January at Ama is an invitation to *return to balance*, to *quiet inflammation*, *support digestion*, and *nourish deeply* without letting go of pleasure.

While our cooking is ALWAYS rooted in nutrient-dense ingredients and thoughtful sourcing, the new year offers a natural pause, a moment when many of us listen more closely to what our bodies are asking for.

We are here to meet you at that moment.

Northern Italian cuisine has long been a language of restoration, shaped by *seasonality* and an intuitive understanding of how food sustains us through winter. Clean ingredients, gentle preparations, and *time-honored techniques* come together to warm, steady, and replenish. This menu honors that lineage, offering dishes designed to *restore the body while feeding the soul*.

The menu is guided by Dr. William Li, New York Times bestselling author of *Eat to Beat Disease* and *Eat to Beat Your Diet*. Dr. Li is a physician, scientist and pioneering leader of the *food as medicine* movement who believes it is possible to love great food and health simultaneously.

Alongside Chef Johanna Hellrigl's certification in Integrative Nutrition and Micah Wilder's training in herbalism and functional beverage design, guests are invited to experience the menu not as a prescription, but *as a conversation rooted in balance, intention, and the belief that pleasure and wellbeing belong at the same table*.

At Ama, food can be medicine,
and gathering in community
is part of the healing.

ama e fà' ciò che vuoi

ama

Our Mission

At Ama, we envision a new era for restaurants—one where indulgence coexists seamlessly with nourishment, community, and connection—where every bite fosters not just pleasure but also vitality. Food is not merely sustenance; it is a celebration of how wholesome food and quality ingredients can also yield satisfyingly flavorful meals. To ignite this industry change, we must serve as a driving force. Our mission is simple: to nourish our guests in body and soul with healthy organic food, leaving them feeling invigorated and eager to return for more wholesome experiences.

I We Question Everything

Driven by our commitment to the well-being of both our team members and guests, we always question the status quo. Prioritizing clean sanitation, we opt for high heat, ozonated water & botanical cleaners over harsh chemicals. We use stainless steel cookware, wooden cutting boards and steer clear of non-stick materials to keep your food safe. We scrutinize eco-friendly disposables to find ones that are certified plastic-free and biodegradedable in 180 days.

II A Commitment Beyond the Plastic You Can See

While our food & beverage program is free from single-use plastics, BPA, PFAS, phthalates, and polycarbonates—working to ensure no plastic particles leach into your food—our commitment goes beyond the plastic you can see. Backed by the latest research and guided by a comprehensive plastic policy, we are working to ensure that all materials used are biodegradable and compostable—never lined with hidden plastics or coated with harmful chemicals—recognizing that full verification across supply chains is an ongoing process. We also promote receiptless dining and use EcoChit paper, which is BPA- and BPS-free, reducing exposure to common endocrine disruptors found in traditional thermal receipts. Our partnerships reflect the same integrity—such as mineral-rich Vera Salt, lab-tested to be free of microplastics and heavy metals, and Seatopia, whose fish are tested for both microplastics and mercury.

III Quality Water Purification

We treat water as a foundational ingredient in nourishment. Our entire restaurant is supplied through a double catalytic carbon filtration system that removes contaminants while preserving essential minerals, ensuring clean water for both cooking and drinking. For drinking water, we go even further—structuring and remineralizing it with Mayu vortex technology, adding 75 ionic trace minerals, and offering oligomineral Fiuggi water and Lourdes Holy Hydrogen water to support enhanced cellular hydration and recovery. From sanitation and disinfection to produce washing and ice machine maintenance, we use ozonated water systems throughout the restaurant as a powerful, chemical-free solution that eradicates the need for harsh cleaners, supports food safety, and protects both human and planetary health.

IV Planet-Friendly Practices

We believe health and sustainability go hand in hand. From water to waste reduction, we're striving to care for the world we share. Our PlateScrape system saves 93% more water than a spray nozzle, and we compost through a closed-loop BioGreen system for food waste and Compost Crew for compostable materials—reducing waste at every step.

V All-Electric Kitchen

Our fully electric equipment ensures a safer, more enjoyable environment for our team. Not only do we reduce the risk of indoor air pollution, but we also ensure energy efficiency and boast a smaller environmental footprint than a traditional restaurant kitchen.

VI Slow Food Cooking

Our cooking is guided by the slow food ethos, emphasizing nourishing ingredients. We say no to ultra-processed foods, opting instead for unprocessed or minimally processed ingredients. Every component is chosen with care—free from artificial colors, chemicals, or added flavors and preservatives. We believe in the goodness of whole ingredients and the sweetness of unrefined sugars.

VII Healthy Ingredients as Nature Intended

Our commitment to quality extends beyond non-GMO. We prioritize organic and regenerative agriculture, and the vital role of healthy soil for a nutrient-dense and sustainable future. We adhere to the EWG Dirty Dozen list—and go beyond it—to source Certified Organic and Regenerative Organic Certified produce. We use an electrolytic ozone system for all produce washing. Our approach to grains reflects the same care, with imported Italian biodynamic flours and locally grown organic ancient grains that have never been hybridized.

VIII The Power of Healthy Fats

From local organic A2 whole milk and cream to Italian extra virgin olive oil, our kitchen is built on nourishing, nutrient-dense ingredients. You won't find industrialized oils here—why rely on monoculture crops that deplete the soil when we're committed to restorative farming? We are the first verified restaurant in the Washington Metropolitan Area on Seed Oil Scout. Plus, we've ditched the traditional fryer in favor of shallow-frying, ensuring freshness and top-quality flavor in every bite.

IX Sustainably Sourced Proteins

From wild-caught fish to pasture-raised poultry and grass-fed, grass-finished meats, we're dedicated to serving only the highest quality proteins—ensuring both flavor and integrity. We've partnered with Seatopia to support regenerative aquaculture. Seatopia is the only seafood company in the world that lab-tests every harvest to ensure your seafood is omega-rich, mercury-safe, and free from detectable microplastics—all while working to restore the health of our oceans.

X Employee Health & Wellness

Your bill includes a 3.85% service fee. Ama distributes them in totality among all employees in the form of health and wellness benefits. All tips go directly to service staff. Please visit our website amarestaurant.bar for more details.

THANK YOU FOR BEING A CATALYST FOR CHANGE.
WE HOPE YOU ENJOY YOUR CONSCIENTIOUS JOURNEY WITH

A friendly reminder that consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. Please be advised that food here may contain these ingredients: milk, eggs, wheat, fish, shellfish, tree nuts, and peanuts.

Water Program

Hydration plays a foundational role in cellular, metabolic, and immune health. At Ama, we offer a considered selection of waters: from double catalytic carbon–filtered water and naturally mineralized springs like Fiuggi to hydrogen-enriched and re-mineralized structured waters, reflecting both long-standing traditions and areas of emerging research.

Fiuggi Oligomineral Still Water $8
Fiuggi Oligomineral Sparkling Water $8
Mayu Structured & Re-Mineralized Water $2/9
Holy Hydrogen Rich Water $2/9

Zero-Proof

Ama's Digestive Bitter Gentian Root, Dandelion, Juniper, Orange Peel, Organic Coconut Glycerin & Seltz $7
A traditional bitter crafted to gently stimulate digestion, support bile flow, and help ease bloating before or after a meal

Elderberry Gazzosa Lancaster Farmacy Elderberry, Astragalus and Echinacea Syrup, Fresh Lemon & Seltz $10
Traditionally used to support immune resilience, elderberry and astragalus help the body respond to seasonal stress

ZP Kiwi Margherita Little Saint ZP Spirit, Fresh Kiwi, Chlorophyll, Citrus, Raw Honey with a Vera Sea Salt Rim $15
Kiwi is rich in vitamin C and antioxidants that support gut and immune health, balanced with raw honey to aid natural tissue repair

ZP Shakerato Robust Caffè Vergnano Espresso Shaken Frothy with Rainbo 11:11 Multi-Mushroom Tincture & Raw Sucanat $12
Coffee has been associated with cellular longevity, while functional mushrooms help maintain immune balance and gut health

ZP Spritz Ghia Aperitivo, Lime, Passion Fruit Cubes, Seltz $15
Herbal bitters like gentian and rosemary, paired with passion fruit and citrus, help support digestion and immune health through natural vitamin C

Kohl Rouge A Red Mountain Apple Juice from South Tyrol-Acidity on the Palate with a Bouquet of Red Currant and Rhubarb $16
Kohl Rouge's red-fleshed apple color comes from anthocyanins, natural antioxidants in the apple's flesh and peel that support cellular defense and immune health

Negroni Sole Figlia Sole Aperitivo, Verjus & House Juniper Bitter, Big Ice $14
Meyer lemon and basil provide vitamin C and phytonutrients, while juniper contributes antioxidants that support digestion and circulation

Whey Lemonade Fresh Whey from our House made A2 Ricotta, Lemon Juice & Raw Honey, Served Still or Sparkling $8
Whey proteins provide bio-available amino acids that support muscle and metabolic health, while lemon contains compounds known to reduce inflammation

Lacto-Fermented Ginger Lemon Ale Fermented Ginger & A2 Whey with Fresh Lemon, Raw Honey & Seltz $8
Fermentation introduces beneficial microbes that support the gut microbiome, immunity, and inflammation balance

Strong Heart Iced Tea Iced Tea made with Hibiscus, Strawberry Leaf, Hawthorne Leaf and Berries, Rosehips, Passionflower, Lemon Balm, Rose Petals and Orange Peel $4
Hibiscus and hawthorn contain bio-active compounds traditionally used to support circulation and cardiovascular health

Ama Blend Hot Herbal Pot of Tea Chamomile, Lemon Balm, Fennel Seeds, Stinging Nettle $6
Chamomile and lemon balm promote relaxation, while fennel seed and stinging nettle support digestion and immune health

We also offer the following Organic Herbal Tea from our friends at Lancaster Farmacy: Tranquilitea, Nourishmint or Strong Heart

Cocktails

Current research suggests that alcohol is not required for health and may, in excess, contribute to inflammation and immune imbalance. At the same time, many traditional food cultures used small amounts of wine and spirits as botanical carriers and digestive aperitivi. With that context, we offer an intentional selection for those who choose to partake, alongside a robust zero-proof menu guided by balance, awareness, and personal choice.

Tyrolean Toddy
Hot Ama Tea Blend, Sud Tirol Purkhart Pear Williams Brandy, Zirbenz Stone Pine Liqueur, Raw Honey, Lemon $18

Elderberry Cosmo
Holistic Spirits Origen Vodka shaken with Lancaster Farmacy Elderberry, Astragalus & ***Echinacea***, Lime Juice & Bittersweet Don Ciccio & Figli Ambrosia $18

Kiwi Margherita
Alma de Jaguar Tequila, Fresh Kiwi Juice, Chlorophyll, Citrus, Raw Honey with a Vera Sea Salt Rim $17

Gin & Tonico
Holistic Spirits Harmony Gin, Tempus Fugit Kina, House Tonic Made from Fresh Citrus, Cinchona Bark, Juniper & Gentian Root, with a Fresh Orange & Fennel Garnish $16

Caffè Shakerato
Robust Caffè Vergnano Espresso Shaken Frothy with Holistic Spirits Origen Vodka, Rainbo 11:11 Multi-Mushroom Tincture & Raw Sucanat $19

Martini Bianco
Frozen Holistic Spirits Harmony Gin with a Blend of Dry & Bianco Vermouth Infused with Wild Borage, Imparting a Citrus & Cucumber Finish $19

Wine Program

Please ask for our wine list to explore our curated selection of Northern Italian wines by the bottle. Our wine program reflects the same philosophy as our food: rooted in place, tradition, and balance. We prioritize wines made with minimal intervention and native grapes, using time-honored methods that naturally emphasize polyphenol content, acidity, and harmony with food.

Spumante • **Sparkling**
Ca' Del Bosco, Cuvee Prestige, Franciacorta DOCG NV $25

Bianco • **White**
Cantina Andrian, Muller-Thurgau, Alto Adige DOC, 2023 $14
Durin, Pigato, Riviera Ligure Di Ponente DOC 2024 $15
Alois Lageder, Pinot Grigio, Alto Adige DOC 2024 $15
Lunae, Vermentino Grey Label, Colli di Luni DOC 2024 $16
St. Michael-Eppan, Chardonnay, Alto Adige DOC, 2023 $17
Abbazia Di Novacella, Kerner, Alto Adige DOC 2024 $18

Rosato & Rosso Freddo • **Rose & Chilled Red**
La Kiuva, Rosé de Vallée, Valle d'Aosta DOC NV $16
Biganoli Bardolino Classico 2023 $15
Putzenhof, "Bozner Leiten" Alto Adige DOC, 2022 $16

Rosso • **Red**
Pakravan Papi, Prunicce di Riparbella, Toscana IGT 2023 $15
Cantina Andrian, Rubeno Lagrein, Alto Adige DOC 2023 $16
Atzei, Saragat Cannonau, Sardegna DOC 2024 $17
Braida, Il Baciale, Monferrato Rosso DOC 2019 $20
Donna Olga, Brunello Di Montalcino DOC 2019 $28

Everything is Organic.

Pane • Bread

Farinata (GF) (VG) (DF) Savory Chickpea Pancake with Ligurian Extra Virgin Olive Oil $7 **Chickpeas provide plant protein and fiber that support blood sugar regulation and gut microbiome health, paired with anti-inflammatory olive oil**

Fügassa (VG) (DF) Genovese Focaccia Made with Ligurian Extra Virgin Olive Oil $6 **Extra virgin olive oil contains polyphenols associated with reduced inflammation and support of the body's natural repair processes, including stem cell activity**

Focaccia di Formaggio (V) Very Thin Layered Focaccia with Imported Crescenza Cheese $13 **Crescenza is a fresh, cultured cheese providing easily digestible protein and calcium, complemented by extra virgin olive oil's healthy fats**

Ancient Grain Sourdough Crostini (AGF) House made Sourdough made with Einkorn & Spelt Flour $8 Each / 3 for $22
Long fermentation supports the gut microbiome and improves mineral absorption

Your choice of

- **Cultured Butter & Italian Anchovies** Omega-3 fatty acids support heart & brain health, paired with cultured butter's nourishing fats
- **Italian Sardines, Peperoncini & Lemon Zest (DF)** Omega-3s and natural calcium to support bone health, with fermented peppers aiding digestion
- **Ligurian Taggiasche Olive Tapenade (VG)** Polyphenol-rich olives that support inflammation balance and cellular repair
- **Zucchine en Saor (VG) (Contains Pine Nuts)** Zucchini provide antioxidants that support eye and brain health

Stuzzichini • Little Bite

Mondeghili Polpette Pasture-Raised Beef, Pork & Mortadella (Contains Pistachio) Meatballs Milanese-Style $13 **High-quality pasture-raised protein provides essential amino acids that support muscle repair, metabolic health, and satiety when enjoyed in balance**

Rösti (GF) Celeriac & Potato Bites with Fresh Quark, Chives & Lummi Island Wild Salmon Roe $16 **Celeriac and potatoes provide prebiotic fibers that support a healthy gut microbiome and wild salmon roe delivers anti-inflammatory omega-3s**

Zuppa • Soup

Minestrone (GF) (VG) (DF) Organic Vegetable Soup finished with Ligurian Extra Virgin Olive Oil $6/ $11 **A vegetable-forward soup that features anti-inflammatory onions; circulation-supporting eggplant and Swiss chard; vision-protective carrots and zucchini that help counter age-related cell damage and support brain health; escarole for gut health; garlic to support healthy cholesterol levels; and tomatoes that support metabolism and prostate health**

Pasta Fagioli (AGF) (VG) (DF) Hearty Italian Soup made with Organic Borlotti Beans from Poggio Aquilone and Monograno Fellicetti Farro Ditalini Pasta $9/$16 **Beans provide plant-based protein and fiber that support gut health and inflammation balance**

Zuppa di Castagne (GF) (VG) (DF) Honey Harvest Farm Sweet Potato, Leek & Chestnut Soup $9/ $16 **Sweet potatoes and chestnuts support circulation, metabolism, and gut health, with leeks contributing to heart health**

Knödelsuppe Speck Sourdough Dumplings in House made Bone Broth-A Typical Tyrolean Soup to Warm You Up! $8/ $15 **Fermented sourdough supports gut health, while collagen-rich bone broth supports joint health**

(V) Vegetarian (VG) Vegan (AVG) Available Vegan (GF) Gluten Free (AVG) Available Gluten Free (DF) Dairy Free (ADF) Available Dairy Free

Unapologetically Northern Italian.

Antipasti • Appetizer

Bagna Cauda (GF) (DF) Seasonal Vegetables served with a Warm Piemontese Sauce of Slow-Melted Garlic and Italian Nettuno Salt-cured Anchovies in Extra Virgin Olive Oil $18 **Garlic supports cardiovascular health, anchovies provide omega-3s for heart and brain health, and extra virgin olive oil offers anti-inflammatory support, served with raw and cooked vegetables that nourish digestion and cellular health**

Tartare di Salmone (GF) (DF) Lummi Island Wild Baker Salmon Tartare with Sun-dried Tomato, Taggiasche Olive, Basil & Lemon Zest served over Marinated Eggplant Sott'Olio. Served with Chips made from our Chickpea Farinata $23 **Wild salmon provides omega-3 fatty acids that support brain and heart health, paired with olives, eggplant, and chickpeas that contribute antioxidant and anti-inflammatory support**

Vitello Tonnato (GF) (DF) Piemontese Dish of Thinly Sliced Milk-Fed Veal, Pantelleria Capers & Leaves and a Classic Sauce made with Omega-3 Rich Lummi Island Wild Albacore Tuna $20 **Omega-3–rich tuna and anchovies support heart and brain health, while eggs provide choline for brain function and capers contribute anti-inflammatory and metabolic support**

Carpaccio (GF) (ADF) Pasture-Raised Beef Carpaccio with a Mixed Green Sauce, Arugula & 24 Month Parmigiano Reggiano $22 **Fresh herbs and greens provide anti-inflammatory phytonutrients, while balsamic supports metabolic balance and Parmigiano Reggiano offers gut-supportive benefits when enjoyed in moderation**

Insalata & Verdure • Salad & Vegetable

Insalata Verde (AVG) (DF) (GF) Brimming with Fresh Greens, Radishes, Carrots with Lark Ellen Farm Styrian Pumpkin Seeds & our Signature Dressing (Contains Anchovy) $15 **Leafy greens support gut health, with radishes for digestion, Styrian pumpkin seeds for minerals and healthy fats, and a choline- and omega-rich herbaceous dressing**

Barbabietole (V) (AVG) (ADF) (GF) Roasted Beets in Balsamic & Fresh Orange with Fresh Robiolina Cheese, Sprouted Lark Ellen Farm Walnuts & Tarragon $16 **Beets support heart, brain, and circulatory health, with orange and tarragon helping reduce inflammation and walnuts supporting gut health**

Finocchio (V) (AVG) (GF) Shaved Fennel, Lemon & Extra Virgin Olive Oil Salad with Shaved Aged Pecorino Sardo Sheep's Milk Cheese & Fresh Black Pepper $15 **Fennel supports healthy circulation, paired with extra virgin olive oil and pecorino, which contains pentadecanoic acid (C15) linked to brain health**

Insalata di Radicchio (GF) (AV) (DF) Radicchio Salad with Crispy Speck, Chives and a Leek Vinaigrette $16 **Radicchio provides inulin to support gut health, with allium-rich leeks and chives and fermented mustard supporting the gut microbiome**

Patate al Forno (VG) (GF) Fluffy & Crispy Roasted Potatoes with Rosemary, Garlic & Extra Virgin Olive Oil $12 **Rosemary supports metabolism and inflammation balance, while resistant starch formed during preparation feeds beneficial gut bacteria and supports gut health**

Verdure Verde (VG) (GF) Seasonal Leafy Greens Sautéed with Italian Peperoncini & Lemon Zest $15 **Leafy greens support gut health, while peperoncini and lemon contribute metabolic and anti-inflammatory benefits**

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Primi • Pasta

Spaghetti al Pomodoro (V) (AVG) (AGF*) Monograno Felicetti Kamut Flour Pasta with D.O.P. Gustarosso San Marzano Tomato Sauce & Fresh Basil $22 **Tomatoes support metabolism and cellular health, enhanced by extra virgin olive oil's anti-inflammatory polyphenols and an ancient grain pasta that supports steadier blood sugar balance**

Raviolini al Tocco Ravioli filled with Braised Pasture-Raised Beef, Served in a Meat Jus $29 **Beef heart provides iron to support blood health, while borage offers anti-inflammatory benefits and escarole supports cellular health by helping protect cells from damage**

Gnocchi di Castagne al Pesto (V) (AGF*) Potato Gnocchi made with Chestnut Flour in a Traditional Basil & Pine Nut Pesto $26 **Chestnuts support circulatory health, metabolism, and heart health, while basil and pine nuts provide anti-inflammatory compounds, complemented by extra virgin olive oil**

***With Gluten Free Organic Spaghetti**

Schlutzkrapfen (V) Rye Half-Moon Ravioli filled with Spinach & Housemade A2 Ricotta Cheese topped with Brown Butter, 24 Month Parmigiano Reggiano & Chives $27 **Spinach supports heart health and mobilizes stem cells for recovery, while rye provides fiber that supports gut health and metabolic balance**

Pici con Ragù d'Oca (AGF*) Hand-Rolled Ancient Grain Sourdough Pici Pasta with a Slow-Braised Goose Ragù $32 **Einkorn and spelt sourdough fermentation supports gut health and inflammation balance, paired with nutrient-dense goose and offal that provide iron and essential micro-nutrients for metabolic and cellular health**

Borage Lasagna Verdi con Ragù alla Bolognese Fresh Layers of Borage-Infused Pasta Sheets with a Traditional Emilia-Romagna Beef & Pork Ragù & 24 Month Parmigiano Reggiano $36 **Borage provides anti-inflammatory benefits and a healthy balance of omega-6 fatty acids that support cellular function,while Parmigiano Reggiano supports gut health when enjoyed in balance**

Secondi • Entrée

Pesce (GF) (DF) Seatopia Branzino with Braised Escarole, Piemontese Riso Nero & a Leek Salsa Verde. From Nutrient-Rich Estuaries near Cádiz, Spain using Regenerative Aquaculture Practices $45 **Branzino provides omega-3 fatty acids that support heart and brain health, while black rice offers fiber and essential minerals, including iron, zinc, calcium, selenium, and manganese that support nutrient absorption. Escarole and leeks contribute fiber and phytonutrients that support gut health and circulation**

Pollo Arrosto al Forno (GF) (DF) Roasted Organic Pasture-Raised Half-Chicken, Accompanied by Zucchini sautéed with Extra Virgin Olive Oil, Fresh Marjoram, Garlic, and White Wine $38 **Pasture-raised chicken provides high-quality protein to support muscle repair and metabolic health, paired with herbs that offer anti-inflammatory support**

Coniglio (AGF) (DF) Braised Free-Range Rabbit Stew with Fennel, Onion, Tomato & Ligurian Riviera Olives, Served with Housemade Ancient Grain Sourdough 'Per Fare La Scarpetta $36 **Did you know that rabbit is one of the most sustainable sources of protein? Lean game meat provides protein with a lower inflammatory profile, while fennel and olives support digestion, circulation, and inflammation balance**

Bistecca (GF) Local Pasture-Raised 100% Grass-fed Steak with Parsnip A2 Kefir Puree, a Salsa Bruna Brown Sauce & Fresh Chives $MP **Grass-fed beef provides iron, zinc, and creatine to support energy and muscle function, while fermented kefir supports gut health**

Vitello alla Milanese (GF) (DF) Thinly Pounded Breaded Milk-Fed Veal & Served with Arugula and Lemon for a Fresh Squeeze $37 **Veal provides easily digestible protein, while arugula and lemon support circulation, digestion, and metabolic balance**

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We Do Not Use Refined Sugar.

Dolci • Dessert

Tiramisu (GF) (V) Layers of Sucanat Mascarpone & Big Bold Health Himalayan Tartary Buckwheat Flour Savoiardi Dipped in Caffè Vergnano, Sprinkled with High Polyphenol Cacao Powder $15

Himalayan tartary buckwheat is rich in quercetin, which helps lower inflammation and support metabolism, while dark cacao supports circulation and stem cell mobilization for recovery

Zabaglione (GF) (V) Whisked Pastured-Raised Egg Yolks, Sucanat & Marsala Served over Organic Pomegranate Seeds $14

Egg yolks support brain health, while pomegranate supports gut, immune, and circulatory health

Panna Cotta (GF) Classic Vanilla Bean Panna Cotta made with A2 Milk & Cream, Grass-fed Beef Gelatin, Vanilla Bean and Raw Honey served with a Sucanat Caramel $13

A2 dairy supports easier digestion, while grass-fed gelatin provides collagen that supports joint and gut lining health

Torta Caprese (GF) (V) Chocolate & Sprouted Almond Flourless Chocolate Cake served with Cardamom Whipped Cream $12

Dark chocolate supports circulation, while sprouted almonds provide healthy fats and improved nutrient absorption

Cantucci con Vin Santo (V) (DF) A Glass of Vin Santo Dessert Wine with Spelt & Sprouted Almond Cantucci for Dipping $20

Spelt and sprouted almonds provide fiber and healthy fats that support digestion and metabolic balance

Strudel Tirolese (V) Warm South Tyrolean Style Apple Strudel with Rum, Pine Nuts & Raisins, Served with Crema Gelato $17

Cooked, cooled, and gently reheated apples release soluble fiber that nourishes the gut microbiome and supports metabolic and inflammation balance

Gelato & Sorbetto All made with A2 Organic Milk, Sucanat, Organic Pasture-Raised Eggs $14

Your choice of

- **Pistacchio (GF) (V)** Pistachios provide healthy fats & antioxidants that support heart & metabolic health
- **Gianduja (GF) (V)** Hazelnuts and cacao provide polyphenols that support circulation and cellular health
- **Crema (GF) (V)** Egg yolks provide choline for brain health, with lemon contributing antioxidant support
- **Lemon Sorbetto (GF) (VG) (DF)** Lemon supports metabolism and immune balance, while apple pectin provides soluble fiber that supports gut health

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