

M E T O D O

BRUNCH **menù**

BOOM EGGS TOAST:

Uova Poché, toast, bacon, salsa olandese, misticanza di stagione, ravanelli, semi di chia, pistacchi e coppetta di yogurt con frutta fresca e granola BIO **14**

SALMON TOAST:

Salmone marinato, panna acida, toast, misticanza di stagione, cetriolini, ravanelli, cipolla di Tropea caramellata e mayo alla curcuma **13**

LEONARDO BREAKFAST:

Uova all'occhio di bue "sunny eggs", bacon alla piastra, toasts, mix di verdure varie, salsiccia, misticanza di stagione, mela verde e noci pecan **18**

RANCHEROS EGGS:

Uova Poché, avocado, 'nduja, toasts, salsa di pomodoro, cipolla di Tropea caramellata ed erba cipollina **13**

COMBO BREAKFAST:

Uova strapazzate, mango caramellato, toasts, sciroppo d'acero, misticanza di stagione e crumble di anacardi **13**

DREAM TOAST:

Uova strapazzate su french toast (pane dolce allo sciroppo d'acero e cannella), hummus di barbabietola, mozzarella e pancetta **15**

HAPPY EGGS:

Tre sunny eggs, pane tostato al burro, bacon, peperoni gialli e rossi, basilico e Grana Padano DOP **13**

VEGAN TOAST:

Tofu, hummus di barbabietola, guacamole toast alla piastra, misticanza di stagione, carote marinate all'arancia e crumble di anacardi **14**

BEET TOAST VEG:

Toast con Hummus di barbabietola, avocado, pomodorini gialli e rossi, misticanza di stagione, yogurt con frutta fresca e granola BIO **14**

LOW CARB:

Tre sunny eggs, salsiccia, pollo, bacon, mozzarella, misticanza di stagione, avocado, quinoa e granella di anacardi **19**

GREEN OMELETTE:

Uova agli spinaci, tofu, misticanza di stagione, pomodorini gialli e rossi, ravanelli e crumble di anacardi **16**

PANCAKE SALATO:

Pancakes, salsa olandese, avocado, bacon, uovo all'occhio di bue "Sunny eggs", cipolla di Tropea caramellata, frutta secca e melograno **16**

PANCAKE CLASSICO:

Pancakes, sciroppo d'acero miele, frutta fresca e frutta secca **13**

PANCAKE ALLA NUTELLA:

Pancakes, nutella, banana, frutta fresca e noci **15**

PANCAKE FOR FRIENDS (2 PERSONE):

Pancakes con frutta fresca, meringhe, accompagnato di nutella, marmellata, miele e sciroppo d'acero **19**

WAFFLE AL DULCE DE LECHE:

Waffle, dulce de leche, meringhe, fragola e banana e pistacchi **14**

WAFFLE CON CREMA DI NOCCIOLA BIANCA:

Waffle, crema di nocciola bianca, frutti di bosco, melograno, sciroppo d'acero e granola BIO **13**

FRENCH TOAST:

Pane dolce allo sciroppo d'acero e cannella con lamponi, mirtili, fragole, banana, frutta secca e meringhe **11**

YOGURT BOWL:

Yogurt bianco con frutta fresca, semi di chia, Granola BIO e miele **9**

EXTRAS (da aggiungere al tuo brunch):

Mix di verdure 4	Mozzarella 4	Bacon 3
Pomodorini 4	Meringhe 0,5	Salsiccia 3
Cetriolini 3	Guacamole 4	Salmone Marinato 4
Miele 2	Ananas Caram. 2,5	Uovo Poché 2
Pancake 2,5	Sciroppo d'acero 2	Uova strapazzate 3
Nutella 2	Hummus di	Toast 2
Frutti di Bosco 4	Barbabietola 2,5	Avocado 3
Frutta fresca 3	Coppetta di Yogurt 3,5	Pane Senza Glutine 2

COPERTO GRATIS

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M E T O D O

BRUNCH **menù**

BOOM EGGS TOAST:

Poached eggs, toast, bacon, hollandaise sauce, seasonal mixed salad, radishes, chia seeds, pistachios and a yogurt cup with fresh fruit and BIO granola **14**

SALMON TOAST:

Marinated salmon, toast, sour cream, seasonal mixed salad, pickles, radishes, caramelized Tropea onion, turmeric mayo **13**

LEONARDO BREAKFAST:

Sunny eggs, grilled bacon, sausage, toasts, mixed vegetables, mixed salad, green apple and pecan nuts **18**

RANCHEROS EGGS:

Poached eggs, avocado, 'nduja, toasts, tomato sauce, caramelized Tropea onion and chives **13**

COMBO BREAKFAST:

Scrambled eggs, caramelized mango, toast, maple syrup, seasonal mixed salad and cashew crumble **13**

DREAM TOAST:

Scrambled eggs on french toast, beetroot hummus, mozzarella and grilled bacon **15**

HAPPY EGGS:

Three sunny eggs, buttered toast, bacon, yellow and red peppers, basil and Grana Padano DOP **13**

VEGAN TOAST:

Tofu, beetroot hummus, guacamole, grilled toast, seasonal mixed salad, orange-marinated carrots and cashew crumble **14**

BEET TOAST VEG:

Toast with beetroot hummus, avocado, yellow and red cherry tomatoes, seasonal mixed salad, yogurt with fresh fruit and BIO granola **14**

LOW CARB:

Three sunny eggs, sausage, chicken, bacon, mozzarella, seasonal mixed salad, avocado, quinoa and cashew nuts **19**

GREEN OMELETTE:

Spinach eggs, tofu, seasonal mixed salad, yellow and red cherry tomatoes, radishes and cashew crumble **16**

SAVORY PANCAKE:

Pancakes, hollandaise sauce, avocado, bacon, sunny side up egg, caramelized Tropea onion, dried fruit and pomegranate **16**

PANCAKE CLASSICO:

Pancakes, maple syrup, honey, fresh fruit and dried fruit **13**

PANCAKE ALLA NUTELLA:

Pancakes, nutella, banana, fresh fruit and nuts **15**

PANCAKE FOR FRIENDS (2 PERSONE):

Pancakes with fresh fruit, meringues, accompanied by Nutella, jam, honey and maple syrup **19**

WAFFLE WITH DULCE DE LECHE:

Waffle, dulce de leche, meringue, strawberry, banana and pistachios **14**

WAFFLE WITH WHITE HAZELNUT CREAM:

Waffle, white hazelnut cream, blueberries, raspberries, pomegranate, maple syrup and BIO granola **13**

FRENCH TOAST:

Sweet bread with maple syrup and cinnamon, raspberries, blueberries, strawberries, banana, nuts and meringues **11**

YOGURT BOWL:

Plain yogurt with fresh fruit, chia seeds, BIO granola and honey **9**

EXTRAS (add to your brunch):

Vegetables Mix 4	Mozzarella 4	Bacon 3
Cherry Tomatoes 4	Meringue 0,5	Sausage 3
Pickles 3	Guacamole 4	Marinated Salmon 4
Honey 2	Camelized Ananas 2,5	Poché Egg 2
Pancake 2,5	Maple Syrup 2	Scrambled Eggs 3
Nutella 2	Beetroot Hummus 2,5	Buttered Toast 2
Berries 4	Yogurt Cup 3,5	Avocado 3
Fresh fruits 3		Gluten Free Bread 2

NO COVER CHARGE

M E T O D O

L'INIZIO

Hummus di ceci con pomodorini confit, crema di olive nere e pane pita **7 VEGANO**

Millefoglie di sfoglia con crema di broccoli al formaggio, pancetta croccante e melograno **8**

Vellutata di zucca con pancetta croccante, croutons di pane alle erbe e salsa yogurt **8**

Tagliere toscano di Salumi e Formaggi:

Selezione di affettati vari e mix di formaggi stagionati, erborinati e freschi di altissima qualità, salsa di frutti di bosco, miele, granella di pistacchio e frutta di stagione

(Consigliato per due persone) **29**

I VERDI

Vegetariana Salad:

Uova pochè, hummus di barbabietola, misticanza selezionata, pomodorini gialli & rossi, asparagi, carote, quinoa e pistacchio **9 VEG**

Metodo Salad:

Pollo alla piastra, misticanza selezionata, pomodorini gialli e rossi, Grana Padano, salsa yogurt e croutons di pane alle erbe **10**

Salmon Salad:

Salmone marinato agli agrumi, avocado, mango caramellato, misticanza selezionata, pomodorini gialli & rossi e quinoa **12**

I PRINCIPALI

Parmigiana di melanzane con salsa di pomodoro homemade, Edam grattugiato, pecorino stagionato e Grana Padano **9 VEG**

Stracotto di manzo servito con patate arrosto rustiche e trifolato di funghi porcini **11**

Filetto di maiale servito con misticanza selezionata, ravanelli, patate arrosto rustiche e senape al miele **12**

Tagliata di bistecca di manzo con misticanza selezionata, grana, asparagi, carote e crema di balsamico **18**

LA PASTA

Fusilli al pomodoro homemade, grana Padano e olio al basilico **7 VEG**

Spaghetti cacio e pepe classici mantecati con Pecorino **8 VEG**

Fusilli alle verdure con crema di cavolfiori e verdure, broccoli, peperoni rossi & gialli e olive nere **8 VEG**

Ravioli ripieni di ricotta & spinaci al burro e salvia su letto di pappa al pomodoro e crumble di anacardi **9 VEG**

Spaghetti all'Amatriciana con guanciale croccante, pomodorini confit e pecorino stagionato **9**

Risotto mantecato con formaggio robiola, mix di crema ai funghi porcini e funghi secchi **10 VEG**

Spaghetti alla Carbonara di pasta artigianale con guanciale affumicato e pecorino stagionato **12**

Lasagne al ragù di manzo con salsiccia, Grana Padano e Pecorino stagionato **13**

M E T O D O

L'INIZIO

Chickpea Hummus with confit cherry tomatoes, black olive cream and pita bread **7 VEGANO**

Puff pastry Millefeuille with cheesy broccoli cream, crispy pancetta and pomegranate **8**

Pumpkin Cream Soup with crispy bacon, herb bread croutons and yogurt sauce **8**

Tuscan platter of cold cuts and cheeses:

Selection of various cold cuts and mix of aged, blue and fresh cheeses of the highest quality, berry sauce, honey, pistachio grains and fresh fruits

(Recommended for two people) **29**

I VERDI

Vegetarian Salad:

Poached eggs, beetroot hummus, selected mixed greens, yellow & red cherry tomatoes, asparagus, carrots, quinoa and pistachio **9 VEG**

Metodo Salad:

Grilled chicken, selected mixed greens, yellow & red cherry tomatoes, Grana Padano, yogurt sauce and herb bread croutons **10**

Salmon Salad:

Citrus-marinated Salmon, avocado, caramelized mango, selected mixed greens, yellow & red cherry tomatoes, and quinoa **12**

I PRINCIPALI

Eggplant parmigiana with homemade tomato sauce, grated Edam, aged pecorino and Grana Padano **9 VEG**

Beef Stew served with rustic roasted potatoes and sautéed porcini mushrooms **11**

Pork fillet served with selected mixed greens, radishes, rustic roasted potatoes, and honey mustard **12**

Beef Steak with selected mixed greens, Grana Padano, asparagus, carrots and balsamic cream **18**

LA PASTA

Fusilli pasta with homemade tomato sauce, Grana Padano and basil oil **7 VEG**

Classic Artisan Spaghetti cacio e pepe, tossed with Pecorino **8 VEG**

Fusilli pasta with vegetables in a cauliflower cream, broccoli, red & yellow peppers and black olives **8 VEG**

Ravioli filled with ricotta & spinach, served with butter and sage on tomato pappia and cashew crumble **9 VEG**

Artisan Spaghetti all'Amatriciana with crispy guanciale, confit cherry tomatoes and aged pecorino **9**

Risotto stirred with Robiola cheese, porcini mushroom cream mix and dried mushrooms **10 VEG**

Artisan Spaghetti Carbonara, smoked guanciale and aged pecorino **12**

Lasagna with beef and sausage ragù, Grana Padano and aged Pecorino **13**

M E T O D O

BEVERAGE list

CAFFETTERIA

Espresso/Doppio **1,20/2,40**
Decaffeinato **1,40/2,80**
Americano/Doppio **1,60/3,20**
Cappuccino/Doppio **1,70/3,40**
Iced Latte **3,60**
Iced Caramel Latte **4,10**
Iced Vanilla Latte **4,10**
Iced Pistachio Latte **4,10**
Cioccolata calda / con panna montata **5/5,50**
Latte Macchiato **2,30**
Caffè con Panna **2,40**
Flat White **3,60**
Caffè Shakerato **5,00**
Shakerato Disaronno/Baileys **6,20**
Espresso Martini **8,00**

SPREMUTE E CENTRIFUGHE

Succo al Mirtillo **3,00**
Succo alla Pesca **3,00**
Succo all'Ananas **3,00**
Spremuta d'Arancia **4,00**
Centrifuga di Mela Verde **5,00**
Centrifuga di Pera **5,00**
Refreshing: Ananas, Mela e Zenzero **6,00**
Ace: Arance, Carote, e Limone **6,00**
Bonjour: Pera, Passion Fruit, Lamponi, Menta **6,00**
Depurativa: Arancia, Mirtillo e Mela **6,00**
Drenante: Lamponi, Mirtillo **6,00**
Detox: Finocchio, Mela, Sedano, Lime, Menta **6,00**
Energizzante: Arancia, Mela e Zenzero **6,00**

LIMONATE

Tradizionale **5,00**
Zenzero **5,00**
Cetrioli e Menta **5,00**
Lampone **5,00**

TE FREDDI

Limone **4,00**
Pesca **4,00**
Lamponi e Basilico **5,00**
Limone, Menta e Zenzero **5,00**
Passion Fruit **5,00**

TE CALDI

Tisana Drenante al Karkadè **3,50**
Peppermint Der Franz **3,50**
Black Tea English Breakfast **3,50**
Tè Very Berry **4,00**
Earl Grey Der-Fraz **3,50**
Sencha Green Tea BIO **3,50**
Chamomile Flowers BIO **4,00**

COCKTAILS

Blossom Berry Delight **14,00**
Gin, Succo di Mirtillo, Succo di Limone, Sciroppo di Gelsomino, Liquore ai fiori di Sambuco, Soda, Fetta di Limone, Mirtillo freschi e Fiori di Gelsomino essiccati

Spritzello **8,00**
Limoncello, Lovrè Valdobbiadene Prosecco Superiore D.O.C.G. Extra Dry e Basilico Fresco

Pink Sunset **12,00**
Tequila Espolon Reposado, Succo di Pompelmo Rosa Fresco, Granatina e Sale Rosa dell'Himalaya

Boulevardier **10,00**
Wild Turkey Rye Whiskey, Vermouth Rosso, Campari, Zest d'Arancia

Passion Mojito **9,00**
Havana 3 Rum, Succo di Lime, Sciroppo di Zucchero, Menta Fresca e Soda

N7 Special Spritz **12,00**
Livrè Valdobbiadene Prosecco Superiore D.O.C.G. Extra Dry, Lillet Blanc Vermouth, Lamponi e Fragole Pestati

Tropical Hendrick's **10,00**
Hendrick's Lunar Gin, Succo di Limone Fresco, Passion Fruit, Sciroppo di Zucchero e Basilico Fresco

Elderflower Collins **12,00**
Bombay Sapphire, St-Germain, Passion Fruit, Succo di Limone Fresco, Slice di Limone e Menta Fresca

GIN TONICS

#1: Scapegrace, Fever Tree Indian Premium Tonic Water, slice di mela verde **12,00**

#2: Monkey Gin 47, Fever Tree Indian Premium Tonic Water, Anice Stellato e Lime Zest **10,00**

#3: Marconi 46, Fever Tree Mediterranean Tonic Water, Rametto di Rosmarino e Bacche di Ginepro **12,00**

#4: Hendrick's Lunar, Fever Tree Elderflower, Cetriolo e Lime **10,00**

#5: Gin Infuso al Lampone, Fever Tree Pink Tonic, Menta, Zest d'Arancia e Chiodi di Garofano **14,00**

Mocktails

Soft Kaos: Succo fresco di arancia, lime, sciroppo di passion fruit e basilico **7,00**

Twist o' Playa: Ananas, succo di mirtillo, lamponi pestati, miele, more e mirtillo **7,00**

La Elixir: Mela verde, lime e mango **7,00**

Son of the Beach: Spremuta di ananas, spremuta di arancia, sciroppo di passion fruit e Granatina **7,00**

Aperol Spritz **7,00**

Gin Tonic **8,00**

Calice di Vino **7,00** *Dai un'occhiata alla nostra carta dei vini

Coca-Cola/Zero/Fanta/Sprite/Lemon Soda **3,00**

Menabrea Italian Lager **4,00**

Corona Extra **4,00**

Moretti Baffo D'Oro Lager Spina Piccola **4,00**

Moretti Baffo D'Oro Lager Spina Media **6,00**

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BEVERAGE list

CAFFETTERIA

Espresso/Doppio **1,20/2,40**
Decaffeinated **1,40/2,80**
Americano/Double **1,60/3,20**
Cappuccino/Double **1,70/3,40**
Iced Latte **3,60**
Iced Caramel Latte **4,10**
Iced Vanilla Latte **4,10**
Iced Pistachio Latte **4,10**
Hot Chocolate / with whipped cream **5/5,50**
Latte Macchiato **2,30**
Espresso with whipped cream **2,40**
Flat White **3,60**
Caffè Shakerato **5,00**
Shakerato Disaronno/Baileys **6,20**
Espresso Martini **8,00**

JUICES AND EXTRACTS

Blueberry Juice **3,00**
Peach Juice **3,00**
Pineapple Juice **3,00**
Fresh Orange Juice **4,00**
Fresh Green Apple Extract **5,00**
Fresh Pear Extract **5,00**
Refreshing: Pineapple, Apple and Ginger **6,00**
Ace: Oranges, Carrots and Lemon **6,00**
Bonjour: Pear, Passion Fruit, Raspberries **6,00**
Depurativa: Orange, Blueberry and Apple **6,00**
Drenante: Blueberries and Raspberry **6,00**
DeTox: Apple, Celery, Fennel, Lime and Mint **6,00**
Energizzante: Orange, Apple and Ginger **6,00**

LEMONADES

Traditional **5,00**
Ginger **5,00**
Cucumber and Mint **5,00**
Rasperry **5,00**

ICED TEAS

Lemon **4,00**
Peach **4,00**
Raspberry and Basil **5,00**
Lemon, mint and Ginger **5,00**
Passion Fruit **5,00**

HOT TEAS

Karkadè Draining Herbal Tea **3,50**
Peppermint Der Franz **3,50**
Black Tea English Breakfast **3,50**
Tè Very Berry **4,00**
Earl Grey Der-Fraz **3,50**
Sencha Green Tea BIO **3,50**
Chamomile Flowers BIO **4,00**

COCKTAILS

Blossom Berry Delight **14,00**
Gin, Blueberry Juice, Lemon Juice, Jasmine Syrup, Elderflower Liqueur, Soda, Lemon Slice, Fresh Blueberries and Dried Jasmine Flowers
Spritzello **8,00**
Limoncello, Lovrè Valdobbiadene Prosecco Superiore D.O.C.G. Extra Dry and Fresh Basil
Pink Sunset **12,00**
Tequila Espolon Reposado, Pink Grapefruit Juice, Grenadine and Himalayan Pink Salt
Boulevardier **10,00**
Wild Turkey Rye Whiskey, Red Vermouth, Campari, Orange Zest
Passion Mojito **9,00**
Havana 3 Rum, Lime Juice, Sugar Syrup, Fresh Mint and Soda
N7 Special Spritz **12,00**
Lovrè Valdobbiadene Prosecco Superiore D.O.C.G. Extra Dry, Lillet Blanc Vermouth, Crushed Raspberries and Strawberries
Tropical Hendrick's **10,00**
Hendrick's Lunar Gin, Fresh Lemon Juice, Passion Fruit, Sugar Syrup and Fresh Basil
Elderflower Collins **12,00**
Bombay Sapphire, St-Germain, Passion Fruit, Fresh Lemon Juice, Lemon Slice and Fresh Mint

GIN TONICS

#1: Scapegrace, Fever Tree Indian Premium Tonic Water, Green Apple Slice **12,00**
#2: Monkey Gin 47, Fever Tree Indian Premium Tonic Water, Star Anise and Lime Zest **10,00**
#3: Marconi 46, Fever Tree Mediterranean Tonic Water, Sprigs of Rosemary and Juniper Berries
#4: Hendrick's Lunar, Fever Tree Elderflower, Cucumber and Lime **10,00**
#5: Raspberry Infused Gin, Fever Tree Pink Tonic, Mint, Orange Zest and Cloves **14,00**

Mocktails

Soft Kaos: Fresh orange juice, lime, passion fruit syrup and basil **7,00**
Twist o' Playa: Pineapple, Blueberry Juice, Crushed Raspberries, Honey, Blackberries and Blueberries **7,00**
La Elixir: Green Apple, Lime and Mango **7,00**
Son of the Beach: Pineapple juice, orange juice, passion fruit syrup and Granatina **7,00**
Aperol Spritz **7,00**
Gin Tonic **8,00**
Glass of wine **7,00** *Check out our wine list
Coca-Cola/Zero/Fanta/Sprite/Lemon Soda **3,00**
Menabrea Italian Lager **4,00**
Corona Extra **4,00**
Moretti Baffo D'Oro Lager Draft Small **4,00**
Moretti Baffo D'Oro Lager Draft Medium **6,00**