



B I O' S
K I T C H E N
organic food / lunch

To order your Take Away
or to Book a Table: 0541 771162
we are open **Everyday**
from 12:30 to 15:30



BIOSKITCHEN

ONE MORE CARE

Allergens and Intolerances

In all the dishes on our menu,
find the indication of allergens and some ingredients
which can cause intolerance.

For more information about the presence of substances and products that cause
allergies or intolerances, you can ask our staff.

Some foods administered or sold may therefore be constituted or contain traces of
the following allergens which are reported according to Regulation EC1169 / 2011.

Peanuts	and derivatives
Sulfur dioxide	sup.10mg x kg = SO ₂
Cereals containing gluten	
Shellfish	and derivatives
Nuts	and derivatives
Dairy products	and derivatives including lactose
Lupin Bean	and derivatives
Clams	and derivatives
Fishes	and derivatives
Celery	also celeriac, turnip and derivatives
Sesame seeds	and derivatives
Mustard	and derivatives
Soy	tamari, shoyu, flakes and derivatives
Eggs	and derivatives

Some recipes may contain non tolerated ingredients.
Not being able to replace them, we highlight them:

Ag	=	Garlic
Ci	=	Onion
Pr	=	Parsley

* Some ingredients could be purchased frozen in the absence of fresh ones, such
as: fried potatoes, corn, porcini mushrooms, raspberries and spinach.

FROM THE COUNTER

The pleasure of choosing

BIO'S BUFFET

The best of our recipes, prepared every day. A selection of cereals with and without gluten, legumes, vegetables, proteins, pasta, risottos, salads and sauces. You choose, we compose the dish and weigh it for you! - 2,4/Hg

If you prefer to take away...

- **300g BOX**

Choose up to 3 different recipes from the list - 8

- **400g BOX**

Choose up to 4 different recipes from the list - 10

- **550g BOX**

Choose up to 6 different recipes from the list - 13,5

HOT MEALS

Wok cooked basmati rice

(So / Ci / Pr / Ag)

Cous-cous and seasonal vegetables, dried fruit

(Ce - Fs / Ci)

Falafel and Veg Tzatziki Sauce

(So - As / Ci / Ag / Pr)

Eggplant parmigiana with Mozzaveg**

(Ce - So - Fs - Se / Ci / Ag)

Baked pumpkin, balsamic vinegar, hazelnuts

(Fs - As)

Baked potatoes and rosemary

(Ag)

Oven cooked patties made of cereals, vegetables and legumes

(So - Fs - Se - Sp - Ce / Ci / Ag)

Daily different recipes:

Pasta

Seitan

Tempeh

COLD MEALS

Russian salad and mayoVeg

(So - Se - Sp)

Chickpea hummus

(Ss / Ag / Pr)

Carrots, toasted oil seeds, orange, tamari

(Se - So - Ss)

Fennel, cabbage, apple, apple cider vinegar

(As)

Zucchini, olives and tomatoes

Mixed salad, olive oil and lemon juice

**MozzaVeg: vegetable food lentils based.

COLD PRESSED JUICE

A charge of energy and vitamins.

Cold pressed juices with vegetables and fruits, to be consumed before or after meals.

SALUTE VERA Beetroot, carrot, apple, ginger - 200ml - 3

DEL GIORNO With daily fresh fruits and vegetables - 200 ml - 3

SWEETS & FRUITS

Small single-portion cuddles, impossible to resist!

Ask us to know the availability of the day.

FROM THE KITCHEN

Our small lunch menu

HEALTHY BOWL

Complete and healthy dishes, served in the original Poke Bowl way

VEGGIE BOWL

Buckwheat Soba noodles, green beans and wok carrots, peeled sweet pepper fillets and baked pumpkin, crunchy tempeh, sesame seeds. Served with homemade Teriyaki sauce - 11
(Ce - Ag - So - Ss / Ci)

FISH BOWL

Steamed basmati rice, freshly caught pan cooked red tuna, avocado, beetroot, cherry tomatoes, chickpeas, basil pesto. Served with slightly spicy Bio's sauce - 13
(Pe- Fs - So / Ag)

CHICKEN BOWL

Semi-wholemeal couscous with curry, low temperature cooked chicken, lightly marinated cabbage, pineapple and courgette spaghetti. Served with agave sweet and sour sauce - 13
(Ce - Pr - So - As / Ag)

PASTA

Handmade pasta with organic flours

TAGLIATELLE RAGÙ

Thin egg pasta with Grani Antihci di Romagna flour and traditional ragù made with: bovine meat and fresh sausage, italian peeled tomatoes and vegetables- 10
(Ce - Uo - As - Se / Ci)

STROZZAPRETI, BUFALA AND VEGETABLES

Handmade strozzapreti pasta, seasonal vegetable ragù, Bufala mozzarella and basil pesto - 11
(Ce - La - Fs / Ci)

BURGERS

All the quality of the Bio's experience, inside a soft sandwich

HAM FREE BURGER

Our famous Veggie Burger
Stuffed with tomato, salad, marinated cucumbers and vegetable Tzatziki sauce;
with ketchup, mayoVeg and served with french fries - 13
(Ce - Ss - So - Sp - As / Ci)

200g BEEF BURGER

1st choice meat grilled hamburger.
Stuffed with Pecorino cheese, oven dried tomatoes and crispy salad.
Served with ketchup, mayonese and french fries - 15
(Ce - So - Ss- Sp - La / Ag / Ci)

BEVERAGE

WATER

Aqualize micro-filtered water

still or sparkling - Lt 0,5 - 1

Aqualize micro-filtered water

still or sparkling - Lt 0,75 - 1,5

Lauretana water

still or sparkling - Lt 0,75 - 2

Sant'Anna "Bio Bottle" water PLA

still- Lt 0,5 - 1,2

Aqualize microfiltered water glass

still or sparkling - 0,5

COLD PRESSED JUICE

Salute vera (beetroot, carrot, apple, ginger)

Del giorno (with daily fresh fruits and vegetables)

Small 2,5 Large 4,5

DRINKS AND JUICES

Bio Cola "Fraiscura", glass - Lt 0,35 - 4

Bio Cola Can - Lt 0,33 - 3,5

"Galvanina" Drinks- Lt 0,35 - 3,5

Gassosa - Chinotto - Cedrata - Lemonade - Orange soda

Peach tea - Lemon tea

BOTTLED BEERS

Vienna CA'BARLEY - Palù (ITA)

Malty taste with a pleasant hop finish

Vol 5,2%. 330 ml - 5

Fred CA'BARLEY - Palù (ITA)

Amber lager with a pleasant bitter taste in the finish

Vol 6%. 330 ml - 6

Ipa Lu CA'BARLEY - Palù (ITA)

High fermentation Indian pale ale

Vol 6,8%. 330 ml - 6

Emmer RIEDENBURGER - Riedenburg (DE)

Raw, unfiltered amber beer

Vol 5,1%. 500 ml - 6

Weizen Hefe RIEDENBURGER - Riedenburg (DE)

Weizen beer with a characteristic fruity aroma

Vol 5,2%. 500 ml - 5

Dolden Dark RIEDENBURGER - Riedenburg (DE)

Porter-style beer, medium body and malt fragrances

Vol 6,9%. 330 ml - 4,5

Blanche BRIGÀ - Pian della Mussa (ITA)

Unfiltered beer, top fermentation with spicy notes

Vol 5,3%. 330 ml - 5

Oko Ur Pils ROTHER BRÄU - Parco Naturale Röhn (DE)

Traditionally brewed Bavarian beer

Vol 4,7%. 500 ml - 5,5

Blonde LAMMSBRÄU - Neumarkt (DE)

The classic German blonde pils

Vol 4,8%. 330 ml - 4

Analcolica LAMMSBRÄU - Neumarkt (DE)

Guarantees all the flavor of the best beers 330 ml - 4

DRAFT BEERS

Oko Ur Pils Rother Bräu - Parco Naturale Röhn (DE)

Small - 3,5 Medium - 5 Carafe Lt 1 - 10

Ur-Weizen Rother Bräu - Parco Naturale Röhn (DE)

Small - 4,5 Medium - 6 Carafe Lt 1 - 11

APERITIFS

Spritz Bio's (Bio Live - Prosecco) - 6,5

Spritz Sangio (Sangiovese - Prosecco - Soda) - 6,5

ProStratto (Prosecco - cold pressed juice) - 6,5

GIN TONIC

La vita è bella

(Aqua Monaco tonic, Lemon zest) - 9

Organic Premium

(Aqua Monaco tonic, rosemary, orange zest) - 9

COFFEE

We use Salomoni Coffee. Certified organic since 1959, precious Arabica from Central America

Espresso - 1,5

Decaffeinated espresso - 1,5

Espresso with Sambuca - 2

Black Coffee- 2

Ginseng espresso, small - 1,5

Ginseng espresso, large - 2

Barley, small (without caffeine) - 1,5

Barley, large (without caffeine) - 2

Chicory, small (without caffeine) - 1,5

Chicory, large (without caffeine) - 2

Cereals, small (without caffeine) - 1,5

Cereals, large (without caffeine) - 2

LIQUEURS, BITTERS & GRAPPA

ROVERO DISTILLERY

Grappa Nativa di Barbera, dry - 4

Grappa Nativa di Gavi, smooth - 4

Grappa Nativa di Nebbiolo, dry - 4

Grappa Nativa Milin, 10 years barriques, smooth - 4,5

Grappa Nativa Moscato, 3 years barriques, smooth - 4,5

WALCHER DISTILLERY

South Tyrolean berries liqueur - 4

South Tyrolean hay liqueur - 4

Coffee liqueur, 100% Arabica - 4

Amaro Tyrolensis - 4

Amaro Edelweiss - 4

Amaro BioFernet - 4

Amaretto - 4

Sambuca - 3,5

Limoncello - 3,5

Liquorice of Calabria - 3,5

WINE CELLAR

LOCAL WINES

WINE IN CARAFE

Tenuta Santa Lucia

Bianco (Igt Rubicone Famoso) - Lt 0,5 - 6 / Lt 1 - 10

Rosso (Igt Rubicone Sangiovese) - Lt 0,5 - 6 / Lt 1 - 10

SPARKLING

Nugareto

Giullare (Pignoletto Colli Bolognesi Docg)

glass - 4 bottle - 14

Podere Vecciano

Ramante (Spumante Brut - Sangiovese)

glass - 4 bottle - 15

Tenuta Santa Lucia

Biancoperla (Brut - Sangioev., Famoso, Albana) - 18

Vensamè (Spumante Ancestrale - Sangiovese - S.s)

glass - 4,5 bottle - 19

Santa Lucia (Spumante Brut - Famoso) - 23

WHITE

Cantina Fiammetta

Oste (Rubicone Igt Chardonnay) glass - 3,5 bottle - 14

Podere Vecciano

Borgo Friano (Rubicone Igp Chardonnay, Rebola)

glass - 3,5 bottle - 14

Vigna delle Rose (Romagna Doc Pagadebit)

glass - 3,5 bottle - 14

Vigna la Ginestra (Romagna Doc Pagadebit) - 19

Tenuta Santa Lucia

Baccareto (Rubicone Igt Famoso) - 14

Famous (Rubicone Igt Famoso) - 19

RED

Cantina Fiammetta

Sogni (Colli di Rimini Doc Cabernet Sauvignon)

glass - 4 bottle - 15

NeroEron (Sangiovese Doc, Montepulciano, Cabernet S.) - 19

Podere Vecciano

Montetauro (Romagna Doc Sangiovese Superiore) - 14

Terralvolta (Rubicone Igp Cabernet S., Merlot, Petit V.) - 17

Vignalmonte (Romagna D.o.c. Sangiovese Superiore) - 17

Tenuta Santa Lucia

S-cètt (Rubicone Igt Sangiovese - Senza Solfiti) - 17

Baccareto (Sangiovese) glass - 3,5 bottle - 14

Taibo (Romagna Doc Sangiovese Superiore) - 16

Folicello

Lambrusco (Lambrusco dell'Emilia Igt frizzante secco) - 15

SWEET

Cantina Fiammetta

Compagnone (Albana Dolce)

glass - 4 bottle - 15

ITALIAN WINES

SPARKLING

Savian - Veneto

Prosecco (Prosecco D.o.c. Extra Dry)

glass - 4 bottle - 16

Pizzolato - Veneto

Prosecco (Prosecco D.o.c.Vegan - Senza solfiti) - 16

Sangioanni - Marche

Marta (Brut Vegan - Passerina) - 16

Abrami Elisabetta - Lombardia

Brut (Franciacorta Brut Docg)

glass - 6,5 bottle - 29

Satèn (Franciacorta Satèn Docg) - 32

Rosé (Franciacorta Rosé Docg) - 32

Pas Dosè (Franciacorta Pas Dosè Docg) - 35

WHITE

Sangioanni - Marche

Gyo (Marche Igp Passerina Vegan) - 14

Kiara (Offida Docg Pecorino) - 15

Simon di Brazzan - Friuli Venezia Giulia

Rinè Blanc (Rinè Blanc Igt) - 21

Sauvignon (Venezia Giulia Igt Sauvignon) - 21

Blanc di Simon (Friuli Doc Blan di Simon - Tocai) - 22

Paloleo - Puglia

Ecosistema (Salento Igt Chardonnay) - 20

RED

Sangioanni - Marche

Gyo (Rosso Piceno Igp Vegan) - 14

Paloleo - Puglia

Terreno (Salento Igt Negramaro - Puglia) - 20

ROSÉ

Paloleo - Puglia

Rurale (Salento Igt Negramaro) - 21

To receive
directly at home
our dishes, go to Just Eat!



