



PIAZZA LAVATER angolo via De Filippi | 20129 Milano Tel 02.82875799 | E-mail lavater@godsavethefood.it

onion from Tropea, jalapeño and nacho chips

# **LUNCH & DINNER - ENGLISH**

Lunch from Monday to Friday from 12 a.m. to 3 p.m. - Dinner everyday from 7 to 10 p.m.

Everyday from 6 p.m. and all day during the weekend and pubblic holiday

# **GSTF SHARES**

HUMMUS VEG	7,00	GUACAMOLE VEG	9,00
Chickpea cream served with pita bread* and		Smashing avocado seasoned with EVO oil, salt,	
paprika		pepper, coriander, lime, served with tomatoes, red	

12

paprika 1, 11, 12

PINZIMONIO VEGETABLES VEG NEW 9,00 MARGHERITA LITTLE PIZZA GSTF 10,00

Served with mustard citronette 1, 7, 8, 12 9, 12

1, 7, 8, 12

**GSTF SALADS** 

MARGHERITA BIG PIZZA GSTF

# CHICKEN CAESAR SALAD SSTE 17,00 WINTER QUINOA SALAD SE NEW 16,00

Grilled Chicken, lettuce, flakes of parmesan,
toasted bread, crispy bacon, Caesar salad
dressing
1, 3, 4, 7, 12
White and red quinoa, feta cheese, black cabbage,
fennel, orange, olive, pine nuts, thyme, orange
citronette dressing
7, 12

15,00

# 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



#### LAVATER

19,00

15,00

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# **GSTF SANDWICHES**

#### GSTF CLUB SANDWICH PRO

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

#### BACON CHEESE BURGER GSTF

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

#### **PASTA**

#### TROFIE WITH PESTO YEG

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

### FRANCIACORTA RISOTTO GSTF

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

### 18,00

# GSTF SALMON & GUCAMOLE CLUB SANDWICH

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

1, 4, 7, 10

# 18,00

#### 15,00 MACARONI AMATRICIANA PRO

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

16,00





1/2 avocado VEG

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GSTF WOKS			
WOK ROYALE - from 7 p.m for min. 4 persons  SETT 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 SETF NEW  Make your own wok! Sauteed rice with eggs, green beans*, beans*, bean sprouts, 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	WINTER SEABASS* WOK with thai rice and poppy seeds 03 Seabass* filet with herbs, leek, mushroom, pumpkin, jalapeno, spinach, GSTF sauce 4, 6	18,00
WINTER VEGGIE WOK served with thai rice and poppy seeds VEG NEW  Kale, radicchio, pumpkin, olives, pine nuts, thyme, jalapeno, EVO oil, GSTF gluten free soy sauce 6, 11, 12	16,00	PAD THAI RICE GSTF  Sauteed rice with eggs, shrimps*, green beans*, beans*, bean sprouts, spring onion, fresh chilli, coriander, ginger, roasted cashew nuts, fresh chili sauce, gluten free soysauce 2, 3, 6, 8, 12	18,00
CHICKEN PAD THAI RICE SSTE NEW  Sauteed rice with eggs, chicken slow cooked, green beans*, beans*, coriander, ginger, roasted cashew nuts, bean sprouts, spring onion, ginger, gluten free soysauce  3, 6, 8, 12	17,00	CHICKEN CURRY PRO Chicken curry served with thai rice and coriander 7	16,00
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

4,00



# **LAVATER**

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GSTF DESSERTS			
VANILLA ICECREAM	6,00	VANILLA ICE CREAM AND COFFEE	7,00
3, 7		3, 7	
FRESH RED FRUITS TART	7,00	TIRAMISÙ *	7,00
1, 3, 7		1, 3, 7	
CHEESECAKE *	7,00	BROWNIES	6,00
1, 3, 7		1, 3, 7, 8	
APRICOT JAM TART *	7,00		
1, 3, 7			
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		







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BACON CHEESE BURGER PRO

1, 3, 7, 10, 11, 12

sauce served with roasted potatoes

Beef burger, crispy bacon, cheddar, salads, tomatoes, pickled cucumber, homemade bbq

# **BRUNCH**

On Saturday, Sunday and pubblic 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			
APPETIZER			
HUMMUS VEG	8,00	GUACAMOLE VEG 🔏	9,00
Chickpea cream served with pita* and paprika		Smashing avocado seasoned with EVO oil, salt,	
1, 11, 12		pepper, coriander, lime, served with tomatoes, red	
		onion from Tropea, jalapeño and nacho chips	
		12	
MARGHERITA LITTLE PIZZA GSTF	10,00	MARGHERITA BIG PIZZA GSTF	15,00
1, 7, 8, 12		1, 7, 8, 12	
GSTF SANDWICHES			
GSTF CLUB SANDWICH with roasted potatoes	18,00	GSTF SALMON CLUB SANDWICH with roasted	19,00
and pink sauce GSTF		potatoes and pink sauce $\frac{\Omega 3}{}$	
White bread, roasted turkey GSTF, hand-boiled		Wholemeal bread, Norwegian smoked salmon,	
egg, crispy bacon, tomato, lettuce, GSTF dressing		cream cheese, avocado, pickled gherkins, romaine	
1, 3, 6, 7, 10, 12		lettuce, mustard, fresh lemon and pepper	
		1, 4, 6, 7, 10, 12	

20,00



16,00

19,00

18,00

16,00

17,00



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# **GSTF SALADS**

#### CHICKEN CAESAR SALAD GSTF

Grilled Chicken, lettuce, crispy bacon, flakes of parmesan, toasted bread, dressing GSTF Caesar with anchovies

1, 3, 4, 7, 12

# GSTF AVOCADO SALAD <sup>Ω3</sup> **¾**

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

2, 8, 12

# **GSTF CLASSIC BRUNCH**

#### NEW BACON EGGS AVOCADO TOAST GSTF NEW

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

# VEGGIE AVOCADO TOAST VEG NEW

Rye Bread with seeds, guacamole, feta cheese, dry tomatoes, boiled onion, mix of seeds and served with salad, tomatoes confit, potatoes rösti, spinach with cheese

1, 3, 7, 12, 11, 10

# EGGS BENEDICT ROYALE $\Omega^3$

Poached eggs, bagel, hollandaise sauce, smocked salmon, black sesame, chives and served with salad and confit tomatoes

1, 3, 4, 7, 11, 12

#### CROQUE MOSIEUR GSTF NEW

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

1, 7, 12

#### WINTER QUINOA SALAD VEG NEW 🔏 17,00

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

7, 12

citronette dressing

# 18,00

#### 18,00

SALMON EGGS AVOCADO TOAST  $\Omega^3$ 

Rye Bread with seeds, guacamole, smoked salmon, fried eggs, chives and served with salad, tomatoes confit, potatoes rösti, spinach with cheese

1, 3, 4, 7, 11, 12,10

#### 16,00

EGGS FLORENTINE GSTF NEW

Poached eggs, bagel, hollandaise sauce, ham, spinach with cheese, black sesame, chives and served with salad and confit tomatoes

1, 3, 7, 11, 12

### 19,00

### VEGGIE EGGS BENEDICT VEG NEW

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, 11, 12

#### 16,00

## CROQUE MADAME GSTF NEW

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

1, 3, 7, 12



Chicken curry served with thai rice and coriander

7





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PANCAKES with fresh berries and banana VEG Served with maple syrup 1, 3, 7, 12	12,00	PANCAKES with nutella VEG NEW Served with whipped cream and hazelnuts 1, 3, 7, 8, 12	13,00
TROFIE WITH PESTO YEG  Trofie with pesto served with green beans*, potatoes, pine nuts and basil  1, 5, 7, 8	15,00	MACARONI AMATRICIANA PRO Macaroni with amatriciana sauce, crispy bacon and parmesan 1, 3	15,00
FRANCIACORTA RISOTTO GESTE  Risotto with Franciacorta wine, parmesan and prawns*  2, 7, 9	16,00		
WOK ROYALE - from 7 p.m for min. 4 persons  SITE 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 SETF NEW  Make your own wok! Sauteed rice with eggs, green 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  Marinated chicken sauteed with carrots, zucchini, chinese gabbage, bean sprouts, green beans*, broccoli*, and GSTF gluten free soysauce 6, 12	17,00	PAD THAI RICE GSTF Ω3 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
CHICKEN CURRY PRO	16,00		



**LAVATER** 



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SIDES			
Baked potato & cream cheese VEG	6,00	Roasted potatoes 😤 🔏	6,00
7, 12			
Mind adada habaarinah adad asara	F 00	4/0	
Mixed salads - baby spinach, salad, peppers, fennel, carrots, tomatoes and scarola	5,00	1/2 avocado 🚾 🔏	4,00
GSTF HOMEMADE DESSERTS			
VANILLA ICE CREAM	6,00	VANILLA ICE CREAM & ESPRESSO COFFEE	7,00
3, 7		3, 7	
TIRAMISÙ	<b>7</b> 00	OUEFGEOAKE	7.00
1, 3, 6, 7	7,00	CHEESECAKE 1, 3, 7	7,00
1, 3, 6, 7		1, 3, 7	
FRESH RED FRUITS TART	7,00	BROWNIES	6,00
1, 3, 7		1, 3, 7, 8	
JAM TART	7,00		
1, 3, 7			
FRUITS & BOWLS			
FRESH FRUIT SALAD	6,00	FRESH FRUIT SALAD AND GREEK YOGURT	7,00
TRESTITION SALAD	0,00	7	7,00
FRESH FRUIT SALAD AND VANILLA ICE-CREAM	7,00	GREEK YOGURT whit dried fruit, granola, honey	6,00
7		7	
PINEAPPLE	6,00		







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# 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