

# Ginkgo

LONGEVITY RESTAURANT

## Spring Harmonies

### REJUVENATING ELIXIR

#### Crimson Red

Slightly sparkling, with a fruity and intense flavor, this elixir is an ode to spring vitality.

*Rich in polyphenols and antioxidants, it supports the body's awakening after winter.*

a g h

### BOOST STARTER

#### Timeless Rose

Red beetroot rose with blueberry sauce, hazelnut and caper pesto, spirulina pearls, and crispy fennel, infused with LaFonte EVO oil.

*An explosion of energy and color: beetroot betalains, anthocyanins, and omega-3 nourish the cells, supporting well-being and inner renewal.*

h

### FIRST COURSE

#### Wave Gnocchi with an Oriental Aroma

Cuttlefish gnocchi on a shrimp bisque, Italian ginger, cardamom, and hemp seeds, drizzled with Vargnano EVO oil.

*A dish rich in protein and collagen, essential for skin vitality and radiance, enhanced with spices that stimulate digestion and metabolism for long-lasting energy.*

b i

### SECOND COURSE

#### Revealed Salmon with a Citrus Aroma

Salmon with savoy cabbage and Cantabrian anchovies, scented with sweet paprika, served with basil, baby fennel, and orange cream, drizzled with LaFonte EVO oil.

*A dish that celebrates the power of spring: omega-3, vitamin D, and sulforaphane support brain function, cardiovascular health, and skin radiance, while vitamin C boosts energy and cellular renewal.*

d

### SWEET ALCHEMY – sugar free

#### Wellness Surprise in Dark Chocolate

A dark chocolate egg filled with cocoa mousse and red fruits, topped with hazelnut crumble and a touch of maca powder.

*Dark chocolate, rich in theobromine, stimulates vitality, while the antioxidants in red fruits and maca support energy and mental well-being.*

g h

**a** glutine

**b** crostacei

**c** uova

**d** pesce

**e** arachidi

**f** soia

**g** latte

**h** frutta a guscio

**i** sedano

**l** senape

**m** semi sesamo

**n** anidride solforosa

**o** lupini

**p** molluschi