

# HEALTHY FOOD SHOP AND RECREATIONAL CRAFTS WORKSHOP

WE DO OUR BEST TO OFFER YOU TOP-QUALITY FOOD EVERY DAY

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TABLE SERVICE  
IS NOT AVAILABLE



PIZZA



PIADINAS



SOUPS



SALADS



STUFFED  
FOCACCIAS



BURGERS



COLD MEALS



POKE

## CHARCUTERIE BOARDS

**1 • CHOPPED SLICED MEATS** €14,00  
(PIADINA • COLD MEATS CHARCUTERIE •  
CHEESES • ACCOMPANIED BY HONEY AND  
CARAMELIZED FIGS)

**2 • SLICED CHEESE CHARCUTERIE** €14,00  
(PIADINA • CHEESES •  
ACCOMPANIED BY HONEY AND  
CARAMELIZED FIGS)

**PIADINAS** • TRADITIONAL FLOUR, WATER,  
• LACTOSE-FREE MILK, LARD,  
NO YEAST AND LITTLE SALT. **ALTERNATIVE HEMP,**  
WHOLEMEAL OR CEREAL FLOUR, WATER, LACTOSE-FREE  
MILK, EXTRA VIRGIN OLIVE OIL, NO YEAST AND LITTLE SALT.

**3 • RAW HAM • STRACCHINO**  
**CHEESE • ARUGULA** € 6,50

**4 • SAUSAGE • STEWED**  
**TROPEA ONION** € 7,00

**5 • SAUSAGE • GRILLED**  
**PEPPERS • FOSSA SOGLIANO**  
**CHEESE** € 7,50

**6 • STRACCHINO • ARUGULA** € 5,50

**7 • COOKED HAM • FONTINA**  
**CHEESE** € 6,00

**8 • MORTADELLA •**  
**STRACCIATELLA CHEESE** € 6,00

**9 • BRESAOLA • CREAM OF**  
**ARTICHOKES** € 7,00

**10 • SPECK • CREAM OF**  
**MUSHROOMS** € 7,00

**• SMOKED PROVOLA CHEESE** € 7,50

## CASSONI IN THE SHOWCASE

FRESH EVERY MORNING,  
AVAILABLE UNTIL SOLD OUT

**17 • TOMATO •**  
**MOZZARELLA CHEESE** € 5,00

**18 • FIELD HERBS** € 5,00

**19 • POTATOES • SAUSAGE •**  
**• MOZZARELLA CHEESE** € 6,00

• CASSONI OUT OF THE MENU OF THE DAY

**11 • LOCAL SALAME •**  
**• PECORINO CHEESE** € 6,00

**12 • STRACCHINO CHEESE •**  
**• ARUGULA • CHERRY TOMATOES** € 6,00

**13 • SPECK • PECORINO •**  
**CHEESE • CARAMELIZED FIGS** € 7,00

**14 • RAW HAM •**  
**• SOGLIANO FOSSA CHEESE •**  
**HONEY** € 7,00

**15 • COOKED HAM • CREAM OF**  
**MUSHROOMS** € 6,00

**16 • BRESAOLA • ARUGULA**  
**• SLICED ARTICHOKES** € 7,00

**SWEET PIADINA** € 4,00 / 5,00  
WITH NUTELLA or JAM and RICOTTA CHEESE

**EMPTY PIADINA**  
EACH PIADINA COOKED BY THE PIECE \* € 1,50  
\* WITH HEMP, INTEGRAL, CEREALS FLOUR € 2,00

## AIR FRIED

READY IN ABOUT 15 MINUTES

**21 • CHICKEN BITES** € 4,00

(N.5 PCS OF 25 GR OF CHICKEN  
FILLETES WRAPPED IN CORN  
FLAKES BREADING)

**23 • PEPPER CHICKEN** € 4,00

FILLETS (N.3 PCS OF 53 GR OF  
CHICKEN FILLETES MARINATED  
IN PEPPER WRAPPED IN CRISPY  
BREADING)

**25 • MOZZARELLA**

STICKS (N.5 PCS OF MOZZA-  
RELLA STICKS IN A BEER  
BATTER)

**26 • HOT PEPPER**  
**NUGGETS** (4 PCS. SLIGHTLY € 4,00

SPICY PEPPERS IN A CRISPY  
BATTER)

**27 • ONION RINGS** € 4,00

(N.5 PCS OF WHOLE BEER  
BATTERED ONION RINGS)

**28 • SKIN-ON FRIES** € 3,50

## SAUCES

MAYONNAISE € 0,50

BARBECUE, SPICY, KETCHUP,

YELLOW TOMATOES

## DIY SALAD

CHOOSE MAX 8 INGREDIENTS

FROM OUR LIST: € 10,00

PIADINA (UPON REQUEST) € +1,00

SALAD, ARUGULA,  
PURPLE CABBAGE,  
CHERRY TOMATOES,  
CUCUMBERS,  
CARROTS,  
ONION, FENNEL,  
GREEN OR BLACKOLIVES,  
ARTICHOKES, CHICKEN, CRUNCHY  
BACON, BUFFALO, MOZZARELLA

CHEESE, FETA CHEESE,  
TUNA, BEANS,  
CHICKPEAS,  
SEASONAL FRUIT,  
DRIED FRUIT  
MIXED SEEDS



THIS IS AN INDEPENDENT WORKSHOP, FOUNDED  
IN 2021. DESPITE THE STRESS AND THE 2020  
CRISIS, WE DECIDED TO BET ON OUR STEADY  
OPTIMISM AND TO CREATE SOMETHING WHICH  
WAS AS MUCH AS POSSIBLE LINKED TO US AND  
TO OUR MANNER OF WORKING.

EVERYTHING IS GIVEN EXTRA ATTENTION  
HERE. WE TRY TO GIVE VALUE TO  
SHORT-CHAIN AND LOCAL PRODUCTS OF  
EXCELLENCE: NOT ONLY ARE WE WILLING TO  
OFFER FRESHER PRODUCTS, BUT ALSO TO  
SUPPORT THE LOCAL ECONOMY, OUR LAND  
AND TRADITIONS, THUS REDUCING POLLU-  
TION AND WASTE, DIMINISHING THE COSTS  
AND PROMOTING ECO-SUSTAINABILITY; THIS  
ENSURES THE HIGHEST QUALITY OF THE  
PRODUCTS AS WELL AS OF OUR WORK: WE  
PROUDLY TAKE CARE OF ALL THE FOOD  
PREPARATIONS.

RETROGUSTO WAS CREATED AS A  
WELL-BEING BASED WORKSHOP; IT DOESN'T  
STAND FOR A FRANCHISE, IT IS INDEED OUR  
AND UNIQUE PROJECT. STARTING FROM THE  
RECIPE'S CREATION WE PRODUCE HIGH-QUA-  
LITY ARTISANAL PRODUCTS BY USING  
SELECTED INGREDIENTS.  
WE DO OUR BEST TO OFFER YOU TOP-QUALI-  
TY FOOD EVERY DAY.

IF YOU REALLY CARE FOR YOURSELF  
KNOW ABOUT WHAT YOU ARE EATING!

Federica & Aligi

RETROGUSTO  
HEALTHY FOOD SHOP  
Piazza IV novembre, 5/13  
Vergato - Bologna

RETROGUSTO LAB  
RECREATIONAL CRAFTS WORKSHOP  
Piazza IV novembre, 5/16  
Vergato - Bologna

lunches | snacks | tastings  
dinners | takeaway | catering

RETROGUSTO DESIGN AND GRAPHICS