



ecooking
FEEL GOOD FOOD

||| MANIFESTO

We founded an entire company based on this fundamental concept. We nurture a deep love for lovers of good food, for those who seek quick meals, for those who lunch in the office or enjoy romantic dinners, for those who seek unique gastronomic experiences. We firmly believe in creating high quality products, made with natural ingredients, geared toward both the well-being of people and the preservation of the environment. We have a vision of a better world, and we strongly believe in our dream. We wish to share it with you, as we believe that you can help change your life and, along with us, the world. We believe in equality for everyone, regardless of color, ethnicity, gender or culinary preferences. We believe in you and the importance of sharing a “FEEL GOOD FOOD” meal around the same table, spreading joy and well-being through food.

COVERED 2,5

APERITIVO TIME

IL NOSTRO TAGLIERINO

4

olives, taralli, lupines, guacamole, chips, nachos with cheddar, pinzimonio

To be paired with a cocktail of your choice

ECOOKING APERO

25

A cocktail of your choice, olives, taralli, lupins, guacamole, chips, nachos with cheddar, dip, mini buffalo pizza, 3 savory fingers

the prices of the cutting boards are per person

DEGUSTAZIONE

WITH EYES CLOSED

5 dishes of your choice from our chef

40

TAPAS

TATAKI DI SALMONE 17

Fig jam, stracciatella, Alaska salmon tataki and salmon roe

TARTARE DI MANZO 15

Beef tartare, yolk jelly, caramelized Borretan onions, crispy bread crumble and parsley emulsion

PUREA DI ZUCCA 12

Pumpkin puree with toffee egg, puntarelle, crispy pioppini and pecorino waffles

ROAST BEEF 14

Rost beef, with green salad, pine nut thaina sauce, pomegranate and grana cheese

SPUMA DI MANDORLA 12

Roasted almond foam, braised chinese cabbage, marinated brussels sprouts, matcha oil and parsley

SASHIMI DI PESCE SERRA 15

Greenhouse fish sashimi marinated in leche de tigre, salad of radicchio, walnuts, grana and grapefruit

CHIFONADE DI VERZA 14

Savoy cabbage chifonade, thaina sauce, pine nuts, anchovies

RISOTTO AI FUNGHI 23

Porcini mushroom risotto with smoked provola cheese and crispy mushrooms

GNOCCHI CON CREMA DI ZUCCA 19

Sweet potato gnocchi with cream of pumpkin, radicchio and macaroons

SPAGHETTONE 21

Rough-drawn spaghetti with red octopus ragout

TAGLIATELLE ALLE CIME DI RAPA 17

Tagliatelle with turnip greens sauce, Mangalica bacon, toasted almonds

BUDDAH BOWL NERA VEG 16

Black rice, chickpeas, edamame, spaghetti squash, green beans, fermented purple cabbage, papaya, toffee egg, lime vegetable sauce, crispy chia

PIZZOCCHERI 17

Buckwheat pizzoccheri, potatoes, savoy cabbage, green beans

SECONDS

TENTACOLO DI POLPO	26
Octopus tentacle on creamed pumpkin and glazed radicchio	
TAGLIATA DI MANZO	24
Sliced beef with potatoes and crispy mushrooms	
FILET MIGNON DI RADICCHIO	18
Mock filet mignon of radicchio glazed with vinegar and chestnut honey, confit cherry tomatoes, toasted almond mousse and seasonal first fruits	
RICCIOLA CROCCANTE	25
Crispy amberjack slice, aromatic citrus breadcrumbs, citrus beat and potato velouté	
PESCE SERRA	22
Greenhouse fish cartoccio with winter giardiniera	
BURGER ANGUS	20
Double burger of choice beef, buffalo stracciatella cheese, confit tomatoes, lettuce, caramelized onion accompanied by backed potato	
BURGER SALMON	20
Salmon burger, avocado, caramelized onion, spinach, toffee egg, green apple mayo accompanied by backed potato	

PIZZE

MARGHERITA

13

Pizza nuvola rossa, fior di latte mozzarella, cherry tomatoes
confit, basil

MARINARA

14

Pizza nuvola rossa, confit red tomatoes, capers, anchovies,
taggiasche olives, oregano

CRUDAIOLA

15

Red cloud pizza, stracciatella, red confit tomatoes, yellow
cherry tomatoes, prosciutto, basil

ORTOLANA

14

White cloud pizza, milk cream, endive, zucchini, potatoes,
eggplant, yellow tomatoes

GOTTO E ZUCCHINE

15

White cloud pizza, milk cream, potatoes, rosemary, zucchini,
Mangalica ham, basil

DESSERT

TORTINO AL PISTACCHIO 8

Chocolate cupcake with warm pistachio heart

TIRAMISÙ 9

Our tiramisu with mascarpone cream, ladyfingers, coffee and cocoa powder

CREME BRÛLÉE 8

Pumpkin and rosemary creme brûlée

MILLEFOGLIE 10

Millefoglie baklava with creamy persimmon on macaroon crumble and sweet chestnuts

TRILOGIA DI CIOCCOLATO 10

Chocolate trilogy with grapefruit batting

ZABAIONE 8

Eggnog, chocolate and lemon cream

DRINK

Amari

Negroni 12,00

Tanqueray London Gin | Cocchi storico Vermouth di Torino | Bitter Campari | Angostura | Acqua | 100ML | 22% vol.

Manhattan 11,00

Bourbon Bulleit | Cocchi storico Vermouth di Torino | Bitter Campari | Angostura Bitter | Acqua | 100ML | 24,2% vol.

Milano Torini 12,00

Cocchi storico Vermouth di Torino | Bitter Campari | Angostura Bitter | Acqua | 100ML | 17% vol.

Boulevardier 12,00

Bourbon Bulleit | Cocchi storico Vermouth di Torino | Bitter Campari | Angostura Bitter | Acqua | 100ML | 22,5% vol.

Old fashion 14,00

Bulleit bourbon | Zucchero Liquido Toschi | Angostura Bitter | Angostura Orange Bitters | Acqua | 100ML | 29,3% vol.

Aspri

Vodka sour 12,00

Vodka Ketel One | Acido Citrico | Zucchero Liquido Toschi | Acqua | 100ML | 20,4% vol.

Gimlet 12,00

Tanqueray London Dry Gin | Lime Cordial 1883 | Acqua | 100ML | 23,3% vol.

Whiskey sour 14,00

Bourbon Bulleit | Acido Citrico | Zucchero Liquido Toschi | Acqua | 100ML | 23% vol.

Brown gold 11,00

Bourbon Bulleit | Liquore alla Vaniglia Bols | Liquore al caffè FAIR | Acido Citrico | Zucchero liquido Toschi | Acqua | 100ML | 22,2% vol.

Dolci

Daiquiri 12,00

Ron Santago De Cuba Carta Bianca | Acido Citrico | Zucchero Liquido Toschi | Acqua | 100ML | 23,2% vol.

Cosmopolitan 12,00

Vodka Ketel One | Cointreau | Sciroppo di Mirtilli Toschi | Acido Citrico | Acqua | 100ML | 22% vol.

Margarita 12,00

Tequila Exotico Blanco Agave blu 100% | Fragola | Liquore Ancho Reyes | Acido Citrico Biologico | Zucchero Liquido Toschi | Acqua | 100ML | 17,4% vol.

Amaretto sour 11,00

Liquore di mandorle tostate Amaretto Adriatico (potrebbe contenere mandorle) | Acido Citrico Biologico | Zucchero liquido Toschi | Acqua | 100ML | 16,8% vol.

DRINK

Non-alcoholic drink 8,00

Giardino dell'Eden

grapefruit, green apple,
papaya, mint, ginger

Sunrise

grapefruit, cucumber,
basil, broccoli

Green Peace

pineapple, apple, broccoli, spinach,
lime, cucumber, ginger

Orange One

oranges, lime, carrot,
ginger, spirulina

Water

still/sparkling water 1,50

Flavoured water

Acqua Detox 3,5

fresh ginger extract
and water

Lime e zenzero 3

fermented and cold extracted lime,
mint and ginger

Lampone e menta 3

fermented and cold extracted raspberry,
ginger and mint

Melagrana e basilico 3

fermented and cold extracted pomegranate,
ginger and basil

Beers and spirits

craft beer 6,50

bitters and spirits 4,50

DRINK

THAT WE LOVE

Succhi bio	5
Charitea bio	5
Molecola	4
Molecola zero	4
Gazzosa bio	4
Aranciata bio	4
Chinotto bio	4
Cedrata Tassoni	4
Thè pesca bio	5
Thè limone bio	5

THAT WE DON'T LOVE

3,5

Coca cola
Coca cola zero

BEERS

Handicrafts	5,5
Ichnusa	3,5

CAFFÈ

FRENCH PRESS



A beverage obtained by infusion with gentle pressure in a metal filter. Medium-light density, accentuated and pleasant taste



6 7

V60



A drink obtained by percolation in a paper filter. Light density, floral and fruity taste



6 7

CHEMEX



Beverage obtained by percolation in a thicker paper filter. Very light density, mild and pleasant taste



6,5 7,5

AEROPRESS



A drink obtained by infusion with increased pressure in a paper filter. Medium density, rich and intense taste



6,5

CAFFÈ

	House Blend	Unordinary	Single Origin
Espresso	1,3	2	-
Espresso doppio	2,5	3,5	5
Cappuccino	2	3	-
Latte macchiato	2,5	3,5	-
Flat white	3,5	4	5
Australian coffe	-	-	5
Ice latte	4	4	5
Marocchino	2	-	-
Decaffeinato	1,7	-	-
Orzo	1,7	-	-

Bevande speciali hot/cold

Matcha latte	4,5
Chai latte	4,5
Dirty chai latte	5
Cioccolata	5
Cioccolata con panna	6

The Speciality

Tè Ceylon	5
Tè Darjeeling	5
Tè Chai	6,5
Tè Pai Mu	5
Tè BIO Rooibos	6,5
Tè BIO Bancha	6,5
Tè BIO Pu-er	6,5
Tè BIO Sencha	6,5
Tè Classic Matcha	6

Speciality hand made ice tea 6

Shakerato	5
CoffeeSplash	6
ColdFilterCoffee	6
Espresso Tonic	7

CROISSANT

OUR CROISSANT

1,5

Plain puff pastry

Pistachio grains

Coconut flakes

Hazelnut grain

Crunchy almonds

OUR CREAMS

0,5

Tonka bean custard

Hazelnut cream

Apricot jam

Extra green pistachio cream

OUR SPECIAL

3

Chocolate dumpling

Girella with cinnamon, oats,
raisins and orange

Danese pear and chocolate

Danese cream and sour cherries

Puff pastry cream and apples



FISH



EGGS



CRUSTACEANS



GLUTEN



PEANUTS



MILK



NUTS



CELERY



MUSTARD



MOLLUSCS



SESAME



LUPIN



SULPHITES



CORN



SOYA



MUSHROOM