$ 30.50

### Carpaccio

Carpaccio, grated carrot, lettuce, parmesan cheese and mustard dressing.

R\$ 30.00

### Pork leg 1

Ciabatta bread, yellow cheese, handmade mayonnaise, roasted tomato, lettuce and barbecue sauce

R\$ 30.50

### Pork leg 2

Ciabatta bread, yellow cheese, handmade mayonnaise, roasted tomato and caramelized onion

R\$ 30.50

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## Pasta

### Whole grain spaghetti

With tomato sauce, fresh mozzarella and basil.

R\$ 44.00

### Spaghetti

Al pesto with almonds.

R\$ 46.00

### Yellow cassava gnocchi

In tomato and basil sauce.

R\$ 46.00

### Ravioli

Filled with fresh mozzarella, in tomato.

R\$ 46.00

### Whole grain penne

fresh tomatoes, fresh mozzarella, black olives and basil.

R\$ 44.00

### Plantain gnocchi

In brie sauce with almonds.

R\$ 48.00

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## Insalata dishes

### Mignon parmesan

with rice and fries.

R\$ 51.00

### Mignon milanese

with spinach cream and french fries.

R\$ 48.00

### Angus baby beef scallops

With spaghetti in tomato sauce, buffalo mozzarella and basil.

R\$ 50,00

### Grilled trout

In herbs butter, with saute potatoes and asparagus

R\$ 50,00

### Kafta in yogurt sauce

With fatouche salad.

R\$ 48.00

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## Risotto

### Leek

R\$ 45.00

### Filet mignon

Filet mignon strips, fresh mozzarella, chard, celery and chive.

R\$ 51.00

### Funghi secchi

R\$ 51.00

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## Grilled

Choose a side dish on the next page

### Cockerel

R\$ 45.00

### Skirt steak burger

R\$ 38.00

### Angus baby beef

R\$ 49.00

### Filet mignon

R\$ 54.00

### Saint peter

R\$ 42.00

### Salmon

R\$ 55.00

### Korin chicken breast

R\$ 43.00

### Parmesan filet mignon

R\$ 43.00

### Top sirloin strip steak

R\$ 56.00

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Choose a side dish for your grilled:

## Side 01

Mixed leaves, sweet grape tomatoes, fresh mozzarella, boiled egg.

## Side 02

Buttered or steamed vegetables and seven whole grain rice.

## Side 03

Sweet potato and salad, adding R\$ 7,00.

## Side 04

Rice, beans and manioc flour.

## Side 05

Choose one of our menu salads, adding R\$ 7,00.

## Side 06

Choose one of our menu risottos, adding R\$ 8,00.

## Side 07

Choose one of our menu pastas, adding R\$ 7,00

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## Quiches & Pies

### Chicken pie

Sided by mixed leaves, carrots, beets and sweet grape tomatoes in mustard based sauce.  
R\$ 41.00

### Heart of palm pie

Sided by mixed leaves, carrots, beets and sweet grape tomatoes in mustard based sauce.  
R\$ 41.00

### Cod whole grain pie

Sided by mixed leaves, sweet grape tomatoes, boiled egg and black olives in olive oil dressing.  
R\$ 41.00

### Leek quiche

Sided by mixed leaves, pear and sweet grape tomatoes in olive oil dressing.  
R\$ 41.00

### Zucchini and cottage whole grain quiche

Sided by mixed leaves, pear and sweet grape tomatoes in olive oil dressing.  
R\$ 41.00

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## Desserts

### Stupenda

Vanilla and chocolate ice cream with semisweet chocolate topping, nuts crumble and whipped cream.  
R\$ 22.00

### Frozen yogurt with light red fruits syrup

R\$ 21.00

### Fresh fruits salad

R\$ 15.00

### Fresh fruits salad with ice cream

R\$ 18.00

### Ice cream (3 scoops)

chocolate, vanilla or yogurt

1 scoop: R\$ 8.00 | 2 scoops R\$ 10.00 | 3 scoops R\$ 12.00

### Traditional brownie

R\$ 18,00

### Gluten free brownie with vanilla ice cream

with chocolate drops  
R\$ 18,00

### Nutella cheesecake

With fresh strawberries topping  
R\$ 23,00

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## Beverages

### Natural fruit juices

R\$ 11.00

### Soda

R\$ 7.00

### Special juices

2 or more fruits  
R\$ 13.00

### Green tea

R\$ 7.00

### Water

R\$ 5.00

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