



ESTB

MINT CUCINA FRESCA

2013

APERITIFS

SPRITZ MINT_10€

Elderflower syrup,
Adami prosecco & fresh mint

SPRITZ PUGLIESE_10€

Aperol/Select, D'Arapi sparkling wine
& Apulian orange

LAMBRUSCO ICE_8€

Otello Nero di Lambrusco is an intensely
red sparkling wine served with ice & fresh mint

VERMOUTH_8€

Natural red or white vermouth,
orange & green olive

PINK GIN FIZZ_12€

Grapefruit gin,
rosemary syrup & soda

CHARTREUSE TONIC_10€

Chartreuse vert, Mediterranean
tonic water & lime

MOCKTAILS

SPRITZ MINT ZERO_10€

Non-alcoholic prosecco, elderflower syrup,
fresh mint & soda

GINGER FRIZZ_7€

Fresh ginger syrup, Mediterranean
tonic water & fresh mint

PINK HERBAL_7€

Rosemary syrup,
grapefruit soda & lemon

GREENS & GRAINS

QUICHE DI CIPOLLE_22€

A rich and satisfying quiche with a white chickpea crust, filled with braised
red onions, black olives, toasted white sesame, and cashew cream.

Served warm with a fresh seasonal salad.

Contains: tree nuts & sesame

TAGLIATELLE DI ZUCCHINE_19€

A fresh and light cold dish featuring raw zucchini noodles, dressed with a
creamy avocado and mint pesto, fresh cherry tomatoes,
toasted pistachios, and crunchy vegetable chips.

Contains: tree nuts

TOFU STRAPAZZATO_20€

A balanced and flavorful dish featuring scrambled tofu with turmeric and
nutritional yeast, sautéed mushrooms, served with a fresh salad dressed
in cashew sauce and crunchy mixed seed crackers.

Contains: gluten, tree nuts & soy

COUSCOUS DI LEGUMI ANTICHI_19€

A vibrant, rich, and harmonious salad made with lentil and chickpea couscous,
Tuscan kale, fresh mint, seasonal fruit, dried cranberries, caramelized pecans and
marinated red onion, all dressed with a citrus mustard sauce.

OPTION: FRESH CHEESE +€3

Contains: tree nuts & mustard

TORTEL DI PATATE_19€

A simple and comforting dish of crispy rösti made from grated Polignano potatoes
and rice flour, grilled in extra virgin olive oil, served with burratina and
finely sliced cabbage salad with toasted black sesame.

Contains: dairy & sesame

PATATA DOLCE_20€

A bold-flavored dish of spiralized sweet potatoes sautéed in a creamy
cashew sauce, served on a bed of fresh baby spinach and finished
with a sharp touch of blue cheese.

Contains: tree nuts & dairy

SEA & RIVER

GAZPACHO PUGLIESE_18€

Cold soup made with raw blended Apulian tomatoes, served with burrata,
Cantabrian anchovies, and crunchy Altamura bread croutons

flavored with garlic and smoked oil.

Contains: gluten, fish & dairy

TROTA MARINATA_25€

A fresh and balanced mixed green salad served in a crispy phyllo pastry bowl
with marinated trout bites, carrots, potato, dried fruit, crunchy fava beans
and toasted cashews.

Contains: gluten, fish & tree nuts

SALMERINO AFFUMICATO_25€

A fresh, rich green salad layered with thin sheets of crispy phyllo pastry,
topped with smoked salmerino carpaccio, seasonal fresh fruit,
toasted almonds, and pink pepper berries.

Contains: gluten, fish & tree nuts

POLPO AL FÈN_28€

A bold fusion of sea and mountains: octopus with fèn (mountain herbs),
served with confit cherry tomatoes, caramelized red onions, black olives,
all laid on a bed of turmeric fava bean purée.

Contains: mollusks

TONNO SCOTTATO_29€

A flavorful and balanced classic: tuna seared with citrus soy sauce and black sesame,
served on a toasted slice of Altamura bread, accompanied by braised onions,
seasonal vegetables, and oven-roasted potatoes dusted with polenta flour.

Contains: gluten, tree nuts, soy, sesame & fish

WINES BY THE GLASS 150ML

ORGANIC WINE 5€

Cantina Tre Pini - Puglia

White *Malvasia Bianca* 11,5% vol.

Rosè *Bombino Nero* 12,0% vol.

Red *Primitivo* 14,0% vol.

NATURAL WINE 6€

According to daily availability

PROSECCO 7€

Cantina Adami - Treviso Doc

Brut Glera 11,0% vol.

SPARKLING WINE · CLASSIC METHOD 8€

Cantine D'Arapi - Puglia

Brut Bombino Nero & Pinot nero 13,0% vol.

* *Inquire about our bottled wine selection
to enhance your experience.*

CONCLUDE YOUR JOURNEY WITH A TOUCH
OF SWEETNESS. FABRIZIO'S DESSERTS ARE THE
PERFECT FINALE TO THE MINT EXPERIENCE.

FABRIZIO'S DESSERTS_10€

According to daily availability

paired with

GLASS OF DESSERT WINE_6€

CRAFT BEERS

BIRRA DEL GARGANO 330 ml 7€

BIRRA 32 500 ml 9€

750 ml 15€

ALCOOL-FREE BEER 330 ml 6€

DRINKS

MICROFILTERED WATER 750 ml 2€

FRUIT JUICE 200 ml 6€

no added sugar

ORANGEADE OR LEMONADE 5€

Natural soft drinks with selected ingredients:

IGP Gargano oranges or IGP Amalfi lemons.

ARTISAN ICED TEA 5€

HOT MINT INFUSION 4€

COFFEE STARTING FROM 2€

BITTERS, GRAPPAS, SPIRITS

STARTING FROM 4€

COVER CHANGE & TARALLI_3€ PER PERSON

*Please inform us of any food allergies; given the limited size of our kitchen, we cannot guarantee the absence of cross-contamination.

**To ensure high hygiene standards, improved freshness, and optimal preservation, we have chosen to quickly freeze some ingredients.