



MENÙ

# WHY SMART FOOD

For us at **SmartKook** it is a necessity to eat in a conscious way!

We are not doctors nor dieticians, but we know that a varied diet is good for our health: at **SmartKook** you can choose among several **smart-ingredients**.

We select high quality products and rely on studies and scientific researches, which teach us how food interacts with our organism (Nutrigenomica).

*We are what we eat* (Ludwing Feuerbach-1804) and this is especially true in the mid-long term.

We started a process of discovering (and rediscovering) the ingredients and foods that some Italian researches have defined "**samt food**". We use a good number of them in order to let our clients build a different menu each day, conscious, personalized and **SMART!**

**SmartKook is Longevity Food (LF) - Protective Food (PF) - Anticancer Food (AF):**

## Longevity Food

*Recent research have shown that the molecules contained in some foods can "help" into the epigenome, or DNA, and change those sections that affect the duration of our life, by activating longevity genes. Among these foods we can find:*

- Anthocyanins: purple cabbages, cherries, blood oranges, blueberries, aubergines, purple and sweet potatoes, black prunes, radicchio salad, black grapes, berries
- Capsaicin: chilli pepper and spicy paprika
- Curcumin: turmeric
- Epigallocatechin gallate: green and black tea
- Fisetina: khaki, strawberries, some types of apples
- Quercetin: asparagus, capers, onions, lettuce, dark chocolate
- Resveratrol: grapes

## Protective Food

*This category includes foods that help us protect our body from hypertension, diabetes and obesity:*

garlic, cereals, pot herbs (basil, oregano, sage, rosemary, mint, thyme...), legumes, olive oil, seed oil, (sunflower, pumpkin...), fresh fruit and vegetables (rich in vitamins and mineral).

## Anticancer Food

*A set of foods that are "friends" to our organism and slow down the proliferation of cancer-causing cells (some of them reduce inflammatory states where cancer finds fertile ground and others prevent or slow down its development...). This category includes:*

turmeric (curcumin), ginger (gingerol), carrot (beta-carotene), blueberries and raspberries (delphinidin), soy, red clover, coffee (flavonoids, genistein), cruciferous like broccoli, cauliflowers, rocket salad, turnip greens, Brussels sprouts (isotiocinati), grapefruit and tomato (lycopene), mint, cherries and lavender (perillyl alcohol), black pepper (piperine), lemon (hesperidin).

**In case of allergies or intolerances, please contact our staff.**



# COFFEE BAR



SERVITO

Espresso	1,30	2,50
Espresso macchiato	1,40	2,80
Espresso barley / Ginseng coffes small cup	1,50	2,80
Barley Coffee / Ginseng coffe big cup	1,80	3,00
Macchiatone	1,50	3,50
Decaffeinated coffe	1,50	3,00
Caffè whit Liquor	2,00	3,00
Shaked coffee	4,00	5,00
Shaked coffee whit Baileys	4,50	5,50
Coffee cream small cup	3,50	5,00
Coffee cream big cup	5,00	6,00
Irish coffee (coffee, whisky, sugar, cream)	6,00	7,00
Moraccan coffee	1,80	3,50
Cappuccino (soy + 0,40€, deca + 0,40€)	1,80	3,00
Cappuccino barley / Ginseng (soya + 0,40€)	2,50	3,50
Hot chocolate (panna + 1,00€)	5,00	6,00
Milk	1,50	3,00
Milk whit coffee	2,20	3,50
Tea / Green tea / Chamomile / Herbal teas	4,00	5,00
Orange juice / Grapefruit juice / Lemon juice / lime juice	5,00	6,00
Pomegranate juice	6,00	7,00



# ...BRIOCHEs & CO.

Big croissant	1,50	3,00
Small croissant	1,30	2,50
Salted croissant	3,50	5,00
Small Muffin	1,50	3,00
Big Muffin	3,00	5,00
Small Donuts	2,00	2,80
Big Donuts	3,00	4,00
Puff pastry with cream	1,40	2,00
Fruit cake	2,50	3,50
Milk bread	3,50	5,00
Chocolate brownie gluten free	3,50	5,00
Shortcrust	2,50	4,00

# DRINKS

	SERVED	
Still or sparkling water 50ml	1,20	3,00
Fruit juice	4,00	5,00
Special fruit juice	5,00	6,00
Cold te (pach, lemon) / Coke / Orange juice	4,00	5,00
Bitter orange juice / Chinotto / Sprite	4,00	5,00
Schweppes / Schwepper lemon / Soda	4,00	5,00
Red Bull	4,00	5,00
Crodino	6,00	7,00
San Bitter	6,00	7,00
Campari soda	6,00	7,00
Cedrata Tassoni	6,00	7,00
Ginger Beer	5,00	6,00
Ginger Ale	5,00	6,00

## BOTTLED BEERS

### Weiss

Paulaner (50cl) /5,5% vol 7,00

Franziskaner (50cl) /5,5% vol 7,00

### Bionde - Lager

Heineken (33cl) /5,0% vol 6,00

Corona /4,6% vol 7,00

Ichnusa unfiltered /5,0% vol 7,00

Menabrea (33cl) /4,8% vol 6,00

### Duble malt

Super Tennent's (33cl) /9,0% vol 7,00

Ceres (33cl) /7,7% vol 7,00

### Spina Heineken

medium 7,00

small 5,00



# KITCHEN

## BIG TOAST



### **Big toast**

(baked ham, fontina cheese)

5,50

### **Big Toast farcito**

(baked ham, fontina cheese, toast filling)

6,50

## BIG HAMBURGER

### **Hamburger**

(meat burger, green salad, tomato)

11,00

### **Cheeseburger**

(meat burger, green salad, tomato, cheese)

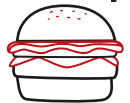
12,00

### **Veggie burger**

(vegetable burger, green salad, dried tomato)

11,00

## CLUB SANDWICH



### **Diaz**

(salmon, valerian salad, philadelphia cheese, avocado, tomato)

14,00

### **Fontana**

(truffle cooked ham culatello, cheddar, tomato, iceberg salad, cocktail sauce)

14,00

### **Cairolì**

(tuna, eggs, radicchio salad, avocado, mayonnaise)

14,00

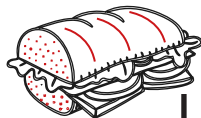
### **Garibaldi**

(salmon, tuna, tabasco, mayonnaise, tomato, salad, salt, pepper)

14,00

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# SANDWICHES

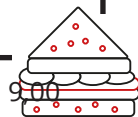


<b>SmartKook</b> (Parma raw ham 36 months, brie cheese, tomato, rocket salad)	9,00
<b>Triennale</b> (bresaola, grana cheese, rocket salad, oil, pepper)	9,00
<b>Missori</b> (bresaola, caprine cheese, rocket salad, dried tomatoes)	9,00
<b>Naviglio</b> (baked ham, mozzarella cheese, tomato, rocket salad)	9,00
<b>Cenacolo</b> (baked ham, green salad, tomato, crabmeat)	9,00
<b>Castello</b> (speck, brie cheese, baked radicchio salad)	9,00
<b>Napoleone</b> (speck, scamorza cheese, spinach, mayonnaise)	9,00
<b>Sempione</b> (tuna, mozzarella cheese, tomato, mayonnaise)	9,00
<b>Centrale</b> (tuna, tomato, green salad, capers, mayonnaise)	9,00
<b>Cordusio</b> (bagel, salmon, valerian salad, avocado, tomato, philadelphia cheese)	10,00
<b>Duomo</b> (bagel, truffle cooked ham culatello, cheddar, tomato, cocktail sauce)	10,00

# SANDWICHES

**Sandwich**

7,00



# SALADS

**Velasca**

(mixed salad, tuna, tomato, mais, mozzarella cheese)

11,00

**Scala**

(green salad, chicken, tomato, carrots, fontina cheese)

11,00

**Romana**

(green salad, Parma raw ham 36 months, walnuts, grana cheese)

11,00

**Galleria**

(mixed salad, baked ham, Taggiasca olives, mozzarella cheese)

11,00

**Brera**

(spinach, salmon, edamame, avocado, pumpkin seeds, sesame seeds)

13,00

# DESSERT

**Cake of the day**

6,00



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## SANDWICHES / FOCACCE / WRAPS

CHOOSE UP TO **4** INGREDIENTS!

<b>French bread</b>	8,00
<b>Whole wheat bread</b>	8,00
<b>Arabic bread</b>	8,00
<b>Multigrain bread</b>	8,00
<b>Focaccia</b>	8,00
<b>Piadina / quadrotto</b>	9,00
<b>Bagel / black bread</b>	9,00
<b>Bread</b>	9,00

## VEGETABLES AND FRUIT

Tomatoes ( <b>AF,PF</b> ) (1,00€)	Artichokes in oil ( <b>PF</b> ) (1,00€)
Dry tomatoes ( <b>AF,PF</b> ) (1,00€)	Avocado ( <b>PF</b> ) (1,50€)
Cherry tomatoes ( <b>AF,PF</b> ) (1,00€)	Carrots ( <b>PF</b> ) (1,00€)
Grilled zucchini ( <b>AF,PF</b> ) (1,00€)	Chicory ( <b>LF, PF</b> ) (1,00€)
Grilled eggplant ( <b>AF,LF,PF</b> ) (1,00€)	Rocket salad ( <b>PF</b> ) (1,00€)
Grilled peppers ( <b>PF</b> ) (1,00€)	Broccoli ( <b>AF</b> ) (1,00€)

## CURED MEAT, CHEESES ETC.

Baked ham (1,50€)	Grill chicken (2,00€)
Raw ham (1,50€)	Salmon (3,00€)
Coppa (1,50€)	Shrimps (2,00€)
Turkey (1,50€)	Tuna (1,50€)
Bresaola (2,00€)	Eggs (1,50€)
Salami (1,50€)	Mozzarella cheese (1,50€)
Speck (2,00€)	Buffalo mozzarella (2,00€)
Cotoletta (3,00€)	Scamorza cheese (1,50€)

**LF:** Longevity Food**PF:** Protective Food**AF:** Anticancer Food



# YOUR OWN DISH

## SALADAS

CHOOSE UP TO **4** INGREDIENTS YOU WANT!

12,00

Choose up the kind of salad that you prefer and add your ingredients

CHOOSE UP TO **6** INGREDIENTS YOU WANT!

13,00

Choose up the kind of salad that you prefer and add your ingredients

LATTUCE (LF PF) / MIX OF LEAVES (PF) / VALERIAN (PF) / SPINACH LEAVES (PF)

## INGREDIENTS TO CHOOSE:

Fennel (PF) (1,00€)  
Green beans (PF) (1,00€)  
Cucumbers (PF) (1,00€)  
Lettuce (PF) (1,00€)  
Potatoes (PF) (1,00€)  
Valerian (PF) (1,00€)

Apple (LF,PF) (1,00€)  
Edamame (PF) (1,50€)  
Alga Wakame (PF) (1,50€)  
Mushrooms in oil (1,00€)  
Cauliflower (AF) (1,00€)



Philadelphia cheese (1,00€)  
Caprino cheese (1,50€)  
Brie (1,50€)  
Grana cheese (1,50€)  
Cheddar (1,50€)  
Corn (1,00€)  
Capers (LF,PF) (1,00€)  
Taggiasca Olivese (1,50€)  
Raisin (1,00€)

Poppy seeds (PF) (0,50€)  
Sunflower seeds (PF) (0,50€)  
Sesame seeds (PF) (0,50€)  
Pumpkin seeds (PF) (0,50€)  
Walnuts (PF) (1,50€)  
Olive Pate (0,50€)



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# COLD DISHES



## FIRST COURSES\*

<b>Venus rice with vegetables</b>	10,00
<b>Basmati rice with vegetables</b>	10,00
<b>Spelled with vegetables</b>	10,00
<b>Cous cous with vegetables</b>	10,00
<b>Mixed cooked vegetables</b>	9,00
<b>Mixed grilled vegetables</b>	9,00
<b>Soup of the day</b>	9,00
<b>Quinoa with vegetables</b>	10,00

## SECOND COURSES\*\*

<b>Slice of salmon / Sword / Tuna</b>	13,00
<b>Grilled chicken / turkey</b>	11,00
<b>Bresaola with buffalo mozzarella</b>	11,00
<b>Bresaola, rocket salad and grana cheese</b>	11,00
<b>Raw ham whit buffalo mozzarella</b>	11,00
<b>Caprese dish: buffalo mozzarella and tomatoes</b>	11,00
<b>Raw ham and melon</b>	11,00
<b>Roast-beef</b>	13,00
<b>Salmon, spinach, avocado, eggs, sesame</b>	13,00

## SPECIAL DISH

<b>You can mix a first &amp; second course.</b> (grilled vegetables, cooked vegetables)	15,00
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\*ABOUT/FOR THE FIRST COURSES IS POSSIBLE TO ADD THE FOLLOWING INGREDIENTS:

Tuna or salmon or bresaola or turkey (2,00€)

\*\*ABOUT/FOR THE SECOND COURSES IS POSSIBLE TO ADD THE FOLLOWING INGREDIENTS:

Cooked vegetables or grilled vegetables or cereals (3,50€)

# HOT DISHES

See Menù Hot Dishes

# COLD CUTS

<b>Parma raw ham</b> (raw ham aged 36 months, red/pink color of the ham and pure white color of the animal fat)	12,00
<b>Baked ham</b> (cooked ham produced with the best Italian pig legs, selected them by weight, fat and PH)	10,00
<b>Roasted turkey breast</b> (roasted turkey breast product using 100% italian meats)	10,00
<b>Salame</b> (salame with characteristic flavor and parfume)	10,00
<b>Mortadella</b> (mortadella from Lodi with a typical taste)	10,00
<b>Speck</b> (speck ham produced with Lodi pig smoked and aged 4 months)	11,00
<b>Mixed of 3 cuts of your choice</b>	20,00
<b>Plateau SmartKook</b> (3 cold cuts and 3 cheese of your choice)	25,00

## YOU CAN ADD TO YOUR PLATE:

Grana cheese (2,00€), brie cheese (2,00€), Buffalo mozzarella (3,00€), caprino cheese (2,00€), gherkins (1,50€), carrots (1,50€), green salad (1,50€), rocket salad (1,50€), tomatoes (1,50€), mozzarella cheese (1,50€)



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# OUR WINES

## White wines

	GLASS	BOTT.
Chardonnay	7,00	28,00
Traminer Aromatico	7,00	32,00
La Fuga Donna Fugata		35,00
Falanghina Le Marmore	7,00	28,00

## Red wines

Cabernet	6,00	26,00
Valpolicella Classico	7,00	32,00
Aglianico la Capranera	7,00	32,00
Barbera d'Asti Riboli	7,00	32,00
Cannonau Corash	7,00	32,00
Donna Fugata Sherazade		35,00



# BUBBLES



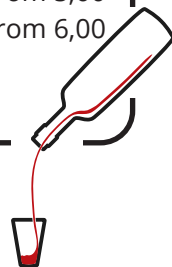
	GLASS	BOTT.
Prosecco Treviso la Farra	7,00	28,00
Franciacorta Bellavista Alma Gran Cuvée (375 cl)		30,00
Franciacorta Bellavista Alma Gran Cuvée	10,00	50,00
Berlucchi Rosè	10,00	50,00
Berlucchi Saten	10,00	50,00

## Champagne

Champagne Furdyna Carte Blanche	12,00	60,00
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# SPIRITS

<b>Amari classici</b>	5,00
<b>Liquori</b>	5,00
<b>Grappe secche e morbide</b>	from 5,00
<b>Grappe barricate</b>	from 6,00



# & DISTILLATES

## Whisky

Jack Daniel's	10,00
Jim Beam	10,00
Jameson	10,00
Caol Ila	11,00
Oban	11,00
Lagavulin	13,00

## Rum

Zecapa 23	13,00
Saint James	10,00
Havana 7	10,00
Matusalem	10,00

## Gin

Gordon's	10,00
Tanqueray	11,00
Hendrik's	11,00
Monkey	13,00

*Chiedi allo staff per altre etichette*

## Vodka

Stolicnaya	10,00
Belvedere	13,00
Grey Goose	13,00

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# OUR COCKTAILS



## ALCOLIC APERITIFS

<b>Americano</b> (Martini rosso, Campari, soda water, lemon peel)	10,00
<b>Negroni</b> (Martini rosso, Campari, Gin)	10,00
<b>Negroni sbagliato</b> (Martini rosso, Campari, sparkling wine)	10,00
<b>Spritz</b> (Aperol/Campari, sparkling wine, soda water)	10,00
<b>Hugo</b> (St. German, sparkling wine, soda water)	11,00
<b>Moscow Mule</b> (Vodka, lemon juice, Ginger Beer, slice of ginger)	10,00
<b>Bloody Mary</b> (Vodka, tomato juice, lemon juice, tabasco, salt, pepper)	10,00
<b>Martini cocktail</b> (Gin, vermut dry, olives)	10,00

## LONG DRINKS

<b>Vodka Tonic</b> (Vodka, tonic water)	from 10,00
<b>Vodka Lemon</b> (Vodka, Schweppes Lemon)	from 10,00
<b>Gin Tonic</b> (Gin, tonic water)	from 10,00
<b>Gin Lemon</b> (Gin, Schweppes Lemon)	from 10,00
<b>Cuba Libre</b> (Rum, Coca Cola)	from 10,00

## CRUSHED

<b>Mojito</b> (White Rum, lime juice, leaves of mint, soda water, brown sugar)	10,00
<b>Caipiroska</b> (Vodka, lime juice, brown sugar)	10,00
<b>Caipirinha</b> (Cachaca, lime juice, brown sugar)	10,00

## BASE SOUR

<b>Vodka Sour</b> (Vodka, lemon juice, sugar)	10,00
<b>Campari Sour</b> (Campari, lemon juice, sugar)	10,00
<b>Aperol Sour</b> (Aperol, lemon juice, sugar)	10,00

## SHAKERED

<b>Long Island ice tea</b> (Vodka, Rum, Triple sec, Gin, lemon juice, Coca Cola)	10,00
<b>Cosmopolitan</b> (Vodka, triple sec, lemon juice, cranberry juice)	10,00
<b>Margarita</b> (Tequila, triple sec, lemon juice)	10,00



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