

# BLOOM

Welcome,

At Bloom you'll be able to fully enjoy a place and an experience designed to fulfil all your needs, from a quality break while you enjoy the fragrances of high quality coffees and teas, to a menu supported by a choice of pastries both enjoyable inside and as a take away.

When you'll stay with us, you'll be able to study, enjoy our service of book sharing or access to our coworking area designed to support your study and your working projects in a smart environment, able to support all your technological needs.

We believe in the importance of social-cultural interactions and professional exchanges, in the fact that the first interaction between us is offline, and that's why we choose to shape our place as a melting pot able to enrich those who stays with us, where you can interact with professional figures willing exchange ideas and projects.

The blossoming for Bloom is the attention to details, open our minds toward the future, make everyday life sustainable; in our store you'll find a selection of products chosen by their low ecological impact and the easy to recycle them.

Some examples include: the placemat in front of you in made with recycled leather, the take away pack is reusable and compostable, the coffee that you're drinking (or, perhaps, you still have to order it?) has been growth in farms that don't exploit their manpower, and we have a refill station in our coworking space.

That's what Bloom means, to believe in the intellectual enrichment and in being sustainable as our only possible choice.

We wish you an amazing journey in our spring,  
Bloom's staff

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# BLOOM

Menu made by Chef Matteo Bianchin



## STARTERS

### Culatello Emiliano

14€

Charcuterie La Felinese — Felino (PR), served on an handmade focaccia made with extravergin olive oil, risen for 48 hours, and a cream and scales of Parmigiano Reggiano DOP 36 months, and seasonal fruit **to share 20€**



### Gaspacio Andaluso

7€

Vegetables potaje made with fresh tomato, served on a vegetable brunoise and crunchy rye croutons



### Labanese Hummus — HEALTHY FOOD

10€

Made with beetroots and spinach, sweet paprika and IGP hazelnuts from Piemonte, served with integral chapati



### La Caprese

12€

Triptych of red, green and yellow tomatoes and Burrata di Bufala 180g

### Scallops from Adriatic Sea

12€

Mint bridge on top of a Melon velvety with a crunchy tetragon and lime citronette

## MAIN COURSES

### Handmade Emilian Tortellini

12€

Made with hard grain with herbs, cooked with fresh cream Noisette butter

### Handmade Tonnarelli

21€

Fresh pasta with Lobster buzara and date tomatoes



### Handmade Tagliolino

11€

Fresh handmade pasta creamed with date tomatoes, taggiasche olives, dried San Marzano tomatoes and citrus fruits from the Costiera



### Vercelli's Ebny Rice — HEALTHY FOOD

12€

Mixed with crunchy seasonal vegetables and soy sauce with smoked salmon and marined by our chef



Mise en place **2€**

# BLOOM

## SECOND COURSES

### Amberjack Bowl

Creamed with oranges from Etna, creamed and smoked homemade salmon, Pilaf rice, crudité of courgettes with olive oil, mango rose, our creamy handmade sauce of salmon and soy sauce, black sesame, and a crunch of Nori algae

16€

### Argentinian Asado

Cooked at low temperature and grilled, followed by purple potatoes and a homemade mayonnaise with jalapenos

18€

### Sliced steak of Yellowfin Tuna

With a strawberry brunoise and sicilian caponata

19€

### Salmon with Soy — HEALTHY FOOD

With IGP pistachio from Bronte, served with Pilaf rice and grilled vegetables

14€

### Moroccan Chicken — HEALTHY FOOD

With plums and almonds, served with cous cous and vegetables

14€



### Protein Bowl — HEALTHY FOOD

Tofu with basil, chick-peas, cannellini, red beans, soy bean sprouts, fresh spinach leaves, courgettes and carrots crudité with olive oil, avocado Hass, date tomatoes

14€



### Vegan Crispy

Chick-peas and vegetables burger with a corn flakes breaded, guacamole sauce, served with soya mayo

12€

## FROM OUR GARDEN

### Hyde Park — HEALTHY FOOD

Salad leaves, red or valeriana, chicken breast cooked at low temperature with 0 fat Greek yogurt, tzatziki sauce, peppers glassed with Modena's balsamic vinegar, integral oat flakes, sunflower seeds + **cous cous or Pilaf rice 2€**

12€

### Mangrove Park — HEALTHY FOOD

Salad leaves, red or valeriana, homemade rose of smoked salmon, fresh strawberry and raspbeberry, Guacamole quenelle, crunchy radish petals, sesamus and chia seeds + **cous cous or Pilaf rice 2€**

13€



### 36 DOP — HEALTHY FOOD

Salad leaves, red or valeriana, seasonal grilled vegetables, tomatoes, Parmigiano Reggiano 36 months DOP leaves, courgettes crudité with olive oil + **cous cous or Pilaf rice 2€**

12€



Mise en place **2€**

# B L O O M

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## FROM OUR FARM

-  **Eggs Benedict** **12€**  
Homemade brioche bread with sesame seeds , poached eggs, Guacamole, fresh spinach leaves, homemade hollandaise sauce, steamed vegetables, IGP hazelnuts grain from Piemonte
-  **Scrambled Eggs** **12€**  
Homemade brioche bread with sesame seeds, scrambled eggs, black sesame, steamed vegetables, Brassica mustard

### On demand

- Homemade smoked and marinated salmon 3€
- Crispy bacon 2€
- Smoked ham 2€

## FROM OUR BAKERY

- Avocado Toast** **12€**  
Artigianal toasted bread with rye seeds, avocado Hass, homemade smoked and marinated salmon, Philadelphia cheese, dried san Marzano tomatoes, pumpkin seeds and Chia, vegan peppers' sauce  
**On demand poached eggs 2€**
- Pulled Pork Bun** **14€**  
Homemade kefir bun, 180gr of pulled pork cooked at low temperature for 12 hours, barbeque sauce, coleslaw

# B L O O M

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## BAGEL Soft circular artigianal bread covered with crunchy seeds

### **Made in Italy**

Turkey rollé, emulsion of the turkey's cooking sauce, half year Asiago DOP cheese, valeriana, mayo with a reduction of cabernet DOC from Asolo's hills, cantina Bresolin 2015

**12€**

### **California Style**

Avocado cream, caramelized onions, homemade smoked and marinated salmon, date tomatoes, fresh spinach leaves, served with a soy mayonnaise

**13€**



### **Veggie Mood**

Stracciatella di Bufala, grilled courgettes, aubergines and carrots, dried San Marzano tomatoes, Guacamole, served with lime mayonnaise

**12€**

## CLUB SANDWICH With artigianal bread made with turmeric and sunflower seeds

### **Parisienne**

Chicken breast cooked at low temperature 65°, scrambled eggs, crispy bacon, tomatoes, salad, homemade mayonnaise with Brassica Mustard

**12€**

### **Fisherman**

Grilled Mediterranean scallops, mango with paprika, tomatoes, salad, pink sauce with cognac Remy martin X.O.

**13€**



Mise en place **2€**

# BLOOM

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## DULCIS IN FUNDO

### **Pancakes**

With maple syrup, 0 fat Greek yogurt froth, coconut petals, IGP hazelnuts grain from Piemonte, chocolate and fresh strawberries

**7€**

On request we can add red fruits sauce for 2,5€

**Single serving cakes** made by master pastry chef Luigi Biasetto

**7€**

**Cake of the day** homemade

**4€**

# BRUNCH

## SUPERFOOD

EVERYDAY FROM 11 A.M. TO 3 P.M.

Superfood are a particular type of natural foods with reduced calories and full of nutrients: an exceptional resource of antioxidants and essential nutrients, those that we can't produce.

### IL BUONGIORNO

- Water still / sparkling 0,5L
- Espresso / Filter coffee / Cold Brew
- Homemade cold tea
- Carrots, sedane, lemon, ginger juice

The cleansing properties of sedane and lemon join each other in this recipe, creating a concentrate of energy and good mood with strong summer vibes.

If we need to keep ourselves tanned for a long time, we need to get a lot of beta-carotene, which the carrot has plenty, to the point where this juice can be defined super tanning. The principles of the ingredients also helps to cleanse the body and help with digestion.

Thanks to the presence of the vitamin B, just taking a sip of this drink helps to recover our smiles and to face the day with lot of positivity.

### THE 5 SERVINGS

#### 1° Yogurt Bowl

0 fat greek yoghurt, linen seeds, coconut leaves, sliced almonds, fresh fruit, muesli, Chia seeds, Goji berries

#### 2° Pancakes

Made with integral flour, maple syrup, sugar free jam, blackberries, dark chocolate/hazelnuts cream, fresh fruit

On request

Red fruit sauce 2,5€

#### 3° Ananas' layers

With Moscovado syrup and ginger semifreddo

#### 4° Scrambled Eggs O Oeufs Poche's

On toasted Artigianal bread with mixed seeds, Philadelphia cheese, avocado Hass, Chia seeds, followed by seasonal grilled vegetables

On demand we can add

- Chicken salad with yogurt 3€
- Homemade smoked and marinated salmon 3€
- Crispy bacon 2€

#### 5° Tea Matcha Cheesecake

With white chocolate sauce

30€



Mise en place 2€

— **HEALTHY FOOD**



**VEGETARIAN**



**VEGAN**

## ALLERGENS

“Dear Customer, if you have any form of food allergy or intolerance please do not hesitate to tell our Staff. We are trained to deal with every need and we will be happy to help you making the best choice.”

## ★ PREPARATION AND CONSERVATION

Products may be prepared using frozen or deep frozen ingredients whenever is not possible to freshly source them in accordance with  
REG. CE 852/04 e REG. CE 853/04