

M E T O D O

BRUNCH english menù

BOOM EGGS TOAST:

Poached eggs, toast, bacon, hollandaise sauce, selected mixed greens, radishes, chia seeds, pistachios, and a cup of yogurt with fresh fruit and BIO granola **15**

SALMON TOAST:

Citrus-marinated Salmon, chive sour cream, toast, selected mixed greens, pickles, radishes, avocado and turmeric mayo **14**

METODO BREAKFAST:

Sunny eggs, crispy bacon, toast, mixed greens, sausage, selected mixed salad, tomato pappia and roasted potatoes **19**

RANCHEROS EGGS:

Poached eggs, avocado, 'nduja tomato sauce, herb bread croutons and chives **14**

COMBO BREAKFAST:

Scrambled eggs, caramelized mango, toast, maple syrup, selected mixed greens, and cashew crumble **15**

DREAM TOAST:

Scrambled eggs on French toast (sweet bread with maple syrup and cinnamon), beetroot hummus, mozzarella and bacon **16**

HAPPY EGGS:

Three sunny eggs, buttered toast, bacon, yellow and red peppers, basil and Grana Padano DOP **14**

BEET TOAST VEG:

Toast with beetroot hummus, avocado, confit cherry tomatoes, selected mixed greens, yogurt with fresh fruit and organic granola **15**

LOW CARB:

Three sunny eggs, sausage, grilled chicken, bacon, mozzarella, selected mixed greens, avocado, quinoa and cashews **17**

GREEN OMELETTE:

Omelette with spinach, mozzarella, selected mixed greens, yellow and red cherry tomatoes, radishes and cashew crumble **17**

PANCAKE SALATO:

Pancakes, sunny egg, crispy bacon, hollandaise sauce, avocado, tomato pappia, pomegranate, maple syrup and dried fruit **17**

PANCAKE CLASSICO:

Pancakes with maple syrup and honey, fresh fruit and dried fruit **14**

PANCAKE ALLA NUTELLA:

Pancakes, nutella, banana, fresh fruit e nuts **16**

PANCAKE FOR FRIENDS (SERVES 2):

Pancakes with fresh fruit and meringues, served with Nutella, jam, honey and maple syrup **21**

FRENCH TOAST:

Sweet bread with maple syrup and cinnamon, served with raspberries, blueberries, strawberries, banana, dried fruit and meringues **13**

YOGURT BOWL:

Plain yogurt with fresh fruit, chia seeds, organic granola and honey **10**

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	Caramelized Mango 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

BRUNCH ^{italiano} _{menù}

BOOM EGGS TOAST:

Uova poché, toast, bacon, salsa olandese, misticanza selezionata, ravanelli, semi di chia, pistacchi e coppetta di yogurt con frutta fresca e granola BIO **15**

SALMON TOAST:

Salmone marinato agli agrumi, panna acida all'erba cipollina, toast, misticanza selezionata, cetriolini, ravanelli, avocado e mayo alla curcuma **14**

METODO BREAKFAST:

Sunny eggs, bacon croccante, toast, mix di verdure miste, salsiccia, misticanza selezionata, pappa al pomodoro e patate arrosto **19**

RANCHEROS EGGS:

Uova poché, avocado, pomarola all'nduja, croutons di pane alle erbe ed erba cipollina **14**

COMBO BREAKFAST:

Uova strapazzate, mango caramellato, toasts, sciroppo d'acero, misticanza selezionata e crumble di anacardi **15**

DREAM TOAST:

Uova strapazzate su french toast (pane dolce allo sciroppo d'acero e cannella), hummus di barbabietola, mozzarella e pancetta **16**

HAPPY EGGS:

Tre sunny eggs, pane tostato al burro, bacon, peperoni gialli e rossi, basilico e Grana Padano DOP **14**

BEET TOAST VEG:

Toast con Hummus di barbabietola, avocado, pomodorini confit, misticanza selezionata, yogurt con frutta fresca e granola BIO **15**

LOW CARB:

Tre sunny eggs, salsiccia, pollo alla piastra, bacon, mozzarella, misticanza selezionata, avocado, quinoa e anacardi **19**

GREEN OMELETTE:

Uova agli spinaci, mozzarella, misticanza selezionata, pomodorini gialli e rossi, ravanelli e crumble di anacardi **17**

PANCAKE SALATO:

Pancakes, sunny egg, bacon croccante, salsa olandese, avocado, pappa al pomodoro, melograno, sciroppo d'acero e frutta secca **17**

PANCAKE CLASSICO:

Pancakes, sciroppo d'acero miele, frutta fresca e frutta secca **14**

PANCAKE ALLA NUTELLA:

Pancakes, nutella, banana, frutta fresca e noci **16**

PANCAKE FOR FRIENDS (2 PERSONE):

Pancakes con frutta fresca, meringhe, accompagnato di nutella, marmellata, miele e sciroppo d'acero **21**

FRENCH TOAST:

Pane dolce allo sciroppo d'acero e cannella con lamponi, mirtili, fragole, banana, frutta secca e meringhe **13**

YOGURT BOWL:

Yogurt bianco con frutta fresca, semi di chia, Granola BIO e miele **10**

EXTRAS (da aggiungere al tuo brunch):

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

COPERTO GRATIS

M E T O D O

L'INIZIO

Chickpea Hummus with confit cherry tomatoes, black olive cream and pita bread **8 VEG**

Puff pastry Millefeuille with cheesy broccoli cream, crispy pancetta and pomegranate **9**

Pumpkin Cream Soup with crispy bacon, herb bread croutons and yogurt sauce **9**

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 **10 VEG**

Metodo Salad:

Grilled chicken, selected mixed greens, yellow & red cherry tomatoes, Grana Padano, yogurt sauce and herb bread croutons **11**

Salmon Salad:

Citrus-marinated Salmon, avocado, caramelized mango, selected mixed greens, yellow & red cherry tomatoes, and quinoa **14**

I PRINCIPALI

Eggplant parmigiana with homemade tomato sauce, grated Edam, aged pecorino and Grana Padano **10 VEG**

Beef Stew served with rustic roasted potatoes and sautéed porcini mushrooms **12**

Pork fillet served with selected mixed greens, radishes, rustic roasted potatoes, and honey mustard **13**

Beef Steak with selected mixed greens, Grana Padano, asparagus, carrots and balsamic cream **22**

LA PASTA

Fusilli pasta with homemade tomato sauce, Grana Padano and basil oil **8 VEG**

Classic Artisan Spaghetti cacio e pepe, tossed with Pecorino **9 VEG**

Fusilli pasta with vegetables in a cauliflower cream, broccoli, red & yellow peppers and black olives **9 VEG**

Ravioli filled with ricotta & spinach, served with butter and sage on tomato pappas and cashew crumble **10 VEG**

Artisan Spaghetti all'Amatriciana with crispy guanciale, confit cherry tomatoes and aged pecorino **10**

Risotto stirred with Robiola cheese, porcini mushroom cream mix and dried mushrooms **11 VEG**

Artisan Spaghetti Carbonara, smoked guanciale and aged pecorino **13**

Lasagna with beef and sausage ragù, Grana Padano and aged Pecorino **14**

M E T O D O

L'INIZIO

Hummus di ceci con pomodorini confit, crema di olive nere e pane pita **8 VEG**

Millefoglie di sfoglia con crema di broccoli al formaggio, pancetta croccante e melograno **9**

Vellutata di zucca con pancetta croccante, croutons di pane alle erbe e salsa yogurt **9**

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 **10 VEG**

Metodo Salad:

Pollo alla piastra, misticanza selezionata, pomodorini gialli e rossi, Grana Padano, salsa yogurt e croutons di pane alle erbe **11**

Salmon Salad:

Salmone marinato agli agrumi, avocado, mango caramellato, misticanza selezionata, pomodorini gialli & rossi e quinoa **14**

I PRINCIPALI

Parmigiana di melanzane con salsa di pomodoro homemade, Edam grattugiato, pecorino stagionato e Grana Padano **10 VEG**

Stracotto di manzo servito con patate arrosto rustiche e trifolato di funghi porcini **12**

Filetto di maiale servito con misticanza selezionata, ravanelli, patate arrosto rustiche e senape al miele **13**

Tagliata di bistecca di manzo con misticanza selezionata, grana, asparagi, carote e crema di balsamico **22**

LA PASTA

Fusilli al pomodoro homemade, grana Padano e olio al basilico **8 VEG**

Spaghetti cacio e pepe classici mantecati con Pecorino **9 VEG**

Fusilli alle verdure con crema di cavolfiori e verdure, broccoli, peperoni rossi & gialli e olive nere **9 VEG**

Ravioli ripieni di ricotta & spinaci al burro e salvia su letto di pappa al pomodoro e crumble di anacardi **10 VEG**

Spaghetti all'Amatriciana con guanciale croccante, pomodorini confit e pecorino stagionato **10**

Risotto mantecato con formaggio robiola, mix di crema ai funghi porcini e funghi secchi **11 VEG**

Spaghetti alla Carbonara di pasta artigianale con guanciale affumicato e pecorino stagionato **13**

Lasagne al ragù di manzo con salsiccia, Grana Padano e Pecorino stagionato **14**

english

METODO

BEVERAGE list

CAFFETTERIA

Espresso/Doppio **1,30/2,60**
Decaffeinated **1,60/3,20**
Americano/Double **1,70/3,40**
Cappuccino/Double **1,90/3,80**
Iced Latte **3,90**
Iced Caramel Latte **4,90**
Iced Vanilla Latte **4,90**
Iced Pistachio Latte **4,90**
Latte Macchiato **2,40**
Espresso with whipped cream **2,60**
Flat White **3,90**
Caffè Shakerato **5,20**
Shakerato Disaronno/Baileys **6,30**
Espresso Martini **8,00**

JUICES AND EXTRACTS

Peach Juice **3,50**
Pineapple Juice **3,50**
Blueberry Juice **3,50**
Fresh Orange Juice **4,90**
Fresh Green Apple Extract **5,90**
Fresh Pear Extract **5,90**
Refreshing: Pineapple, Apple and Ginger **7,00**
Ace: Oranges, Carrots and Lemon **7,00**
Bonjour: Pear, Passion Fruit, Raspberries **7,00**
Depurativa: Orange, Blueberry and Apple **7,00**
Drenante: Blueberries and Raspberry **7,00**
Detox: Apple, Celery, Fennel, Lime and Mint **7,00**
Energizzante: Orange, Apple and Ginger **7,00**

LEMONADES

Traditional **5,90**
Ginger **5,90**
Cucumber and Mint **5,90**
Raspberry **5,90**

ICED TEAS

Lemon **5,50**
Peach **5,50**
Raspberry and Basil **6,50**
Lemon, mint and Ginger **6,50**
Passion Fruit **7,00**

HOT TEAS

Karkadè Draining Herbal Tea **3,90**
Peppermint Der Franz **3,90**
Black Tea English Breakfast **3,90**
Tè Very Berry **4,50**
Earl Grey Der-Fraz **3,90**
Sencha Green Tea BIO **3,90**
Chamomile Flowers BIO **4,50**
Small **WATER 1,60**
Big **WATER 2,20**

COCKTAILS

Blossom Berry Delight **15,00**
Gin, Blueberry Juice, Lemon Juice, Jasmine Syrup, Elderflower Liqueur, Soda, Lemon Slice, Fresh Blueberries and Dried Jasmine Flowers
Spritzello **10,00**
Limoncello, Lovrè Valdobbiadene Prosecco Superiore D.O.C.G. Extra Dry and Fresh Basil
Pink Sunset **13,00**
Tequila Espolon Reposado, Pink Grapefruit Juice, Grenadine and Himalayan Pink Salt
Boulevardier **11,00**
Wild Turkey Rye Whiskey, Red Vermouth, Campari, Orange Zest
Passion Mojito **10,00**
Havana 3 Rum, Lime Juice, Sugar Syrup, Fresh Mint and Soda
SETTE Special Spritz **13,00**
Lovrè Valdobbiadene Prosecco Superiore D.O.C.G. Extra Dry, Lillet Blanc Vermouth, Crushed Raspberries and Strawberries
Tropical Hendrick's **11,00**
Hendrick's Lunar Gin, Fresh Lemon Juice, Passion Fruit, Sugar Syrup and Fresh Basil
Elderflower Collins **13,00**
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 **13,00**
#2: Monkey Gin 47, Fever Tree Indian Premium Tonic Water, Star Anise and Lime Zest **11,00**
#3: Marconi 46, Fever Tree Mediterranean Tonic Water, Sprigs of Rosemary and Juniper Berries **13,00**
#4: Hendrick's Lunar, Fever Tree Elderflower, Cucumber and Lime **11,00**
#5: Raspberry Infused Gin, Fever Tree Pink Tonic, Mint, Orange Zest and Cloves **15,00**

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 **9,00**
Gin Tonic **9,00**
Glass of wine **7,00** *Check out our wine list
Coca-Cola/Zero/Fanta/Sprite/Lemon Soda **3,20**
Menabrea Italian Lager **4,20**
Corona Extra **4,20**
Moretti Baffo D'Oro Lager Draft Small **5,00**
Moretti Baffo D'Oro Lager Draft Medium **6,50**

M E T O D O

BEVERAGE list

CAFFETTERIA

Espresso/Doppio **1,30/2,60**
Decaffeinato **1,60/3,20**
Americano/Doppio **1,70/3,40**
Cappuccino/Doppio **1,90/3,80**
Iced Latte **3,90**
Iced Caramel Latte **4,90**
Iced Vanilla Latte **4,90**
Iced Pistachio Latte **4,90**
Latte Macchiato **2,40**
Caffè con Panna **2,60**
Flat White **3,90**
Caffè Shakerato **5,20**
Shakerato Disaronno/Baileys **6,30**
Espresso Martini **8,00**

SPREMUTE E CENTRIFUGHE

Succo alla Pesca **3,50**
Succo all'Ananas **3,50**
Succo al Mirtillo **3,90**
Spremuta d'Arancia **4,90**
Centrifuga di Mela Verde **5,90**
Centrifuga di Pera **5,90**
Refreshing: Ananas, Mela e Zenzero **7,00**
Ace: Arance, Carote, e Limone **7,00**
Bonjour: Pera, Passion Fruit, Lamponi, Menta **7,00**
Depurativa: Arancia, Mirtilli e Mela **7,00**
Drenante: Lamponi, Mirtilli **7,00**
Detox: Finocchio, Mela, Sedano, Lime, Menta **7,00**
Energizzante: Arancia, Mela e Zenzero **7,00**

LIMONATE

Tradizionale **5,90**
Zenzero **5,90**
Cetrioli e Menta **5,90**
Lampone **5,90**

TE FREDDI

Limone **5,50**
Pesca **5,50**
Lamponi e Basilico **6,50**
Limone, Menta e Zenzero **6,50**
Passion Fruit **7,00**

TE CALDI

Tisana Drenante al Karkadè **3,90**
Peppermint Der Franz **3,90**
Black Tea English Breakfast **3,90**
Tè Very Berry **4,50**
Earl Grey Der-Fraz **3,90**
Sencha Green Tea BIO **3,90**
Chamomile Flowers BIO **4,50**

ACQUA Piccola **1,60**

ACQUA Grande **2,20**

COCKTAILS

Blossom Berry Delight **15,00**
Gin, Succo di Mirtillo, Succo di Limone, Sciroppo di Gelsomino, Liquore ai fiori di Sambuco, Soda, Fetta di Limone, Mirtilli freschi e Fiori di Gelsomino essiccati

Spritzello **10,00**
Limoncello, Lovrè Valdobbiadene Prosecco Superiore DOCG Extra Dry e Basilico Fresco

Pink Sunset **13,00**
Tequila Espolon Reposado, Succo di Pompelmo Rosa Fresco, Granatina e Sale Rosa dell'Himalaya

Boulevardier **11,00**
Wild Turkey Rye Whiskey, Vermouth Rosso, Campari, Zest d'Arancia

Passion Mojito **11,00**
Havana 3 Rum, Succo di Lime, Sciroppo di Zucchero, Menta Fresca e Soda

SETTE Special Spritz **13,00**
Lovrè Valdobbiadene Prosecco Superiore DOCG Extra Dry, Lillet Blanc Vermouth, Lamponi e Fragole Pestati

Tropical Hendrick's **11,00**
Hendrick's Lunar Gin, Succo di Limone Fresco, Passion Fruit, Sciroppo di Zucchero e Basilico Fresco

Elderflower Collins **13,00**
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 **13,00**

#2: Monkey Gin 47, Fever Tree Indian Premium Tonic Water, Anice Stellato e Lime Zest **11,00**

#3: Marconi 46, Fever Tree Mediterranean Tonic Water, Rametto di Rosmarino e Bacche di Ginepro **13,00**

#4: Hendrick's Lunar, Fever Tree Elderflower, Cetriolo e Lime **11,00**

#5: Gin Infuso al Lampone, Fever Tree Pink Tonic, Menta, Zest d'Arancia e Chiodi di Garofano **15,00**

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 mirtilli **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 **9,00**

Gin Tonic **9,00**

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

Coca-Cola/Zero/Fanta/Sprite/Lemon Soda **3,20**

Menabrea Italian Lager **4,20**

Corona Extra **4,20**

Moretti Baffo D'Oro Lager Spina Piccola **5,00**

Moretti Baffo D'Oro Lager Spina Media **6,50**