



Numero di piatti Number of dishes Anzahl der Gerichte	INGREDIENTI E ALLERGENI ( in grassetto) INGREDIENTS AND ALLERGENS (bold words) ZUTATEN UND ALLERGENE (kühne Worte)
1	Riso, salmone Rice, salmon Reis, Lachs
2	Riso, tonno Rice, tuna Reis, Thunfisch
3	Riso, salmone Rice, salmon Reis, Lachs
4	Riso, salmone, tonno, branzino, <b>gambero, maionese, sesamo, teriyaki</b> Rice, salmon, tuna, sea bass, <b>shrimp, mayonnaise, sesame, teriyaki</b> Reis, Lachs, Thunfisch, Wolfsbarsch, <b>Garnelen, Mayonnaise, Sesam, Teriyaki</b>
5	Riso, salmone, <b>maionese piccante, teriyaki, sesamo</b> Rice, salmon, <b>spicy mayonnaise, teriyaki, sesame</b> Reis, Lachs, <b>scharfe Mayonnaise, Teriyaki, Sesam</b>
6	Riso, tonno, <b>maionese piccante, teriyaki, sesamo</b> Rice, tuna, <b>spicy mayonnaise, teriyaki, sesame</b> Reis, Thunfisch, <b>scharfe Mayonnaise, Teriyaki, Sesam</b>
7	Riso, alga, <b>sesamo, teriyaki</b> Rice, seaweed, <b>sesame, teriyaki</b> Reis, Algen, <b>Sesam, Teriyaki</b>
8	Riso, alga, <b>uova di pesce, teriyaki, sesamo</b> Rice, seaweed, <b>fish roe, teriyaki, sesame</b> Reis, Algen, <b>Fischrogen, Teriyaki, Sesam</b>
10	Salmone, <b>sesamo, teriyaki</b> , sale, pepe Salmon, <b>sesame, teriyaki</b> , salt, pepper Lachs, <b>Sesam, Teriyaki</b> , Salz, Pfeffer
11	Riso, salmone, tonno, branzino, <b>gambero, maionese, sesamo, teriyaki</b> Rice, salmon, tuna, sea bass, <b>shrimp, mayonnaise, sesame, teriyaki</b> Reis, Lachs, Thunfisch, Wolfsbarsch, <b>Garnelen, Mayonnaise, Sesam, Teriyaki</b>
12	Riso, alga, tonno, insalata, avocado, <b>teriyaki, sesamo</b> Rice, seaweed, tuna, salad, avocado, <b>teriyaki, sesame</b> Reis, Algen, Thunfisch, Salat, Avocado, <b>Teriyaki, Sesam</b>
13	Riso, alga, salmone, insalata, avocado, <b>teriyaki, sesamo</b> Rice, seaweed, salmon, salad, avocado, <b>teriyaki, sesame</b> Reis, Algen, Lachs, Salat, Avocado, <b>Teriyaki, Sesam</b>
14	Riso, alga, <b>surimi di granchio</b> , insalata, avocado, <b>teriyaki, sesamo</b> Rice, seaweed, <b>crab surimi</b> , salad, avocado, <b>teriyaki, sesame</b> Reis, Algen, <b>Krabben-Surimi</b> , Salat, Avocado, <b>Teriyaki, Sesam</b>
15	Riso, alga, tonno Rice, seaweed, tuna Reis, Algen, Thunfisch
16	Riso, alga, salmone Rice, seaweed, salmon Reis, Algen, Lachs

17	Riso, alga, cetriolo Rice, seaweed, cucumber Reis, Algen, Gurke
18	Riso, alga, avocado Rice, seaweed, avocado Reis, Algen, Avocado
19	Riso, alga, salmone, avocado, <b>teriyaki, sesamo</b> Rice, seaweed, salmon, avocado, <b>teriyaki, sesame</b> Reis, Algen, Lachs, Avocado, <b>Teriyaki, Sesam</b>
20	Riso, alga, tonno, avocado, <b>teriyaki, sesamo</b> Rice, seaweed, tuna, avocado, <b>teriyaki, sesame</b> Reis, Algen, Thunfisch, Avocado, <b>Teriyaki, Sesam</b>
21	Riso, alga, pollo <b>impanato</b> fritto, <b>tempura, sesamo</b> Rice, seaweed, fried <b>breaded</b> chicken, <b>tempura, sesame</b> Reis, Algen, gebratenes <b>paniertes</b> Hähnchen, <b>Tempura, Sesam</b>
22	Riso, alga, tonno, avocado, <b>teriyaki, sesamo, maionese pccante</b> Rice, seaweed, tuna, avocado, <b>teriyaki, sesame, spicy mayonnaise</b> Reis, Algen, Thunfisch, Avocado, <b>Teriyaki, Sesam, scharfe Mayonnaise</b>
23	Riso, alga, <b>gamberi impanato</b> fritto, <b>tempura, teriyaki</b> Rice, seaweed, fried <b>breaded shrimps, tempura, teriyaki</b> Reis, Algen, gebratenes <b>paniertes Garnelen, Tempura, teriyaki</b>
24	Riso, salmone, tonno, branzino, <b>gambero, sesamo, teriyaki</b> Rice, salmon, tuna, sea bass, <b>shrimp, sesame, teriyaki</b> Reis, Lachs, Thunfisch, Wolfsbarsch, <b>Garnelen, Sesam, Teriyaki</b>
25	Riso, alga, salmone, <b>gamberi impanato</b> fritto, <b>teriyaki, sesamo</b> Rice, seaweed, salmon, fried <b>breaded shrimps, teriyaki, sesame</b> Reis, Algen, Lachs, gebratenes <b>paniertes Garnelen, Teriyaki, Sesam</b>
26	Riso Venere, alga, salmone, <b>sesamo, teriyaki</b> Black rice, seaweed, salmon, <b>sesame, teriyaki</b> Schwarzer Reis, Algen, Lachs, <b>Sesam, Teriyaki</b>
27	Riso Venere, cetriolo, carote, avocado, <b>sesamo, teriyaki</b> Black rice, cucumber, carrots, avocado, <b>sesame, teriyaki</b> Schwarzer Reis, Gurken, Karotten, Avocado, <b>Sesam, Teriyaki</b>
28	Riso, alga, pesce misto, <b>gambero, surimi di granchio, maionese, formaggio, sesamo, teriyaki</b> Rice, seaweed, mixed fish, <b>shrimp, crab surimi, mayonnaise, cheese, sesame, teriyaki</b> Reis, Algen, gemischter Fisch, <b>Garnelen, Krabben-Surimi, Mayonnaise, Käse, Sesam, Teriyaki</b>
30	Alga, <b>sesamo, olio di sesamo</b> , zucchero, sale, presenza di <b>farina</b> Seaweed, <b>sesame, sesame oil</b> , sugar, salt, presence of <b>flour</b> Algen, <b>Sesam, Sesamöl</b> , Zucker, Salz, Anwesenheit von <b>Mehl</b>
31	<b>Soia</b> <b>Soy</b> <b>Soja</b>
32 33 34 35 POKE	Crauti viola, carote, cetrioli, pomodorini, <b>soia</b> , avocado, mais, <b>alga wakame, sesamo</b> Purple kraut, carrots, cucumbers, cherry tomatoes, <b>soy</b> , avocado, corn, <b>wakame seaweed, sesame</b> Lila Kraut, Karotten, Gurken, Kirschtomaten, <b>Soja, Avocado, Mais, Wakame-Algen, Sesam</b>
32 33 34 35 POKE CONDIMENTO POKE SEASONING POKE-SOÛE	<b>Salsa di soia</b> , aceto di riso, zucchero, <b>olio de sesamo</b> , limone, cipolla <b>Soy sauce</b> , rice vinegar, sugar, <b>sesame oil</b> , lemon, onion <b>Sojasauce</b> , Reissessig, Zucker, <b>Sesamöl</b> , Zitrone, Zwiebel
36	Manzo, carote, patate, cipolla, latte di cocco, miele, curry ( <b>farina</b> , olio vegetale, polvere di curry, pepe, aglio, semi di <b>sedano, senape</b> ) Beef, carrots, potatoes, onion, coconut milk, honey, curry ( <b>flour</b> , vegetable oil, curry powder, pepper, garlic, <b>celery seed, mustard</b> ) Rindfleisch, Karotten, Kartoffeln, Zwiebeln, Kokosmilch, Honig, Curry ( <b>Mehl</b> , Pflanzenöl, Currypulver, Pfeffer, Knoblauch, <b>Selleriesamen, Senf</b> )
37	Riso sushi, broccoli, verdure, pomodorini, salmone, <b>teriyaki, sesamo</b> Sushi rice, broccoli, vegetables, cherry tomatoes, salmon, <b>teriyaki, sesame</b> Sushireis, Brokkoli, Gemüse, Kirschtomaten, Lachs, <b>Teriyaki, Sesam</b>
38	Riso sushi, <b>Anatra arrosto</b> (amido, <b>farina</b> , <b>salsa di soia</b> , sale, estratto di spezie), <b>teriyaki, sesamo</b> Sushi rice, <b>Roast duck</b> (starch, <b>flour</b> , <b>soy sauce</b> , salt, spice extract), <b>teriyaki, sesame</b> Sushireis, <b>Entenbraten</b> (Stärke, <b>Mehl, Sojasauce</b> , Salz, Gewürzextrakt), <b>Teriyaki, Sesam</b>

39	Ramen ( <b>farina di frumento</b> , sale, acqua), <b>Anatra arrosto</b> (amido, <b>farina</b> , <b>salsa di soia</b> , sale, estratto di spezie), <b>teriyaki</b> , <b>sesamo</b> Ramen ( <b>wheat flour</b> , salt, water), <b>Roast duck</b> (starch, <b>flour</b> , <b>soy sauce</b> , salt, spice extract), <b>teriyaki</b> , <b>sesame</b> Ramen ( <b>Weizenmehl</b> , Salz, Wasser), <b>Entenbraten</b> (Stärke, <b>Mehl</b> , <b>Sojasauce</b> , Salz, Gewürzextrakt), <b>Teriyaki</b> , <b>Sesam</b>
50	Farina di <b>frumento</b> , <b>salsa di soia</b> , <b>uova</b> , verdure, cipolla, <b>gamberi</b> <b>Wheat flour</b> , <b>soy sauce</b> , <b>eggs</b> , vegetables, onion, <b>shrimp</b> <b>Weizenmehl</b> , <b>Sojasauce</b> , <b>Eier</b> , Gemüse, Zwiebel, <b>Garnelen</b>
51	Farina di <b>frumento</b> , <b>salsa di soia</b> , <b>uova</b> , verdure, cipolla, pollo <b>Wheat flour</b> , <b>soy sauce</b> , <b>eggs</b> , vegetables, onion, chicken <b>Weizenmehl</b> , <b>Sojasauce</b> , <b>Eier</b> , Gemüse, Zwiebel, Hähnchen
52	Farina di <b>frumento</b> , <b>salsa di soia</b> , <b>uova</b> , verdure, cipolla, manzo <b>Wheat flour</b> , <b>soy sauce</b> , <b>eggs</b> , vegetables, onion, beef <b>Weizenmehl</b> , <b>Sojasauce</b> , <b>Eier</b> , Gemüse, Zwiebel, Rindfleisch
53	Riso, <b>uova</b> , verdure, <b>gamberi</b> , <b>salsa di soia</b> Rice, <b>eggs</b> , vegetables, <b>shrimp</b> , <b>soy sauce</b> Reis, <b>Eier</b> , Gemüse, <b>Garnelen</b> , <b>Sojasauce</b>
54	Riso, <b>uova</b> , verdure, pollo, <b>salsa di soia</b> Rice, <b>eggs</b> , vegetables, chicken, <b>soy sauce</b> Reis, <b>Eier</b> , Gemüse, Hähnchen, <b>Sojasauce</b>
55	Riso, <b>uova</b> , verdure, manzo, <b>salsa di soia</b> Rice, <b>eggs</b> , vegetables, beef, <b>soy sauce</b> Reis, <b>Eier</b> , Gemüse, Rindfleisch, <b>Sojasauce</b>
42	Pollo ( <b>farina</b> , <b>pangrattugiato</b> , sale, vino di riso, pepe), patate Chicken ( <b>flour</b> , <b>breadcrumbs</b> , salt, rice wine, pepper), potatoes Hühnerfleisch ( <b>Mehl</b> , <b>Semmelbrösel</b> , Salz, Reiswein, Pfeffer), Kartoffeln
43	Cotoletta di maiale ( <b>farina</b> , <b>pangrattugiato</b> , sale, vino di riso, pepe), riso, <b>teriyaki</b> , <b>sesamo</b> Pork cutlet ( <b>flour</b> , <b>breadcrumbs</b> , salt, rice wine, pepper), rice, <b>teriyaki</b> , <b>sesame</b> Schweinekotelett ( <b>Mehl</b> , <b>Paniermehl</b> , Salz, Reiswein, Pfeffer), Reis, <b>Teriyaki</b> , <b>Sesam</b>
44	Pasta fresca (semola di <b>grano</b> , <b>uova</b> ), besciamella ( <b>latte</b> intero, farina di <b>grano</b> , <b>burro</b> , sale, noce moscata), ragu' (bovino, pomodoro, <b>sedano</b> , carote, cipolla, olio ev di oliva, <b>vino</b> , sale) Fresh pasta ( <b>wheat</b> semolina, <b>eggs</b> ), bechamel (whole <b>milk</b> , <b>wheat</b> flour, <b>butter</b> , salt, nutmeg), ragu ' (beef, tomato, <b>celery</b> , carrots, onion, extra virgin olive oil, <b>wine</b> , salt) Frische Nudeln ( <b>Weizengrieß</b> , <b>Eier</b> ), Bechamel ( <b>Vollmilch</b> , <b>Weizenmehl</b> , <b>Butter</b> , Salz, Muskatnuss), Ragout' (Rind, Tomato, <b>Sellerie</b> , Karotten, Zwiebel, natives Olivenöl extra, <b>Wein</b> , Salz)
45	<b>Polipo</b> , farina di <b>frumento</b> , <b>salsa di soia</b> , sale, pepe, cipollotti, farina di riso, olio di <b>soia</b> , zucchero <b>Octopus</b> , <b>wheat</b> flour, <b>soy</b> sauce, salt, pepper, spring onions, rice flour, <b>soy</b> oil, sugar <b>Tintenfisch</b> , <b>Weizenmehl</b> , <b>Sojasauce</b> , Salz, Pfeffer, Frühlingszwiebeln, Reismehl, <b>Sojaöl</b> , Zucker
Involtini primavera Spring rolls Frühlingsrollen	Sfoglia (farina di <b>frumento</b> , sale, acqua), ripieno (cipolla, carota, cappucci, sale, pepe) Pastry ( <b>wheat flour</b> , salt, water), filling (onion, carrot, caps, salt, pepper) Teig (Weizenmehl, Salz, Wasser), Füllung (Zwiebel, Karotte, Kapseln, Salz, Pfeffer)
Ravioli di carne Gyoza Gyoza	Sfoglia (farina di <b>frumento</b> , acqua, sale), ripieno (carne di maiale, porri, zucchine, sale, salsa di <b>soia</b> , pepe, vino di riso) Pastry ( <b>wheat flour</b> , water, salt), filling (pork, leeks, courgettes, salt, <b>soy</b> sauce, pepper, rice wine) Blätterteig ( <b>Weizenmehl</b> , Wasser, Salz), Füllung (Schweinefleisch, Lauch, Zucchini, Salz, <b>Sojasauce</b> , Pfeffer, Reiswein)
Yakitory	Pollo, sale, pepe, vino di riso, <b>salsa di soia</b> , <b>teriyaki</b> , <b>sesamo</b> Chicken, salt, pepper, rice wine, <b>soy sauce</b> , <b>teriyaki</b> , <b>sesame</b> Huhn, Salz, Pfeffer, Reiswein, <b>Sojasauce</b> , <b>Teriyaki</b> , <b>Sesam</b>
Gelato fritto Fried ice-cream GEBACKENES EIS	Gelato vaniglia, <b>latte</b> , <b>nocciola</b> , cacao, farina di <b>frumento</b> Vanilla ice cream, <b>milk</b> , <b>hazelnut</b> , cocoa, <b>wheat flour</b> Vanille-eis, <b>Milch</b> , <b>Haselnuss</b> , Kakao, <b>Weizenmehl</b>
Nutella frita Fried nutella roll Frittierte Nutella-Rolle	<b>Farina di frumento</b> , <b>Nutella</b> <b>Wheat flour</b> , <b>Nutella</b> <b>Weizenmehl</b> , <b>Nutella</b>
Maki nutella	Pasta (farina di <b>frumento</b> , <b>uova</b> , <b>latte</b> ), riso dolce (latte, zucchero, cocco), <b>Nutella</b> Pastry ( <b>wheat flour</b> , <b>eggs</b> , <b>milk</b> ), sweet rice ( <b>milk</b> , sugar, coconut), <b>Nutella</b> Teig ( <b>Weizenmehl</b> , <b>Eier</b> , <b>Milch</b> ), süßer Reis ( <b>Milch</b> , Zucker, Kokosnuss), <b>Nutella</b>

\*\*\* olio usato per la cottura e frittura: OLIO DI SEMI DI GIRASOLE