



Amélie's Bistrot is a place of calm.

Stop by to enjoy a coffee, a dessert, a glass of wine, a hot or cold drink.

You can stop to read, work, chat, valuing your time.

If you want to savor the traditional Occitan dishes from the Cuneo valleys (Piedmont), choose your favorite from the menu and get ready for a unique experience.

You'll find a selection of Piedmontese wines, local and French, and typical liqueurs from the Maritime Alps of Occitania (Genepy, Genzianella).

On Friday and Saturday, we welcome you to the "Merenda Sinoria" (Sina = Dinner), a Piedmontese custom of savoring delicacies and wine from late afternoon until dinner time and beyond.

The Merenda Sinoria is the mother of all aperitifs worldwide!

I TAGLIERI (components subject to availability)

Prepared for 1/2/4 people to share in the evening (start to 6 p.m.) every day (on Friday and Saturday from 5 pm during the Merenda Sinoria, the boards can be enriched with additional Occitan-Piedmontese delicacies).

Tagliere Completo *Allergens 1,2,4

Piedmontese cured meats, aged Piedmontese cheeses, Occitan anchovies in green and red sauce, frittata, potato rosti, tomini in red and green sauce, Piedmontese appetizer, peppers with Bagna Cauda, Taggiasca olives, Rubatà (Piedmontese breadstick).

Large bread "Grande Impero" or Allumiere/Tolfa.

Sauces: Honey, Cognà, Piedmontese Onion Sauce, Aioli.

1 pers. €14.00

*Tagliere Pesco Vegetariano*** *Allergens 1,2,3,4

Aged Piedmontese cheeses, falafel, walnuts, grilled or sautéed vegetables, Occitan anchovies in green and red sauce, frittata, potato rosti, tomini in red and green sauce, Piedmontese appetizer, peppers with Bagna Cauda, Taggiasca olives, Rubatà (Piedmontese breadstick).

Bread "Grande Impero" or Allumiere/Tolfa.

Sauces: Honey, Cognà, Piedmontese Onion Sauce, Aioli.

1 pers. €14.00

*Tagliere Vegano**** *Allergens 1,3

Tofu, Falafel, walnuts, grilled or sautéed vegetables, potato rosti, roasted peppers, Taggiasca olives, green and red sauce, Rubatà (grissino piemontese)

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Sauces: Honey, Cognà, Piedmontese Onion Sauce,

1pers. € 12.00

The Piedmontese cheeses and sauces come from the Caseificio Valle Varaita Venasca - Cuneo, Piemonte
Meat and cured meats from La Granda - Genola - Cuneo- Piemonte "Presidio Slow Food"
Anchovies and Green and Red Sauce from Gastronomia Falcone- Falicetto - Cuneo, Piemonte
The breadsticks Rubatà from Cuneo Gris-Caraglio, Piemonte
Where not indicated the foods have local origins, Lazio

* List of allergens at the end of the Menù

** PESCO-VEGETARIANO (possibili varianti-chiedere al personale): NO meat, YES fish, cheeses and eggs

***VEGETARIANO : NO meat, NO fish, YES cheeses and eggs

***VEGANO: NO meat, NO fish, NO cheeses and eggs

1 CLASSICI (CLASSICS)

Covered 2 € (bread and piedmontese breadsticks)

Antipasti (Appetizers)

Veal with tuna sauce and caper fruit €12

Piedmontese Toma cheese with walnuts and celery*** €11

Tongue (Delicious piece of beef) with green sauce €13

Primi piatti (First Courses)

Lasagna with Tomin del Mel cheese and artichokes*** €12

Fassona ravioli €13

Plin of meat with butter and sage €13

Fassona lasagna €13

Spelt with vegetables*** €11

Secondi (Main Courses)

Gran Bollito Piemontese (Boiled Fassona meet with typical sauces) € 18

Piedmontese Tripe € 14

Fassona roast €14

Barolo-braised meat €14

Roast pork loin with hazelnuts € 14

Eggplant parmigiana*** €12

Sides: potato duchesse, potato rosti, grilled vegetables, boiled vegetables, fresh salad***

Dolci (Desserts)

Bunet (soft chocolate dessert, typical of the Langhe Piedmont) €7

Cuneesi al Rhum Arione - Cuneo

Crème caramel €7

Panna Cotta € 7

Peaches and chocolate (a light dessert typical of the Piedmontese tradition) €7

Groom ice cream (assorted flavors) €7

Cakes from the Bar €5

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INSALATE (SALADS)

Burrata (cherry tomatoes, valerian, burrata, arugula, poached egg)** €12

Chèvre Chaud (toasted goat cheese on bread, granola, salad, red Tropea onions)** €12

César chez Amélie(grilled chicken, parmesan, anchovies, salad) €12

Nicoise (tuna, spring onion, green beans, boiled potatoes, black olives, cherry tomatoes)** €12

Veggie (seasonal vegetables and various seeds)*** €10

CARPACCI

Carpaccio of octopus, tuna, sea bass** with olive oil and lemon emulsion €14

PANINI (SANDWICHES)

Choose your bread: Bagel, Toast, baguette, Semi-wholegrain Ciabatta.

Choose your filling: Avocado/Philadelphia/smoked salmon, salami, Fassona bresaola, Piedmontese raschera cheese and salami, mozzarella and tomato € 6,5

LA MERENDA (AFTERNOON SWEET SNACKS)

Pancakes : Maple syrup, Nutella, strawberries, whipped cream, mixed berries, ice cream (create your snack with your choice of 2 ingredients) €6,5

Crêpes sweetened or salted € 6,5

Glass of cider € 7

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APERITIVI

Alcoholic

Absinthe and its ritual	€ 9
Pastis (Ricard, acqua, ghiaccio).....	€ 9
Kir (Prosecco, Crème de Cassis).....	€ 9
Kir Royale (Champagne, Crème de Cassis) € 12	
Campari Spritz (Campari, prosecco seltz, ghiaccio)	€ 9
Aperol Spritz (Campari, prosecco seltz, ghiaccio)	€ 9
Select Spritz (Select, prosecco seltz, ghiaccio).....	€ 9
Hugo Spritz (Elderflower liqueur, Prosecco, seltzer, ice).....	€ 9
Bellini (Prosecco, peach purée).....	€ 9
Rossini (Prosecco, strawberry purée)...	€ 9

Non-alcoholic

Non alcoholic Hugo Spritz (Elderberry syrup, tonic water, lime).....	€ 9
Skin Care (grapefruit, Galvanina green Tea grenatine).....	€ 9
Energy (Blueberry, Ginger Ale, lime).....	€ 9
Almost Mary (tomato juice, tabasco, Worcester sauce, lemon juice).....	€ 9

All our aperitifs are served with potato rosti, Taggiasca olives,
Rubatà breadsticks, Aioli



ALLERGENS LIST

1. Cereals containing gluten, i.e.: wheat, rye, barley, oats, spelt, kamut or their hybridized strains, and products thereof, except: a) wheat-based glucose syrups, including dextrose (1); b) wheat-based maltodextrins (1); c) barley-based glucose syrups; d) cereals used for the manufacture of distilled alcoholic beverages, including ethyl alcohol of agricultural origin.
2. Crustaceans and products thereof.
3. Eggs and products thereof.
4. Fish and products thereof, except: a) fish gelatine used as a carrier for vitamin or carotenoid preparations; b) fish gelatine or isinglass used as a clarifying agent in beer and wine.
5. Peanuts and products thereof.
6. Soybeans and products thereof, except: a) fully refined soybean oil and fat (1); b) natural mixed tocopherols (E306), natural D-alpha tocopherol, natural D-alpha tocopherol acetate, natural D-alpha tocopherol succinate from soy; c) vegetable oils derived from phytosterols and phytosterol esters from soybean; d) vegetable stanol ester produced from vegetable oil sterols from soybean.
7. Milk and dairy products (including lactose), except: a) whey used for the manufacture of distilled alcoholic beverages, including ethyl alcohol of agricultural origin; b) lactitol.
8. Nuts, i.e.: almonds (*Amygdalus communis* L.), hazelnuts (*Corylus avellana*), walnuts (*Juglans regia*), cashews (*Anacardium occidentale*), pecans (*Carya illinoensis* (Wangenh.) K. Koch), Brazil nuts (*Bertholletia excelsa*), pistachios (*Pistacia vera*), macadamia or Queensland nuts (*Macadamia ternifolia*), and products thereof, except for nuts used for the manufacture of distilled alcoholic beverages, including ethyl alcohol of agricultural origin.
9. Celery and products thereof.
10. Mustard and products thereof.
11. Sesame seeds and products thereof.
12. Sulphur dioxide and sulphites in concentrations above 10 mg/kg or 10 mg/litre in terms of the total SO₂ calculated for products as proposed ready for consumption or reconstituted according to manufacturers' instructions.
13. Lupins and products thereof.
14. Molluscs and products thereof.

