

e T a B L Ì

Menù

Etabli
v.lo delle vacche, 9
06 97616694
www.etabli.it



Discover all the specialities of our bakery:
homemade pasta, sweets, biscuits, products “Km 0”.

Coming soon: Etabli delivery service
All of our delicacies at your door.

WiFi

Rete: walkinballance

Password: etablicaffe9



= Vegan Dish

V = Vegetarian Dish

CONTACTS

Info

+ 39 06 97616694
info@etabli.it
www.etabli.it

Hours

Mon-Wed: 7.00 am - 1.00 am
Thu-Sat: 7.00 am - 2.00 am
Sun: 9.00 am - 1.00 am

STAY TUNED

Follow us on facebook and on our website (www.etabli.it) in order to stay updated about initiatives and events organised by Etabli.

Ask for the fidelity card and discover all the advantages reserved for you. For further information, please send an email to privilegecard@etabli.it

COFFEE SHOP

| | |
|---------------------------------------|------|
| Espresso coffee | 2,00 |
| Double espresso coffee | 3,00 |
| Caffeine-free espresso | 2,50 |
| Espresso coffee with cocoa powder | 2,50 |
| American coffee | 3,00 |
| Shaken coffee | 2,00 |
| Barley espresso small | 2,00 |
| Barley espresso large | 2,50 |
| Ginseng espresso small | 2,00 |
| Ginseng espresso large | 2,50 |
| Milk and coffee | 3,00 |
| Milk and caffeine-free coffee | 3,50 |
| Coffee with liquor | 3,50 |
| Vegan or lactose-free milk and coffee | 3,50 |
| Cappuccino | 3,00 |
| Barley cappuccino | 3,00 |
| Caffeine-free cappuccino | 3,00 |
| Tea or infusion | 4,00 |
| Iced Tea | 4,00 |
| Organic-fruit juice | 3,00 |
| Orange juice | 3,50 |
| Bottled mineral water (0,33 cl) | 1,20 |

DESSERT

(also to take away if you wish)

| | |
|--|------|
| Chocolate, ricotta cheese and raspberries muffin | 2,50 |
| Coconut, ginger, lime and white chocolate muffin | 2,50 |
| Lemon and carrots muffin (vegan) | 2,50 |
| Chocolate muffin (vegan) | 2,50 |
| Courgette and apricot muffin | 2,50 |
| Carrots, orange and almonds muffin | 2,50 |
| Vanilla muffin | 2,50 |
| Chocolate / pistachio brownie | 3,00 |
| Crumble with apple and strawberries | 3,50 |
| Peaches and mango crumble | 3,50 |
| Plumcake | 2,50 |
| Peach tart | 2,00 |
| Cherry tart | 2,00 |

SALAMI FOR SALE IN OUR BAKERY

Susianella di Viterbo (Presidio Slow Food)

This salami maturation lasts from a minimum of 20 days. to a maximum of 6 months: this product has aromas of wild fennel and berries and a slight spicy aftertaste.

Salsiccia stagionata

Characteristic artisan processing entailing a slow ripening for a salami extremely tasty, aromatic and spicy. Lingering flavor and medium consistency.

Cacciatorino

Medium-short maturation distinguishes this salami imparting an extraordinary sweetness of taste, softness of flesh, and an extremely delicate smell.

Lonza

It is obtained from the upper portion of the neck of the pig and from a part of the shoulder. A typical salami that presents the cutting surface in which alternate lean pieces of meat and sweeter fat stripes.

Sella di maiale

Perfect marriage between the lean part, tasty and fragrant, and the fat, silky and sweet at the same time. Seasoned with salt, pepper and spices, is aged in ventilated ad dry place for three months.

SALUMI **Km ZERO**

In this section we present our selection of handmade assorted cold cuts, typical of our region Lazio (salami "Km Zero").

The artisanal salami selected by us, also available for sale in our bakery, are produced by Stefanoni Farm, in the area of Tuscia, which excels in the production of meat and sausages.

This farm adopts short chain and closed cycle breeding and also produces quality corn, barley, fine bran, "farinaccio" and soybeans to feed their own animals: important details which helps to preserve the quality of both the meat and the final products. Time, temperature and surrounding environment do the rest.

DESSERT

(also to take away if you wish)

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|---|------|
| Banana and poppy seeds muffin | 2,50 |
| Panna cotta with coconut milk and flour of black rice (vegan) | 5,00 |
| Olives and dried tomatoes salty muffin | 2,50 |
| Cheesecake with berries | 5,00 |
| Chocolate / blueberries cookies | 0,80 |
| Cookies filled with chocolate | 1,50 |
| Cookies with sesame seeds | 0,50 |

Do to the seasonal availability of certain ingredients, our menu is subject to variation

Assorted bread basket, served with butter and jams
€ 3,50

SANDWICHES

(also to take away if you wish)

Choose the size:

SMALL 3,50 € | LARGE 6,00 €

Choose the bread:

White bread
Five cereal with buckwheat
Five cereal with sunflower seeds
Organic kamut bread
Corn meal bread
Raisin, pear and apple bread

Choose the stuffing:

Prosciutto, spinach and Parmesan wafer
Buffalo mozzarella, cooked ham from Prague e scarola salad
Mortadella, fresh goat cheese and chopped pistachios
Smoked salmon, avocado and robiola cheese
Tuna in olive oil, tomato, caper pesto and basil
Ricotta cheese, olives and peppers in olive oil **V**
Feta cheese, salad tomatoes and oregano **V**
Avocado tartare and tomatoes **(vegan)**
Tomatoes, salad, olive pesto and sprouts **(vegan)**

CHEESE FOR SALE IN OUR BAKERY

Stracchinato di capra

White and fresh pasta, creamy and delicate flavor

Farm: ***Azienda agricola Monte Jugo***

Caprino Nobile

Fragrant and tasty: compact and soft consistency, pleasant texture

Farm: ***Azienda agricola Monte Jugo***

Conciato di San Vittore

*A very rare cheese, produced from sheep's milk.
Spiced by 15 different natural herbs.*

Farm: ***Azienda agricola Pacitti***

Cacioricotta

*From the high quality Maltese breed goat milk.
It is slightly salty and crumbly, very balanced and persistent.*

Farm: ***Azienda agricola Tinte Rosse***

All our cheeses are produced from raw milk

CHEESE KM ZERO

In this section, we present an assortment of handmade cheeses, typical of the Lazio region (Km zero) especially selected by our restaurant.

The producers are mainly family-run farms who follow ancient dairy craftsmanship traditions and use milk obtained exclusively from goats and bred on the farm.

The cheeses are processed from raw milk following methods to guarantee the highest quality standards. The authenticity is ensured by the traceability of each product and also by the characteristics of its production chain.

All cheese product are also available for sale in our bakery.

FRUIT AND VEGETABLE EXTRACTS

Why have seasonal fruit and vegetable extracts?

From a nutritional view-point, the “live” juices extracted from raw fruits and vegetables are a real concentration of wellness for the body and soul. They are the healthiest way to rapidly and naturally assimilate the vitamins and mineral salts needed by the body.

By a low-speed extraction process, all of the nourishing properties of the fruits and vegetables are preserved. It's possible to extract three times as many nutritional substances compared to traditional centrifugal machines.

————— **5,50 €** —————

Carrot, pineapple and ginger

Tomato, lime juice, salt and pepper

Green apple, mint, cucumber and ginger

Strawberry, pear and apple

Peach, mango and pear

Strawberry, lime, pineapple and apple

SMOOTHIES



Much more than simple shakes: they help to purify the body and they unify the beneficial effects of fruits and vegetables with lightness and taste. They are a concentrate of vitamins and mineral salts and have a low calorie content.

————— **5,50 €** —————

Banana and strawberry

Spinach, apple and ginger

Banana, coconut milk, pineapple and Chia seeds

Kiwi and lime

Strawberry, blueberry and pear




All of our smoothies are vegan

| | |
|-----------------------|------|
| White bread basket | 1,00 |
| Assorted bread basket | 2,00 |

Side dishes

| | |
|-----------------------|------|
| Mixed salad | 5,00 |
| Oven roasted potatoes | 5,00 |
| Seasonal vegetables | 5,00 |

Dessert

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|---|------|
| Tiramisù | 6,00 |
| Panna cotta with coconut milk and flour of black rice  | 5,00 |
| Seasonal fruit | 5,00 |
| Ice cream (lemon, strawberry, cream, chocolate) | 5,00 |

| | |
|--------------------------------------|----------|
| Naturized water 1L | 2,00 |
| Draft beer (Pilsner Urquell) 0,3/0,4 | 5 / 6,00 |
| Coca cola | 2,50 |
| Coca cola zero | 3,00 |
| Aranciata Lurisia | 2,50 |
| Chinotto Lurisia | 2,50 |
| Gazzosa Lurisia | 2,50 |

Artisanal dessert from our Bakery

Salads

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|--|-------|
| FETA Feta, spinach, black olives, red onion, pachino tomatoes | 10,00 |
| BRESAOLA Bresaola, arugola, Parmesan cheese waffle, sun dried tomatoes | 10,00 |
| SALMON Smoked salmon, black rice, avocado and almonds | 10,00 |
| CHICKEN Chicken, songino salad, lemon's slice, Grana Padano cheese, walnuts | 10,00 |
| MELON Melon, prosciutto, arugola, almonds | 10,00 |

ALL DAY MENU


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| Selection of assorted cheeses, cold cuts and cured meats with fresh fruit, nuts, honey and olive paté | 10,00 |
| “Km 0” selection of handmade assorted cheeses and cold cuts typical of the Lazio Region served with honey and jellies | 15,00 |
| “Km 0” selection of handmade cold cuts and assorted lactose-free cheeses typical of the Lazio Region served with jellies | 10,00 |
| Egg casserole with spinach, cooked ham and stracchinato cheese | 6,00 |
| Egg casserole with dried tomatoes and basil | 6,00 |
| Strudel with stracchino cheese, speck and courgette | 6,00 |
| Quiche tomatoes, ricotta cheese and thyme | 6,00 |
| Quiche chicory and stracchino cheese | 6,00 |
| Vegetables salad, cereals or legumes of the day | 5,00 |

Salad menu

Choice of salad with naturized water, coffee and our
oven's biscuits: + € 1,50

LUNCH
(from 12.00 pm to 15.00 pm)

Appetizers

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| Fava bean pie with pecorino cheese, crunchy chicory and bacon waffle | 11,00 |
| Octopus salad with liquid celery, dried cherry tomatoes, potatoes, caramelized onion and black olive powder | 12,00 |
| Caponata with vegetable, black quinoa and dried pumpkin flower  | 12,00 |
| Ham, buffalo mozzarella and arugula | 10,00 |
| Selection of assorted cheeses, cold cuts and cured meats with fresh fruit, nuts, honey and olive paté | 10,00 |
| “Km 0” selection of handmade assorted cheeses and cold cuts typical of the Lazio Region served with honey and jellies | 15,00 |
| “Km 0” selection of handmade cold cuts and assorted lactose-free cheeses typical of the Lazio Region served with jellies | 10,00 |

Menu Pasta

Choice of a first course plus naturized water, coffee and biscuits from our bakery: + € 1,50

Menu Etablì

Choice of a second course plus naturized water, coffee and biscuits from our bakery: + € 1,50

Pasta dishes

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|---|-------|
| Mezze maniche alla carbonara (with eggs, bacon, pecorino cheese and black pepper) | 9,00 |
| Tonnarelli with cacio and pepper | 9,00 |
| Mezze maniche all’amatriciana (with bacon, tomatoes, Sherry vinegar and pecorino cheese) | 11,00 |
| Spaghetti with garlic, oil, chili pepper and chicory  | 9,00 |
| Spaghetti with eggplant cream, confit tomatoes, pecorino cheese | 10,00 |
| Spaghetti with bell pepper cream, Cetara anchovies colatura, cod, black olives, burrata mousse and anchovies | 11,00 |
| Second Course | |
| Hamburger Etablì (gr. 200) served with Taleggio cheese, bacon, oven-roasted potatoes and a tris of sauces | 13,00 |
| Our version of Roman “saltimbocca”: slowly cooked veal wrapped with prosciutto and sage, served with chicory and pecorino cream | 14,00 |
| Oven cooked fish croquettes (salmon, cod, tuna) with mixed salad and yogurt sauce | 13,00 |
| Beef “straccetti” (ragged meat) with arugula and cherry tomatoes | 14,00 |
| Vegan eggplant parmesan with tofu, basil and black olive paté  | 14,00 |