

Dear guest,

we are happy to welcome you here at the Riviera Wellness Restaurant in the only restaurant where healthy eating and attention to taste and details strike the perfect balance. Let yourself go to the flavours of our renowned Mediterranean cuisine and experience the journey back to our origins. Flavour and well-being, pleasure and nature, harmony and aesthetics.

**100% Mediterranean Pleasure
flavour, passion, pleasure, well-being.**

Our dining room staff will be happy to assist you in choosing the perfect combination of courses for a truly unforgettable wellness dinner!

**Wellness restaurant:
created for people with a passion for life.**

- FULL FLAVOUR -

Balanced food tasting with whole grains and vegetables.
Rediscover our Mediterranean traditions through our tasty proposals, and the perfect balance between nutritional intake and pleasure created by different ingredients.

Choose between 2 to 5 courses from our menu, which will be served with "Sapore integrale", a dish inspired by our Mediterranean tradition, rich in whole grains and vegetables.

Sapore integrale
+ 2 course tasting € 25

Sapore integrale
+ 3 course tasting € 32

Sapore integrale
+ 4 course tasting € 38

Sapore integrale
+ 5 course tasting € 42

- SEAFOOD -

 **PERLE D'OLTRALPE** from 3 to 6 euro cad.
Selection of French oysters from premium oyster farms and refined in the claires of the Poitou-Charentes region
Kcal. 80, carbohydrates 20%, lipids 20%, proteins 60%

ORIENTE SCANDINAVO 80 g. € 10.00 160 g. € 18.00
Sashimi of amberjack, Yellowfin tuna and Norway salmon served with candied ginger and soy sauce, a taste of Japanese aesthetics and flavour.
Kcal. 120/240, carbohydrates 20%, lipids 15%, proteins 65%

IL ROSSO E IL NERO 2 pz. € 9.00 4 pz. € 16.00
Atlantic scallop with smoked black tea scallop-roe foam, irresistible low-cal pleasure
Kcal. 40/80, carboidrati 5%, grassi 20%, proteine 75%

 **IL RE DEL MARE** 3 pz. € 7.00 7 pz. € 15.00
Mediterranean Red shrimp with candied ginger and shellfish mousse, an unmistakably sweet and tasty delicacy
Kcal. 50/105, carbohydrates 16%, lipids 8%, proteins 76%

FANTASIA DI MARE € 32.00
Raw seafood platter, shellfish mousse and lime-flavoured sea water mayonnaise
Kcal. 145, carbohydrates 14%, lipids 32%, proteins 54%

CONTROCORRENTE SPEZIATO € 18.00
Salmon bathed in wine and spices, cooked at low temperature to preserve its tenderness, enriched with an emulsion of tarragon flavoured extra virgin olive oil, with herbs and fork-mashed potatoes
Kcal 456, carbohydrates 20%, lipids 45%, proteins 35%

IL PESCATO DEL GIORNO € 20.00
Let the dining room staff help you with the catch of today, freshly caught and richer in nutrients and Omega 3, served with mixed salad and crunchy vegetables
Kcal 342, carbohydrates 10%, lipids 20%, proteins 70%

BOSCO DI MARE € 22.00
Seared amberjack smoked with cluster-pine, flat bread with delicate pine nut cream, fresh spinach sautéed with oil and lemon
Kcal 418, carbohydrates 37%, lipids 10%, protein 53%

All the fish destined to be consumed raw or partially cooked has been treated according to the procedures outlined in the EC Regulation 853/2004, Annex III, section VIII, chapter 3, letter D, point 3.

 Vegan dish

 Gluten-free dish

 Vegetarian dish

WE SERVE ORGANIC WHOLE WHEAT SOURDOUGH BREAD PRODUCED BY "IL CERTELLO DI FRONTINO".

- PRESERVED DELICACIES -

L'ORO DEL CANTABRICO

Renowned Cantabrian anchovies, caught exclusively between March and June, sweetened with Normandy butter and served with organic toasted bread and sliced grapefruit
Kcal. 308, carbohydrates 20%, lipids 40%, proteins 40%

€ 15.00

DEMI FUMÈ

Scottish semi-smoked salmon, smoked with beechwood at low temperature, enriched by the freshness of kefir: a delicate balance between perfect food smoking and great marinade
Kcal. 200, carbohydrates 12%, lipids 48%, proteins 40%

€ 16.00

PRECIOSA TRADICIÓN

Bacalao Jon Andoni, fine cod liver preserves, found in the most famous kitchens around the globe and served with vegetable crudité and organic toasted bread
Kcal. 280, carbohydrates 24%, lipids 66%, proteins 20%

€ 15.00

DEGUSTANDO

Complete selection of anchovies, salmon and bacalao from the most renowned fish farms served with a selection of side-dishes
Kcal. 415, carbohydrates 18%, lipids 47%, proteins 35%

€ 25.00

DELIZIE DEL BUON PASTORE

Selection of organic cheeses from the small "Buon Pastore" dairy in Montefiore Conca, obtained from quality raw sheep's milk: "Castagno" aged 100 days in chestnut leaves; "Fossa" buried in a pit in August in Sogliano and collected on November 24 (Saint Cathrine); "Aromatico" prepared in wineskin with sage, rosemary, thyme and wild fennel; "Appassito" obtained from raw milk, slices and withered; "Noci" wrapped in green walnut leaves and aged in cask; "Gobbo" ancient recipe and vegetable curd
Kcal. 300/600, carboidrati 5%, lipidi 70%, proteine 25%

Kcal. 300 € 9.00 Kcal. 600 € 16.00

LA BELLA MORA

Assorted cold-cuts of Mora Romagnola, Cured Italian Meat par-excellence, bred by Azienda Agricola Zavoli of Saludecio and served with warm piadina.
Slow food presidium
Kcal. 360/700, carbohydrates 10%, lipids 60%, proteins 30%

Kcal. 360 € 12.00 Kcal. 700 € 19.00



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- PASTA -

SCALDACUORE

€ 14.00

Traditional dish, a warm and captivating cereal soup, grilled vegetables and grilled octopus served in a terracotta pot
Kcal. 274, carbohydrates 13%, lipids 39%, proteins 48%

A PROVA DI BACIO

60 g. € 8.00 120 g. € 15.00

Pasta made with Khorasan wheat, ancient and highly digestible grain from the Khorasan region in Iran, black garlic, cuttlefish and lemon
Kcal. 255/510, carbohydrates 50%, lipids 16%, proteins 34%

V IL BEL PAESE

60 g. € 6.00 120 g. € 10.00

A Mediterranean classic: Spaghettoni Mancini with zero-mile tomato sauce, date tomato confit, basil and extra virgin olive oil from the Bigucci oil mill
Kcal. 480, carbohydrates 50%, lipids 20%, proteins 30%

IL GIOCO DELLE PARTI

60 g. € 8.00 120 g. € 14.00

Large strips of beef with Moretti artichokes and Parmesan cheese.
An intriguing change of roles, where the beef is the accompaniment for the vegetables, the true protagonists of the dish
Kcal. 160/324, carbohydrates 38%, lipids 22%, proteins 41%



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- FLAVOURS FROM THE TERRITORY -

IL CLASSICO

Zavoli farm outdoor-reared Entrecôte steak,
grilled late-growing radicchio with a reduction of Sangiovese and glazed onions
Kcal. 380, carbohydrates 10%, lipids 30%, proteins 60%

€ 22.00

C'ERA UNA VOLTA

Zavoli farm free-range chicken breast cooked in clay.
Served with an accompaniment of wild blackthorn verjuice,
ever-present dressing in medieval courts, and glazed vegetables
Kcal. 430, carbohydrates 15%, lipids 30%, proteins 55%

€ 19.00

NOBIL BROCCOLO

Broccoli served in three different textures with sesame, dashi cream and spring onion powder.
Japanese Dashi adds flavour and softness to the dish
Kcal. 236, carbohydrates 32%, lipids 22%, protein 46%

€ 12.00

PROFUMI D'INVERNO

Vegetable casserole and braised winter fruits with grilled lettuce extract,
enhanced by the aromatic tone of horseradish mayonnaise and black truffle
Kcal. 280, carbohydrates 33%, lipids 43%, proteins 24%

€ 16.00

LA PROBIOTICA

Fermented white cabbage salad, highly digestible and rich in nutrients
Kcal. 19, carbohydrates 53%, lipids 4%, proteins 43%

€ 5.00



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- DESSERT -

-  **DELIZIA AL FONDENTE E LAMPONE** € 9.00
Millefeuille with Criollo dark chocolate, enhanced by a silky raspberry coulis and lemongrass sorbet, full of captivating and fresh herbaceous notes. Criollo is the rarest and most precious variety of cocoa in existence, already known by the ancient Maya and produced by Domori, a global leading producer
Kcal. 435, carbohydrates 55%, lipids 30%, proteins 15%
-  **LA VIA DELLE SPEZIE** € 9.00
Domori chocolate tasting combined with hydro-alcoholic spice infusions
Kcal. 300, carbohydrates 37%, lipids 55%, proteins 8%
-  **LES CRÈMES GLACÉES** € 5.00
Traditional Italian gelato made with whole milk or fresh fruit
Kcal. 150 each scoop, carbohydrates 37%, lipids 58%, proteins 5%
-  **DOLCEZZA AL BICCHIERE** € 8.00
Strudel in a glass: toffee-apple, pine nuts, raisins, cinnamon ice cream and Noto almond streusel.
A heart-warming triumph of winter scents and flavours
Kcal. 490, carbohydrates 32%, lipids 50%, proteins 18%
-  **VOGLIA DI FRESCHEZZA** € 8.00
Sliced fruit Wellness Restaurant Style
Kcal 80, carbohydrates 85%, lipids 3%, proteins 12%



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