

PANINI

IL VEGANO (A·F·H·N)*

Focaccia integrale, hummus di ceci, melanzane, zucchine, pomodori secchi
Vollkornfocaccia, Hummus, Auberginen, Zucchini, getrocknete Tomaten
Whole grain focaccia bread, chickpea-hummus, eggplant, zucchini, sun-dried tomatoes

€

7.00

IL TOAST (A·G)

Pane tostato in stile americano, formaggio Edamer, prosciutto cotto
Geröstetes amerikanisches Toastbrot, Edamer Käse, Schinken
American-style toasted bread, Edam cheese, ham

6.50

IL COOPER BAUERNTOAST (A·M·H·G)*

Pane di segale, senape, formaggio Edamer, salame, speck Alto Adige
Roggenbrot, Senf, Edamer Käse, Salami, Südtiroler Speck
Rye bread, mustard, Edam cheese, salami, South Tyrolean speck

7.00

IL WRAP (A·G)

Piadina, formaggio Edamer, pomodorini, spinacino, prosciutto
Fladenbrot, Edamer Käse, Kirschtomaten, Babyspinat, Schinken
Flatbread, Edam cheese, cherry tomatoes, baby spinach, ham

7.50

LA MORTADELLA (A·G·C·H)*

Pane ciabatta, maionese, mozzarella, mortadella al pistacchio
Ciabatta-Brot, Mayonnaise, Mozzarella, Pistazien-Mortadella
Ciabatta bread, mayonnaise, mozzarella, pistachio mortadella

7.50

IL CRUDO (A·G)*

Focaccia, mozzarella, pomodoro, spinacino, prosciutto di Parma
Focaccia, Mozzarella, Tomato, Babyspinat, Parmaschinken
Focaccia bread, mozzarella, tomato, baby spinach, Parma prosciutto

8.50

COPERTO / GEDECK / COVER

€

1.00

ALLERGENI / ALLERGENE / ALLERGENS

A: Cereali contenenti glutine / Glutenhaltiges Getreide / Cereals containing gluten
B: Crostacei / Krebstiere / Crustaceans
C: Uova / Eier / Eggs
D: Pesce / Fisch-und Fischerzeugnisse (außer Fischgelatine) / Fish
E: Arachidi / Erdnüsse / Peanuts
F: Soia/ Soja (-bohnen) / Soybeans
G: Latte (lattosio incluso) / Milch (inklusive Laktose) / Milk (including lactose)
H: Noci / Schalenfrüchte / Nuts
L: Sedano / Sellerie / Celery
M: Senape / Senf / Mustard
N: Semi di sesamo / Sesam / Sesame seeds
O: Anidride solforosa e solfiti / Schwefeldioxid und Sulfite / Sulphur dioxide and sulphites
P: Lupini / Lupinien / Lupin
R: Molluschi / Weichtiere, Mollusken / Molluscs

* Prodotti surgelati / Tiefkühlprodukte / Frozen products
Vegetariano / Vegetarisch / Vegetarian
Vegano / Vegan / Vegan

WELCOME TO
COOPER
AVENUE

LUNCH

WWW.STAY-COOPER.COM
WIFI KEY: CooperBar2019

POKE BOWL

	€
ASIAN POKE (F·H) 🌱	12.00
Riso sushi, verdure saltate nel wok, funghi, germogli di soia, zenzero marinato, salsa di soia / Sushi-Reis, Wokgemüse, Pilze, Sojasprossen, eingelegter Ingwer, Sojasauce Sushi rice, wok-fried vegetables, mushrooms, bean sprouts, marinated ginger, soy sauce	
VEGAN POKE (N·F) 🌱	14.00
Riso sushi, tofu marinato, avocado, pomodorini, carote, spinacino Sushi-Reis, marinierter Tofu, Avocado, Kirschtomaten, Karotten, Babyspinat Sushi rice, marinated tofu, avocado, cherry tomatoes, carrots, baby spinach	
SHRIMP POKE (F·H·B) *	15.00
Riso nero, gamberi saltati, verdure saltate nel wok, funghi, germogli di soia, salsa di soia, spinacino / Schwarzer Reis, gebratene Garnelen, Wokgemüse, Pilze, Sojasprossen, Sojasauce, Babyspinat / Black rice, sautéed shrimp, wok-fried vegetables, mushrooms, bean sprouts, soy sauce, baby spinach	
SALMON POKE (N·F·O·D) *	15.50
Riso sushi, salmone marinato in teriyaki, avocado, pomodorini, edamame, cetriolo, mango, formaggio Philadelphia, cappuccio viola / Sushi-Reis, in Teriyaki marinierter Lachs, Avocado, Kirschtomaten, Edamame, Gurke, Mango, Philadelphia-Käse, Rotkohl Sushi rice, teriyaki-marinated salmon, avocado, cherry tomatoes, edamame, cucumber, mango, Philadelphia cheese, purple cabbage	
TUNA POKE (N·D) *	15.50
Riso sushi, tonno scottato, avocado, pomodorini, edamame, mango, sesamo Sushi-Reis, kurz angebratener Thunfisch, Avocado, Kirschtomaten, Edamame, Mango, Sesam / Sushi rice, seared tuna, avocado, cherry tomatoes, edamame, mango, sesame seeds	
THAI POKE (F·H)	14.00
Riso sushi, pollo al forno, verdure saltate nel wok, funghi, germogli di soia, salsa di soia, spinacino, salsa agrodolce, mandorle / Sushi-Reis, Ofenhähnchen, Wokgemüse, Pilze, Sojasprossen, Sojasauce, Babyspinat, süß-saure Sauce, Mandeln / Sushi rice, oven-baked chicken, wok-fried vegetables, mushrooms, bean sprouts, soy sauce, baby spinach, sweet & sour sauce, almonds	

CHICKEN POKE (C·D·M·L)

Riso sushi, pollo al forno, pomodorini, cetriolo, cappuccio viola, mais, salsa agrodolce
Sushi-Reis, Ofenhähnchen, Kirschtomaten, Gurke, Rotkohl, Mais, süß-saure Sauce
Sushi rice, oven-baked chicken, cherry tomatoes, cucumber, purple cabbage, corn, sweet & sour sauce

SALADS

INSALATINA MISTA 🌱

Lattuga romana, misticanza, pomodorini, mais, carote, cetrioli
Römersalat, Blattsalat, Kirschtomaten, Mais, Karotten, Gurken
Romaine lettuce, mixed greens, cherry tomatoes, corn, carrots, cucumbers

INSALATA GRECA (G) 🌱

Lattuga romana, misticanza, olive nere, feta, pomodorini, cetrioli, origano
Römersalat, Blattsalat, schwarze Oliven, Feta, Kirschtomaten, Gurken, Oregano
Romaine lettuce, mixed greens, black olives, feta cheese, cherry tomatoes, cucumbers, oregano

INSALATA COOPER (G·M) 🌱

Lattuga romana, misticanza, pomodorini, mais, carote, olive nere, mozzarella, cetrioli, ceci, citronette / Römersalat, Blattsalat, Kirschtomaten, Mais, Karotten, schwarze Oliven, Mozzarella, Gurken, Kichererbsen, Zitronendressing / Romaine lettuce, mixed greens, cherry tomatoes, corn, carrots, black olives, mozzarella, cucumbers, chickpeas, citronette dressing

INSALATA CAESAR (A· C·D·G·M)

Lattuga romana, Parmigiano, uovo sodo, crostini, petto di pollo, salsa Caesar
Römersalat, Parmesankäse, gekochtes Ei, Croûtons, Hähnchenbrust, Caesar-Dressing
Romaine lettuce, Parmesan, boiled egg, croutons, chicken breast, Caesar dressing

MAINS

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PETTO DI POLLO / HÜHNCHENFILET / CHICKEN FILET (F·M·C)	16.50
Petto di pollo marinato alle erbe, patate arrosto, verdure e funghi saltati nel wok, salsa remoulade / Mit Kräutern marinierte Hähnchenbrust, Ofenkartoffeln, Wokgemüse und Pilze, Remouladensauce / Herb-marinated chicken breast, roasted potatoes, wok-fried vegetables and mushrooms, remoulade sauce	
TRANCIO DI SALMONE / LACHSFILET / SALMON SLICE (D·H·G)	19.50
Salmone al forno, patate arrosto, purè di sedano rapa, granella di pistacchio Ofengebackener Lachs, Ofenkartoffeln, Selleriepüree, gehackte Pistazien Baked salmon, roasted potatoes, celery root purée, pistachio crumbleer	

GLUTEN FREE

CANNELLONI (G)*

Canelloni ripieni di ricotta e spinaci con salsa di pomodoro e besciamella
Gefüllte Cannelloni mit Ricotta und Spinat in Tomatensauce und Béchamel
Ricotta & Spinach Cannelloni with tomato sauce and béchamel

LASAGNA (G)*

Lasagna alla bolognese con besciamella e Grana Padano
Lasagne Bolognese mit Béchamel und Grana Padano
Lasagna Bolognese with béchamel and Grana Padano

Pane senza glutine*

Glutenfreies Brot*
Gluten-free bread*