

LUNCH & DINNER - ENGLISH

SERVICE CHARGE

3,00

Everyday from 3 p.m. and all day during the weekend and public holiday

GSTF ALL DAY EVERYDAY

TROFIE WITH PESTO VEG

15,00

Trofie with pesto served with green beans*, potatoes, pine nuts and basil
1, 5, 7, 8

MACARONI AMATRICIANA PRO

15,00

Macaroni with amatriciana sauce, crispy bacon and parmesan
1, 3

FRANCIACORTA RISOTTO Ω3

16,00

Risotto with Franciacorta wine with parmesan and prawns*
2, 7, 9

CHICKEN CURRY

16,00

Chicken curry served with thai rice and coriander
7

GUACAMOLE VEG

9,00

Smashing avocado seasoned with EVO oil, salt, pepper, coriander, lime, served with tomatoes, red onion from Tropea, jalapeño and nacho chips
12

GSTF SHARES

HUMMUS VEG

8,00

Chickpea cream served with pita bread* and paprika
1, 11, 12

GUACAMOLE VEG

9,00

Smashing avocado seasoned with EVO oil, salt, pepper, coriander, lime, served with tomatoes, red onion from Tropea, jalapeño and nacho chips
12

VEGETABLES in mustard citronette dressing NEW VEG

9,00

9, 12

MARGHERITA PIZZETTA GSTF

10,00

1, 7, 8, 12

BIG MARGHERITA PIZZA GSTF

15,00

1, 7, 8, 12

GSTF SALADS

CHICKEN CAESAR SALAD GSTF

17,00

Grilled Chicken, lettuce, flakes of parmesan, toasted bread, crispy bacon, Caesar salad dressing

1, 3, 4, 7, 12

WINTER QUINOA SALAD VEG NEW

16,00

White and red quinoa, feta cheese, black cabbage, fennel, orange, olive, pine nuts, thyme, orange citronette dressing

7, 12

AVOCADO SALAD GSTF GSTF

18,00

Avocado, grilled prawns*, songino salad, sunflowers and pumpkin seeds, fresh Tropea's red onion, sweet curcuma citronette

2, 8, 12

GSTF SANDWICHES

GSTF CLUB SANDWICH with roasted potatoes, pink sauce PRO

18,00

White bread, roasted turkey GSTF, hand-boiled egg, crispy bacon, tomato, lettuce, GSTF dressing

1, 3, 6, 7, 10, 12

GSTF SALMON & GUCAMOLE CLUB SANDWICH with roasted potatoes, pink sauce Ω3

19,00

Wholemeal bread, Norwegian smoked salmon, cream cheese, guacamole, pickled gherkins, romaine lettuce, mustard, fresh lemon and pepper

1, 4, 7, 10

BACON CHEESE BURGER GSTF

20,00

Beef burger, crispy bacon, cheddar, salads, tomatoes, pickled cucumber, homemade bbq sauce served with roasted potatoes

1, 3, 7, 10, 11, 12

GSTF WOKS

WOK ROYALE - from 7 p.m. - for min. 4 persons

GSTF NEW

Make your own wok! Veggie wok as base to combine with chicken, seabass, shrimp, lime, pepper, cashew nuts, soya and sriracha sauce
2, 4, 6, 8, 12

64,00

PAD THAI ROYALE - from 7 p.m. - for min. 4 persons

GSTF NEW

Make your own wok! Sauteed rice with eggs, green beans*, beans*, bean sprouts, fresh chili and coriander, cashew nuts, spring onion, ginger, gluten free soysauce to combine with chicken, seabass, shrimp, lime, pepper, cashew nuts, soya and sriracha sauce
2, 4, 6, 8, 12

64,00

CHICKEN & VEGETABLE WOK with thai rice and poppy seeds

GSTF 

Marinated chicken sauteed with carrots, zucchini, chinese gabbage, bean sprouts, green beans*, broccoli*, and GSTF gluten free soysauce
6, 12

17,00

SEABASS* WOK with thai rice and poppy seeds

Ω3 NEW

Seabass* filet with herbs, carrots, zucchini, chinese cabbage, bean sprouts, broccoli, green bean, spinach sauteed with GSTF gluten free sou sauce
4, 6

18,00

SALMON WOK with thai rice and poppy seeds

Ω3

NEW

Salmon, chinese cabbage, american potatoes, green bean, soybean sprouts, boiled red onion, almonds, bergamot ponzu style sauce
4, 6, 8

20,00

SHRIMP WOK with thai rice and poppy seeds

Ω3

NEW

Shrimp, chinese cabbage, bean sprouts broccoli, green bean s sauteed with sriracha and GSTF gluten free soy sauce
4, 6, 9

18,00

VEGGIE WOK served with thai rice and poppy seeds

VEG

NEW



Carrots, zucchini, chinese cabbage, bean sprouts, broccoli, green bean sriracha sauteed with GSTF gluten free soy sauce
6, 11, 12

16,00

PAD THAI RICE GSTF

GSTF

Sauteed rice with eggs, shrimps*, green beans*, beans*, fresh chili and coriander, cashew nuts, bean sprouts, spring onion, ginger, gluten free soysauce
2, 3, 6, 8, 12

18,00

CHICKEN PAD THAI RICE

PRO

NEW

Sauteed rice with eggs, chicken slow cooked, green beans*, beans*, fresh chili and coriander, cashew nuts, bean sprouts, spring onion, ginger, gluten free soysauce
3, 6, 8, 12

17,00

BUCKWHEAT NOODLE with marinated beef

GSTF

NEW

Buckwheat noodle, marinated beef with soy and lemon grass, eggs, jalapeno, carrots, peppers, broccoli, cashews, spring onion, fresh chilly, ginger, lime, chives, gluten free soysauce
1, 3, 6, 8, 11

19,00

MAIN COURSES

CHICKEN FINGERS GSTF

Served with roasted potatoes and pink sauce
1, 3, 5, 6, 7

16,00

CHICKEN CURRY PRO

Served with thai rice and coriander
7

16,00

SHARES FOR APERITIF - from 6 p.m. di 8.30 p.m.

HUMMUS VEG

Crema di ceci servita con pane arabo e paprika
1, 11, 12

8,00

GUACAMOLE GSTF

Smashing avocado seasoned with EVO oil, salt, pepper, coriander, lime, served with tomatoes, red onion from Tropea, jalapeño and nacho chips
12

9,00

RAW VEGETABLES served with mustard

citronette VEG NEW
9, 12

9,00

TEX MEX NACHOS GSTF

Served with cheese fondue, tomatoes salad and guacamole, mexican homemade sauce sliced hot pepper
7, 12

10,00

SALUMI ASSIETTE for 2 people GSTF

Served with focaccia and cheese
1, 7, 12

16,00

MARGHERITA PIZZETTA GSTF

With tomatoes sauce, mozzarella and basil
1, 7, 8, 12

10,00

BIG MARGHERITA PIZZA GSTF

1, 7, 8, 12

15,00

SIDES

Baked Potato & cream cheese VEG

7

6,00

Roasted potatoes VEG

6,00

Mixed salads VEG

5,00

Baby spinach sautee VEG

5,00

1/2 avocado VEG

4,00

GSTF DESSERTS

ICECREAM 3, 7	6,00	VANILLA ICE CREAM AND COFFEE 3, 7	7,00
FRESH RED FRUITS TART 1, 3, 7	7,00	TIRAMISÙ * 1, 3, 7	7,00
CHEESECAKE * 1, 3, 7	7,00	BROWNIES 1,6,7	7,00
JAM TART Apricot, strawberry and raspberry 1, 3, 7	7,00	RICOTTA AND CHOCOLATE TART <small>NEW</small> 1,3,6,7	7,00
PEAR AND CHOCOLATE TART <small>NEW</small> 1,3,6,7	7,00	YOGURT AND PEACHES TART <small>NEW</small> 1,3,7	7,00

FRUITS & BOWLS

FRESH FRUIT SALAD	6,00	FRESH FRUIT SALAD AND GREEK YOGURT 7	7,00
FRESH FRUIT SALAD AND VANILLA ICE-CREAM 7	7,00	GREEK YOGURT whit dried fruit, granola, honey 1,7,8	6,00
PINEAPPLE	6,00		

BRUNCH

On Saturday, Sunday and public holiday from 12 a.m. to 4 p.m.

SERVICE CHARGE 3,00


BRUNCH APERITIF

ROSSINI	8,00	APEROL SPRITZ	8,00
Prosecco, strawberry pulp			


GSTF ALL DAY EVERYDAY

TROFIE WITH PESTO <u>VEG</u>	15,00	MACARONI AMATRICIANA <u>PRO</u>	15,00
Trofie with pesto served with green beans*, potatoes, pine nuts and basil		Macaroni with amatriciana sauce, crispy bacon and parmesan	
1, 5, 7, 8		1, 3	

FRANCIACORTA RISOTTO <u>Ω3</u>	16,00	CHICKEN CURRY <u>PRO</u>	16,00
Risotto with Franciacorta wine, parmesan and prawns*		Chicken curry served with thai rice and coriander	
2, 7, 9		7	

GUACAMOLE <u>VEG</u> 	9,00
Smashing avocado seasoned with EVO oil, salt, pepper, coriander, lime, served with tomatoes, red onion from Tropea, jalapeño and nacho chips	
12	

APPETIZER

HUMMUS <u>VEG</u>	8,00	GUACAMOLE <u>VEG</u> 	9,00
Chickpea cream served with pita* and paprika		Smashing avocado seasoned with EVO oil, salt, pepper, coriander, lime, served with tomatoes, red onion from Tropea, jalapeño and nacho chips	
1, 11, 12		12	

TEX MEX NACHOS <u>GSTF</u>	10,00	LITTLE PIZZA MARGHERITA <u>VEG</u>	10,00
Served with cheese fondue, tomatoes salad, guacamole and mexican homemade sauce		1, 7, 8, 12	
7, 12			

GSTF SANDWICHES

GSTF CLUB SANDWICH with roasted potatoes and pink sauce GSTF

18,00

White bread, roasted turkey GSTF, hand-boiled egg, crispy bacon, tomato, lettuce, GSTF dressing
1, 3, 6, 7, 10, 12

GSTF SALMON CLUB SANDWICH with roasted potatoes and pink sauce Ω3 NEW

19,00

Wholemeal bread, Norwegian smoked salmon, cream cheese, guacamole, pickled gherkins, romaine lettuce, mustard, fresh lemon and pepper
1, 4, 6, 7, 10, 12

BACON CHEESE BURGER GSTF

20,00

Beef burger, crispy bacon, cheddar, salads, tomatoes, pickled cucumber, homemade bbq sauce served with roasted potatoes
1, 3, 7, 10, 11, 12

GSTF SALADS

CHICKEN CAESAR SALAD GSTF NEW

17,00

Grilled Chicken, lettuce, crispy bacon, flakes of parmesan, toasted bread, dressing GSTF Caesar with anchovies
1, 3, 4, 7, 12

WINTER QUINOA SALAD VEG NEW

16,00

White and red quinoa, feta cheese, black cabbage, fennel, orange, olive, pine nuts, thyme, orange citronette dressing
7, 12

AVOCADO SALAD GSTF Ω3 NEW

18,00

Avocado, grilled prawns*, songino salad, sunflowers and pumpkin seeds, boiled red onion, sweet curcuma citronette
2, 8, 12

GSTF CLASSIC BRUNCH

CHICKEN FINGERS GSTF

Served with roasted potatoes and pink sauce
1, 3, 5, 6, 7

16,00

EGGS & BACON AVOCADO TOAST served with mixed salad GSTF

Rye Bread with seed, guacamole, crispy bacon, fried eggs, chives and served with salad, tomatoes confit, potatoes rösti, spinach with cheese
1, 3, 7, 12, 11, 10

18,00

EGGS & SALMON AVOCADO TOAST Ω3 NEW

Rye Bread with seed, guacamole, smoked salmon, fried eggs, chives and served with salad, tomatoes confit, potatoes rösti, spinach with cheese
1, 3, 4, 7, 11, 12, 10

19,00

EGGS FLORENTINE GSTF

Poached eggs, bagel, hollandaise sauce, ham, spinach with cheese, black sesame, chives and served with salad and confit tomatoes
1, 3, 7, 11, 12

18,00

VEGGIE AVOCADO TOAST served with mixed salad VEG

Rye Bread with seed, guacamole, feta cheese, dry tomatoes, boiled onion, mix of seeds and served with salad, tomatoes confit, potatoes rösti, spinach with cheese
1, 3, 7, 11, 12, 10

16,00

EGGS BENEDICT ROYALE Ω3

Poached eggs, bagel, hollandaise sauce, smoked salmon, black sesame, chives and served with salad and confit tomatoes
1, 3, 4, 7, 11, 12

19,00

VEGGIE EGGS BENEDICT VEG

Poached eggs, bagel, hollandaise sauce, spinach, beans, green beans, fresh onion, broccoli, chives, black sesame and served with salad and confit tomatoes
1, 3, 7

16,00

CROQUE MOSIEUR GSTF

Toast with emmenthal cheese, ham, besciamelle, pea shoots and served with salad, tomatoes confit, potatoes rösti
1, 7, 12

16,00

CROQUE MADAME GSTF

Toast with emmenthal cheese, ham, fried eggs, besciamelle, chives and served with salad, tomatoes confit, potatoes rösti
1, 3, 7, 12

17,00

PANCAKES with fresh berries and banana VEG

Served with maple syrup
1, 3, 7, 12

12,00

PANCAKES with nutella VEG

Served with whipped cream and hazelnuts
1, 3, 7, 8, 12

13,00

GSTF WOKS

WOK ROYALE - for min. 4 persons GSTF NEW

Make your own wok! Veggie wok as base to combine with chicken, seabass, shrimp, lime, pepper, cashew nuts, soya and sriracha sauce
2, 4, 6, 8, 12

64,00

PAD THAI ROYALE - for min. 4 persons GSTF NEW

Make your own wok! Sauteed rice with eggs, green beans*, beans*, bean sprouts, fresh chili and coriander, cashew nuts, spring onion, ginger, gluten free soysauce to combine with chicken, seabass, shrimp, lime, pepper, cashew nuts, soya and sriracha sauce
2, 4, 6, 8, 12

64,00

CHICKEN & VEGETABLE WOK with thai rice and poppy seeds GSTF

Marinated chicken sauteed with carrots, zucchini, chinese gabbage, bean sprouts, green beans*, broccoli*, and GSTF gluten free soysauce
6, 12

17,00

SALMON WOK served with thai rice Ω3 NEW

Salmon, chinese cabbage, american potatoes, green bean, soybean sprouts, boiled red onion, almonds, bergamot ponzu style sauce
4, 6, 8

20,00

PAD THAI RICE GSTF GSTF

Sauteed rice with eggs, shrimps*, green beans*, beans*, bean sprouts, fresh chili and coriander, cashew nuts, spring onion, ginger, gluten free soysauce
2, 3, 6, 8, 12

18,00

SIDES

Baked potato & cream cheese VEG

7, 12

6,00

Roasted potatoes VEG

6,00

Mixed salads - baby spinach, salad, peppers, fennel, carrots, tomatoes and scarola VEG

5,00

1/2 avocado VEG

4,00

GSTF HOMEMADE DESSERTS

ICE CREAM

3, 7

6,00

VANILLA ICE CREAM & ESPRESSO COFFEE

3, 7

7,00

TIRAMISÙ

1, 3, 6, 7

7,00

CHEESECAKE

1, 3, 7

7,00

FRESH RED FRUITS TART

1, 3, 7

7,00

BROWNIES

1,6,7

7,00

JAM TART

Apricot, strawberry and raspberry

1, 3, 7

7,00

RICOTTA AND CHOCOLATE TART NEW

1,3,6,7

7,00

PEAR AND CHOCOLATE TART NEW

1,3,6,7

7,00

YOGURT AND PEACHES TART NEW

1,3,7

7,00

FRUITS & BOWLS
FRESH FRUIT SALAD

6,00

FRESH FRUIT SALAD AND GREEK YOGURT

3, 7

7,00

FRESH FRUIT SALAD AND VANILLA ICE-CREAM

7

7,00

GREEK YOGURT whit dried fruit, granola, honey

7

6,00

PINEAPPLE

6,00

LEGENDA PIATTI


VEG Vegetarian

PRO Proteico

GSTF Our Special

Ω3 Ricchi di Omega 3

NEW New

 Gluten Free Alert staff in case of celiac disease or allergies

* I piatti contrassegnati con asterisco, sono preparati con materia prima surgelata o congelata all'origine

ALLERGENS

- 1 Cereals containing gluten
- 2 Crustaceans and products thereof
- 3 Eggs and products thereof
- 4 Fish and products thereof
- 5 Peanuts and products thereof
- 6 Soybeans and products thereof
- 7 Milk and products thereof
- 8 Nuts namely
- 9 Celery and products thereof
- 10 Mustard and products thereof
- 11 Sesame seeds and products thereof
- 12 Sulphur dioxide and sulphites
- 13 Lupin and products thereof
- 14 Molluscs and products thereof