



MENÙ

WHY SMART FOOD

For us at **SmartKook** it is a necessity to eat in a conscious way!

We are not doctors nor dieticians, but we know that a varied diet is good for our health: at **SmartKook** you can choose among several **smart-ingredients**.

We select high quality products and rely on studies and scientific researches, which teach us how food interacts with our organism (Nutrigenomica).

We are what we eat (Ludwig Feuerbach – 1804) and this is especially true in the mid-long term.

We started a process of discovering (and rediscovering) the ingredients and foods that some Italian researches have defined “**smart food**”. We use a good number of them in order to let our clients build a different menu each day, conscious, personalized and **SMART!**

SmartKook is Longevity Food (LF) - Protective Food (PF) - Anticancer Food (AF):

Longevity Food

Recent researches have shown that the molecules contained in some foods can “help” into the epigenome, or DNA, and change those sections that affect the duration of our life, by activating longevity genes. Among these foods we can find:

- Anthocyanins: purple cabbages, cherries, blood oranges, blueberries, aubergines, purple and sweet potatoes, black prunes, radicchio salad, black grapes, berries
- Capsaicin: chilli pepper and spicy paprika
- Curcumin: turmeric
- Epigallocatechin gallate: green and black tea
- Fisetina: khaki, strawberries, some types of apples
- Quercetin: asparagus, capers, onions, lettuce, dark chocolate
- Resveratrol: grapes

Protective Food

This category includes foods that help us protect our body from hypertension, diabetes and obesity:

garlic, cereals, pot herbs (basil, oregano, sage, rosemary, mint, thyme...), legumes, olive oil, seed oil, (sunflower, pumpkin...), fresh fruit and vegetables (rich in vitamins and minerals).

Anticancer Food

A set of foods that are “friends” to our organism and slow down the proliferation of cancer-causing cells (some of them reduce inflammatory states where cancer finds fertile ground and others prevent or slow down its development...). This category includes:

turmeric (curcumin), ginger (gingerol), carrot (beta-carotene), blueberries and raspberries (delphinidin), soy, red clover, coffee (flavonoids, genistein), cruciferous like broccoli, cauliflowers, rocket salad, turnip greens, Brussels sprouts (isotiocinatin), grapefruit and tomato (lycopene), mint, cherries and lavender (perillyl alcohol), black pepper (piperine), lemon (hesperidin).

In case of allergies or intolerances, please contact our staff.



COFFEE BAR



SERVITO

Espresso	1,00	2,00
Espresso barley / Ginseng coffee small cup	1,20	2,00
Caffè d'orzo / Ginseng coffee big cup	1,50	2,50
Macchiato	1,20	2,00
Decaffeinated coffee	1,20	2,00
Caffee whith Liquor	1,50	2,50
Shaked coffee	3,00	4,00
Shaked coffee whit Baileys	4,00	5,00
Coffee cream small cup	2,00	3,00
Coffee cream big cup	3,00	4,00
Irish coffee (coffee, whisky, sugar, cream)	4,00	5,00
Moroccan coffee	1,50	2,50
Cappuccino (soy + 0,30€, deca + 0,20€)	1,50	2,00
Cappuccino barley / Ginseng (soy + 0,30€)	2,00	3,00
Hot chocolate (extra cream + 1,00€)	4,00	5,00
Milk	1,00	1,50
Milk whit coffee	1,80	3,00
Tea / Green tea / Chamomile / Herbal teas	3,00	4,00
Orange juice / Grapefruit juice / Lemon juice / Lime juice	4,00	5,00
Pomegranate juice	5,00	6,00



...BRIOCHEs & CO.

Big croissant	1,20	1,50
Small croissant	1,00	1,20
Salted croissant	2,50	2,80
Small Muffin	1,00	1,20
Big Muffin	2,50	2,80
Small Donuts	1,50	1,80
Big Donuts	2,50	2,80
Puff pastry with cream	1,50	1,80
Vegan cake / Fruit cake	2,50	2,80
Milk bread	2,00	2,40
Chocolate or cream praline	1,00	1,30
Chocolate brownie gluten free	2,50	2,80
Shortcrust	2,00	2,50
Krapfen	2,50	2,80

DRINKS

	SERVED	
Still or sparkling water 50 ml	1,20	2,20
Fruit juice	2,50	3,50
Special fruit juice	3,50	4,50
Cold tea (pach,lemon) / Coke / Orange juice	2,50	4,00
Bitter orange juice / Chinotto / Sprite	2,50	4,00
Schweppes / Schweppes lemon / Soda	2,50	4,00
Red Bull	3,50	4,50
Crodino	4,00	5,00
San Bitter	4,00	5,00
Campari soda	5,00	6,00
Cedrata Tassoni	3,50	4,50
Ginger Beer	3,50	4,50
Ginger Ale	3,50	4,50

BOTTLED BEERS

Weiss

Paulaner (50cl) /5,5% vol 5,00

Erdinger (50cl) /5,5% vol 5,00

Bionde - Lager

Heineken (33cl) /5,0% vol 5,00

Moretti (33cl) /5,0% vol 5,00

Corona /4,6% vol 5,00

Ichnusa unfiltered /5,0% vol 5,00

Duble malt

Super Tennent's (33cl) /9,0% vol 5,00

Ceres (33cl) /7,7% vol 5,00



KITCHEN

BIG TOAST



Big Toast

(baked ham, fontina cheese)

4,00

Big Toast stuffed

(baked ham, fontina cheese, toast filling)

5,00

BIG HAMBURGER

Hamburger

(meat burger, green salad, tomato)

8,00

Cheeseburger

(meat burger, green salad, tomato, cheese)

8,50

Veggie burger

(vegetable burger, green salad, dried tomato)

8,00

CLUB SANDWICH



Diaz

(salmon, valerian salad, philadelphia cheese, avocado, tomato)

9,90

Fontana

(truffle cooked ham culatello, cheddar, tomato, iceberg salad, cocktail sauce)

9,90

Cairoli

(tuna, eggs, radicchio salad, avocado, mayonnaise)

9,90

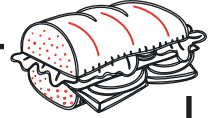
Garibaldi

(salmon, tuna, tabasco, mayonnaise, tomato, salad, salt, pepper)

9,90

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SANDWICHES



SmartKook (Parma raw ham 36 months, brie cheese, tomato, rocket salad)	7,00
Triennale (bresaola, grana cheese, rocket salad, oil, pepper)	7,00
Missori (bresaola, caprine cheese, rocket salad, dried tomatoes)	7,00
Naviglio (baked ham, mozzarella cheese, tomato, rocket salad)	7,00
Cenacolo (baked ham, green salad, tomato, crabmeat)	7,00
Castello (speck, brie cheese, baked radicchio salad)	7,00
Napoleone (speck, scamorza cheese, spinach, mayonnaise)	7,00
Sempione (tuna, mozzarella cheese, tomato, mayonnaise)	7,00
Centrale (tuna, tomato, green salad, capers, mayonnaise)	7,00
Cordusio (bagel, salmon, valerian salad, avocado, tomato, philadelphia cheese)	8,00
Duomo (bagel, truffle cooked ham culatello, cheddar, tomato, cocktail sauce)	8,00

SALADS

Velasca (mixed salad, tuna, tomato, mais, mozzarella cheese)	7,00
Scala (green salad, chicken, tomato, carrots, fontina cheese)	7,00
Romana (green salad, Parma raw 36 months, walnuts, grana cheese)	7,00
Galleria (mixed salad, baked ham, Taggiasca olives, mozzarella cheese)	7,00
Brera (spinach, salmon, edamame, avocado, pumpkin seeds, sesame seeds)	9,00

DESSERT



Cake of the day	4,00
Chocolate soufflè	4,00

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SANDWICHES / FOCACCE / WRAPS

CHOOSE UP TO **4** INGREDIENTS!

French bread	5,00
Whole wheat bread	5,00
Arabic bread	5,00
Multigrain bread	5,00
Focaccia	5,00
Piadina /quadrotto	6,00
Bagel / black bread	7,00
Bread	6,00

VEGETABLES AND FRUIT

Tomatoes (AF,PF) (0,50€)	Artichokes in oil (PF) (0,50 €)
Dry tomatoes (AF,PF) (0,50€)	Avocado (PF) (1,00 €)
Cherry tomatoes (AF,PF) (0,50€)	Carotts (PF) (0,50€)
Grilled zucchini (AF,PF) (0,50 €)	Chicory (LF,PF) (0,50 €)
Grilled eggplant (AF,LF,PF) (0,50 €)	Rocket salad (PF) (0,50€)
Grilled peppers (PF) (0,50 €)	Broccoli (AF) (0,50 €)

CURED MEAT, CHEESES ETC.

Baked ham (1,00€)	Grill chicken (1,50€)
Raw ham (1,00€)	Salmon (2,00€)
Coppa (1,00€)	Shrimps (1,50€)
Turkey (1,00€)	Tuna (1,00€)
Bresaola (1,50€)	Eggs (1,00€)
Salami (1,00€)	Mozzarella cheese (1,00€)
Speck (1,50€)	Buffalo mozzarella (1,50€)
Cotoletta (2,00€)	Scamorza cheese (1,00€)

LF: Longevity Food**PF: Protective Food****AF: Anticancer Food**

YOUR OWN DISH

SALADAS

CHOOSE UP TO **4** INGREDIENTS YOU WANT!

7,00

Choose up the kind of salad that you prefer and add your ingredients

CHOOSE UP TO **6** INGREDIENTS YOU WANT!

8,00

Choose up the kind of salad that you prefer and add your ingredients

LATTUCE (LF,PF) / MIX OF LEAVES (PF) / VALERIAN (PF) / SPINACH LEAVES (PF)

INGREDIENTS TO CHOOSE:

Fennel (PF) (0,50 €)

Green beans (PF) (0,50 €)

Cucumbers (PF) (0,50 €)

Lettuce (PF) (0,50 €)

Potatoes (PF) (0,50 €)

Valerian (PF) (0,50 €)

Apple (LF,PF) (0,50 €)

Edamame (PF) (1,00€)

Wakame (PF) (1,00€)

Mushrooms in oil (0,50 €)

Cauliflower (AF) (0,50 €)



Philadelphia cheese (0,50€)

Caprino cheese (1,00 €)

Brie (1,00 €)

Grana cheese (1,00 €)

Cheddar (1,00 €)

Corn (0,50€)

Capers (LF,PF) (0,50€)

Taggiasca Olivese (1,00€)

Raisin (0,50€)

Poppy seeds (PF) (0,20€)

Sunflower seeds (PF) (0,20€)

Sesame seeds (PF) (0,20€)

Pumpkin seeds (PF) (0,20€)

Walnuts (PF) (1,00€)

Olive pate (0,20€)



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HOT AND COLD DISHES



FIRST COURSES*

Dish of the day	7,00
Venus rice with vegetables	7,00
Basmati rice with vegetables	7,00
Spelled with vegetables	7,00
Cous cous with vegetables	7,00
Tomatos pasta	7,00
Lasagna	7,00
Ricotta cheese and spinach ravioli	7,00
Mixed cooked vegetables	7,00
Mixed grilled vegetables	7,00
Soup of the day	7,00
Quinoa with vegetables	7,00

SECOND COURSES**

Slice of salmon / Sword / Tuna	9,00
Chicken or fish cotoletta	8,00
Grilled chicken / turkey	8,00
Bresaola with buffalo mozzarella	8,00
Bresaola, rocket salad and grana cheese	8,00
Raw ham whit buffalo mozzarella	8,00
Caprese dish: buffalo mozzarella and tomatoes	7,00
Raw ham and melon	7,00
Roast-beef	9,00
Salmon, spinach, avocado, eggs, sesame	9,00

SPECIAL DISH

You can mix a first & second course. (grilled vegetables, cooked vegetables)	12,00
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*ABOUT/FOR THE FIRST COURSES IS POSSIBLE TO ADD THE FOLLOWING INGREDIENTS:

Tuna or salmon or bresaola or turkey (2,00€)

**ABOUT/FOR THE SECOND COURSES IS POSSIBLE TO ADD THE FOLLOWING INGREDIENTS:

Cooked vegetables or grilled vegetables or cereals (3,50€)

COLD CUTS

Parma raw ham (raw ham aged 36 months, red/pink color of the ham and pure white color of the animal fat)	8,00
Baked ham (cooked ham produced with the best Italian pig legs, selected them by weight, fat and PH)	7,00
Coppa piacentina (coppa from Piacenza with characteristic flavor and parfume)	8,00
Mortadella (mortadella from Lodi with a typical taste)	7,00
Speck (speck ham produced with Lodi pig smoked and aged 4 months)	8,00
Mixed of 3 cuts of your choice	12,00
Plateau SmartKook (3 cold cuts and 3 cheeses of your choice)	18,00

YOU CAN ADD TO YOUR PLATE:

grana cheese (1,50€), brie cheese (1,50€), buffalo mozzarella (2,00€), caprino cheese (1,50€), gherkins (1,00€), carrots (1,00€), green salad (1,00€), rocket salad (1,00€), tomatoes (1,00€), mozzarella cheese (1,00€).



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OUR WINES

White wines

	CHALICE	BOTTLE
Lugana	5,00	25,00
Pinot grigio	5,00	25,00
Chardonnay	5,00	25,00
Traminer	5,00	25,00
Greco di tufo	5,00	25,00
Arneis	5,00	25,00

Red wines

Morellino	5,00	25,00
Bonarda	5,00	20,00
Chianti	5,00	25,00
Lagrein	5,00	25,00



BUBBLES



Spumanti

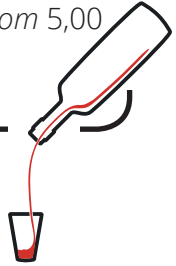
	CHALICE	BOTTLE
Prosecco Stefany metodo Charmat Docg/ <i>Pizzolato</i>	5,00	22,00
Franciacorta Brut Millesimato Docg/ <i>Bellavista</i>	8,00	45,00

Champagne

Champagne Brut/ <i>Blanc de Noir</i>	10,00	50,00
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SPIRITS

Amari classici	4,00
Liquori	4,00
Grappe secche e morbide	<i>starting from</i> 4,00
Grappe barricate	<i>starting from</i> 5,00



& DISTILLATES

Whisky

Jack Daniel's	7,00
Jim Beam	7,00
Jameson	7,00
Caol Ila	8,00
Oban	9,00
Lagavulin	10,00

Rum

Zacapa 23	10,00
Mount Gay	9,00
Saint James	9,00

Gin

Gordon's	8,00
Tanqueray	9,00
Hendrik's	10,00
Monkey	10,00

Vodka

Stolichnaya	8,00
Belvedere	10,00
Grey Goose	10,00

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OUR COCKTAILS



ALCOLIC APERITIFS

Americano (Martini rosso, Campari, soda water, lemon peel)	8,00
Negroni (Martini rosso, Campari, Gin)	8,00
Negroni sbagliato (Martini rosso, Campari, sparkling wine)	8,00
Spritz (Aperol/Campari, sparkling wine, soda water)	8,00
Hugo (St. German, sparkling wine, soda water)	8,00
Moscow Mule (Vodka, lemon juice, Ginger Beer, slice of ginger)	8,00
Bloody Mary (Vodka, tomato juice, lemon juice, tabasco, salt, pepper)	8,00
Martini cocktail (gin, vermut dry, olives)	8,00

LONG DRINKS

Vodka Tonic (Vodka, tonic water)	from 8,00
Vodka Lemon (Vodka, Schweppes Lemon)	from 8,00
Gin Tonic (Gin, tonic water)	from 8,00
Gin Lemon (Gin, Schweppes Lemon)	from 8,00
Cuba Libre (Rum, Coca Cola)	from 8,00

CRUSHED

Mojito (White Rum, lime juice, leaves of mint, soda water, brown sugar)	8,00
Caipiroska (Vodka, lime juice, brown sugar)	8,00
Caipirinha (Cachaca, lime juice, brown sugar)	8,00

BASE SOUR

Vodka Sour (Vodka, lemon juice, sugar)	8,00
Campari Sour (Campari, lemon juice, sugar)	8,00
Aperol Sour (Aperol, lemon juice, sugar)	8,00

SHAKERED

Long Island ice tea (Vodka, Rum, Triple sec, Gin, lemon juice, Coca Cola)	8,00
Cosmopolitan (Vodka, triple sec, lime juice, cranberry juice)	8,00
Margarita (Tequila, triple sec, lemon juice)	8,00



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