



**WHATSAPP +39 392 972 7202**

**COVER CHARGE** € 1,50

### HAWAIIAN POKE

POKE FISH - SALMON AND TUNA € 14,00  
 White rice with orange teriyaki, marinated salmon and tuna, mango, avocado, cucumber, tomato, sweet and sour ginger, spring onion, pomegranate grains, sesame seeds, nori seaweeds and spicy mango dressing

POKE FISH - MEDITERRANEAN € 14,00  
 [TOCTOPUS, SEPIA]  
 White rice with orange teriyaki, steamed octopus, natural cuttlefish, potatoes, cherry tomatoes in oil, pitted olives, baked potatoes and lemon and caper dressing

POKE FISH - WHITE FISH AND CRUSTACEANS € 14,00  
 White rice with orange teriyaki, white fish, prawns, surimi, avocado, mango, tomatoes, cucumbers, ginger and sweet and sour spring onion, pomegranate, wakame seaweed, sesame seeds and coconut milk and mirin dressing

\*no surimi

POKE CHICKEN € 14,00  
 Brown rice with orange teriyaki, chicken, marinated vegetables (mushrooms, carrots, cucumbers, daikon), spinaches, cashews, pumpkin and sunflower seeds with Korean dressing

### JAPANESE DOMBURI

[brown rice sautéed with vegetables and proteins]

DOMBURI WITH MARINATED TOFU € 14,00  
 Brown rice with orange teriyaki sautéed with mixed vegetables (edamame, carrots, zucchini, green beans, bean sprouts, baby spinach, sweet and sour ginger) and marinated tofu

DOMBURI WITH CURRY BBQ CHICKEN € 14,00  
 Brown rice with orange teriyaki sautéed with mixed vegetables (edamame, carrots, zucchini, green beans, bean sprouts, baby spinach, sweet and sour ginger), and with chicken cooked at low temperature, chopped pistachios, yogurt and curry bbq sauce

\*no yogurt

DOMBURI WITH STEAMED SHRIMPS € 15,00  
 Brown rice with orange teriyaki sautéed with mixed vegetables (edamame, carrots, zucchini, green beans, bean sprouts, baby spinach, sweet and sour ginger) and with steamed shrimps, almond fillets and coconut milk and mirin sauce

DOMBURI WITH STEAMED SALMON € 15,00  
 Brown rice with orange teriyaki sautéed with mixed vegetables (edamame, carrots, zucchini, green beans, bean sprouts, baby spinach, sweet and sour ginger) and with steamed salmon cubes, almond fillets and coconut milk and mirin sauce

### FRULEZ RICE-BURGER\*

\*no oyster sauce

SALMON Rice burger lacquered with oyster sauce, € 11,00  
 with marinated salmon, misticanza, marinated zucchini, teriyaki sauce, sesame seeds and nori seaweeds

TUNA Rice burger lacquered with oyster sauce, € 11,00  
 misticanza, marinated tuna, bean sprouts, sesame seeds, nori seaweeds, dried tomatoes, olives, capers, e.v.o. oil and lemon

### SUSHI

\*no oyster sauce

VEGGY SUSHI € 8,50  
 rolls of sushi rice with nori seaweeds, lactose-free soft cheese, mango, cucumber, daikon, carrots, bitter-sweet ginger, mix green salad, cherry tomatoes, soy and orange sauce

SUSHI VEG + SALMON € 12,00  
 SUSHI VEG + TUNA € 12,00  
 SUSHI VEG + SALMON + TUNA € 13,50

### FISH DISHES\*

MEDITERRANEAN SALAD WITH TUNA IN OIL € 11,50  
 hard-boiled eggs, boiled potatoes, tomato, green beans, capers, misticanza, cucumber and Italian dressing

SHRIMPS MARINATED WITH SWEET € 12,50  
 AND SOUR SAUCE WITH SOBA   
 [Japanese buckwheat noodles], salad, marinated courgettes, lettuce, sesame seeds and Umeshioi sour vinaigrette and orange

DOMO OF SALMON WITH BASMATI RICE € 12,50  
 AND VENUS RICE   
 mixed salad, bitter-sweet vegetables and ginger, sesame seeds and sesame oil vinaigrette\*

MARINATED SALMON WITH ORANGES € 13,00  
 and carrots, bean sprouts, mix green salad, pistachios, orange teriyaki sauce\*

STEAMED SEA BASS FILLET WITH JULIENNE € 14,00  
 GRILLED VEGETABLES   
 rocket salad, tomatoes, capers, olives, e.v.o. oil

MEDITERRANEAN SWORDFISH € 14,50  
 with sautéed courgettes on baked aubergine, red and yellow cherry tomatoes, sliced almonds, basil and roasted tomato dressing\*

SALAD WITH MARINATED CUTLEFISH € 14,50  
 WITH RED BEET   
 avocado, tomato, wakame seaweed, tartar sauce and lemon and agave dressing on mixed salad with Italian dressing\*

STEAM COD WITH MARINATED € 15,00  
 CAULIFLOWER SALAD   
 grapefruit, oranges, olives, mixed salad and spicy clementine jam dressing

MUSTARD SAUCE SALMON WITH HAZELNUT € 15,00  
 AND TARTINI CRUMBLE   
 on a variety of roasted potatoes (potato, sweet potato and purple potato), songino and yoghurt and tahini dressing

### MEAT DISHES

SLICED SPICY CHICKEN WITH BAKED POTATOES € 12,00  
 mix green salad and vinaigrette with herbs\*

VEAL WITH TUNA SAUCE WITH SALAD € 13,00  
 OF TOMATOES   
 mixed salad and caper dressing, mayonnaise with black garlic and katsuobushi

GREEK CHICKEN SALAD € 13,00  
 feta, cherry tomato, cucumber, mixed salad, olives and yogurt and lemon dressing

STRIPS OF BEEF WITH EGGPLANT MOUSSE € 14,00  
 on soy tagliolini with basil pesto with vegetables (zucchini, carrot, spinach) datterini tomato and almond flakes and lime

### VEGETARIAN DISHES

AVOCADO TARTARE, PRIMOSALE AND APPLES € 9,50  
 potatoes, lactose-free cream cheese, olives, tomatoes, mayonnaise, chili sauce, hazelnuts and rocket

VEGETARIAN MOUSSAKA € 9,50  
 eggplant, potatoes, vegetarian bolognese, extra virgin olive oil, mornay sauce and dark cheese\*

BURRITOS STUFFED WITH SICILIAN € 10,00  
 VEGETABLE CAPONATA   
 legplants, peppers, zucchini, onion, olives, capers, raisin and tomato salad with cheddar cheese, pachino tomato salad, rocket salad and siracha

\*no cheddar

SALAD WITH SPELLED, MUSHROOMS € 10,50  
 AND CHESTNUTS   
 mixed salad, parmesan cheese wafers with paprika, pomegranate and Italian dressing

### VEGAN DISHES

SALAD WITH FENNEL, GRAPEFRUIT AND ORANGES € 9,00  
 olives, endive, mixed basil, raisins and dressing with the sour of umeshioi and oranges

BEET CARPACCIO WITH AVOCADO € 9,50  
 mixed salad, cherry tomatoes, pumpkin seeds, smoked salt, Italian dressing and white almond dressing

COUS COUS WITH VEGETABLE RAGOUT € 9,50  
 zucchini, aubergines, peppers, chickpeas, celery, carrots, onion) Mediterranean style

POTATO SOMOSA, ZUCCHINI, TURMERIC € 9,50  
 AND SESAME SEEDS\*   
 with mixed salad, cherry tomatoes, mint eggplant with creamy tofu mayonnaise

WINTER MIX (PUMPKIN, ARTICHOKE, CELERY, € 10,50  
 SWEET POTATOES, TOPINAMBUR AND APPLES)   
 with mix green salad, dressing of agave and mustard

### WRAPS

Rolls of olive oil piadina with mix green salad

CAPOCCOLLO € 9,50  
 Lactose free cream cheese, melon, rocket salad

VEGETARIAN € 9,50  
 Chickpea hummus, apple vinegar raisins, grilled vegetables, misticanza and tahina

### CLUB SANDWICH

CHICKEN € 10,00  
 wholemeal tin loaf with chicken, lettuce, yogurt, mayonnaise, herbs omelette, tomato, cream cheese and crispy bacon\*

VEGGY € 10,00  
 Wholemeal tin loaf, zucchini and mint omelette, chickpeas hummus, philadelphia cheese, tomato, vegan frankfurter salad, lettuce, mayonnaise, yogurt, curry and paprika

DOUBLE FISH € 12,00  
 Wholemeal loaf bread with avocado foam, marinated salmon, shrimp in American sauce, hard-boiled egg, lettuce, cream cheese and tomato

### FRULEZ BURGER\*

with cereals bread

VEG BURGER € 10,00  
 vegan burger (beans, spelted, potatoes, courgettes, barley, cornstarch, spices and aromatic herbs), with braised red cabbage, mixed salad, cream of smoked tofu and olives

SALMON FISH-BURGER € 11,00  
 [salmon, zucchini, barley, maizena, beans, spices and herbs] with sweet and sour cucumber, tomato misticanza and miso mayonnaise

GREEN AND BEEF BURGER € 11,00  
 [beef, beetroot, courgette, celeriac, onion and cream] with cheddar, salad, roasted apple, grilled mushrooms and herb cheese sauce

### TORTILLA

€ 10,00

MELTED SMOKED SCAMORZA CHEESE, PUMPKIN, GRILLED MUSHROOMS AND CARROTS, PUMPKIN SEEDS AND ALMOND FILLETS

VEGETABLE CAPONATA, MELTED CHEDDAR, OLIVES, OREGANO AND BASIL

### BASIC DISHES MIXED SALAD

green mix, tomatoes, carrots and cucumber with e.v.o. oil € 5,50

+ mozzarella cheese € 6,50

+ spicy chicken\* € 10,00

+ bresaola € 8,50

+ mozzarella cheese and Parma ham € 9,50

+ tuna in extra virgin olive oil € 8,00

+ tuna in extra virgin olive oil and mozzarella € 9,50

+ marinated salmon € 11,00

**DRINKS**

FONTE MARGHERITA WATER € 2,00  
 still / sparkling 44CL

GALVANINA BIO DRINKS € 3,50  
 organicade / chinotto / cola / zero cola / lemon / soda / tonic water / lemonade / ginger / citron / peach tea / green tea

AMA TÈ € 3,50  
 spice black tea / matcha green tea / orange white tea

AMA TISANA € 3,50  
 Chamomile star anise / mint ginger / licorice fennel

BIO "DI FRUTTA" JUICES € 3,00  
 pear, pineapple, apricot, peach, ace

BIO "DI FRUTTA" JUICES € 3,50  
 blueberry

### ENERGIZING / PROBIOTIC DRINKS

BIO GRAPE DRINKS € 4,00  
 with spirulina / ginger and lemon / pomegranate and grapefruit

KOMBUCHA KARMA € 5,50  
 pomegranate / green tea / ginger

### WINE BY THE GLASS

€ 3,50

Manduria - PRODUTTORI DI MANDURIA

ROSSO - SALICE SALENTINO - Adora

BIANCO - VERDECA - Alicce

ROSATO - NEGRAMARO - Garnet

### RED WINE - BOTTLE

SALICE SALENTINO € 15,00  
 Adora - Produttori di Manduria

PRIMITIVO € 18,00  
 soc. agr. Polvanera - BIO

### ROSÈ WINE - BOTTLE

NEGRAMARO € 15,00  
 Garnet - Produttori di Manduria

AGLIANICO / ALEATICO / PRIMITIVO € 18,00  
 soc. agr. Polvanera - BIO

### WHITE WINE - BOTTLE

FIANO € 15,00  
 Zin - Produttori di Manduria

FALANGHINA € 18,00  
 soc. agr. Polvanera - BIO

### CRAFT BEER

33CL BOTTLE

BIRIFICIO MELCHIORI - PREDAJA (TN) € 4,00

BREWIFUL - lager - 4,5%

BIRIFICIO MELCHIORI - PREDAJA (TN) € 4,50

BIRRA HELL - bianda - 4,7%

BIRIFICIO CAPUT URSI - CELLAMARE (BA) € 6,00

ARTURO - IPA - 0,5% low alcohol

CRAB - Blanche - 4,7%

GRUS - Golden Ale - 5%

MARKU - Pale Ale ambrata - 5,6%

RIFFIK - Dubble ambrata - 6,6%

CELLAMARA - IPA - 6,8%

BELLATRIX - Tripple dorata - 7,6%



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### COFFEE

ESPRESSO € 1,20

ESPRESSO WITH A DASH OF MILK € 1,20  
 Decaff with skimmed or soya or oat or rice or almond milk € 1,30

DECAFF € 1,40

ORZO IN SMALL MUG € 1,40

OPZO IN BIG MUG € 1,60

GINGER IN SMALL MUG € 1,40

GINGER IN BIG MUG € 1,60

AMERICAN € 1,50

HOT MILK € 1,20

HOT MILK WITH A DROP OF COFFEE € 1,70  
 Decaff with skimmed or soya or oat or rice or almond milk € 1,90

CAPPUCCINO € 1,50  
 Decaff with skimmed or soya or oat or rice or almond milk € 1,60

ESPRESSINO € 1,40  
 Decaff with skimmed or soya or oat or rice or almond milk € 1,50

COFFEE ON THE ROCKS € 1,50

DECAFF ON THE ROCKS € 1,80

ICED COFFEE cold milk, espresso and ice € 2,00  
 Decaff with skimmed or soya or oat or rice or almond milk € 2,50

COFFEE SHAKE € 1,70

GINGER COFFEE SHAKE € 2,00

ICED ESPRESSINO € 2,50

FRESH MINT COFFEE ESPRESSO, MINT, LIME, € 3,00  
 CANE SUGAR, TONIC WATER AND ICE

### FLAVOURED CAPPUCCINO AND SUPERFOOD

Decaff with skimmed or soya or oat or rice or almond milk € 2,50

MATCHA CAPPUCCINO € 2,80

GOLDEN MILK CAPPUCCINO

CAPPUCCINO WITH ORANGE PEEL AND CINNAMON

CAPPUCCINO WITH VANILLA AND CHOCOLATE FLAKES

RUM FLAVOURED CAPPUCCINO

espresso, rum, milk, orange zest and cocoa

### BREAKFAST

BISCUITS € 1,00

BISCUITS GLUTEN FREE € 1,00

PLUMCAKE € 2,00

MUFFINS\* € 2,50

SLICE OF CAKE € 2,50

### VEGAN BREAKFAST

COOKIES € 1,00

TARTUFINI lactose-free chocolate pralines € 1,00

### TEA, HERBAL TEAS AND INFUSIONS

€ 3,50  
 black tea, green tea, red tea, fruit teas and infusions

### BREAK-LAST

FROM 9.30 TO 12 A.M. / FROM 4 TO 7 P.M.

#### SWEET SUGGESTIONS

BANANA AND MAPLE SYRUP TOASTIE € 6,00   
 with wholemeal tin loaf, peanut butter and apple

RICOTTA CHEESE, SUGAR AND CINNAMON TOASTIE € 6,00  
 with Senatore Cappelli bread

MARMALEADE AND GINGER TOASTIE € 6,00   
 with wholemeal tin loaf

PANCAKE with honey / maple syrup / agave syrup € 5,00

PANCAKE with fruit € 6,00

#### SAVOURY SUGGESTIONS

APPLE, WALNUTS AND BRIE CHEESE TOASTIE € 6,00  
 with wholemeal tin loaf

MEGGHI BREAD € 6,00  
 carrot bread with cooked ham and cheese

PROVENZALE CROQUE MONSIEUR € 7,00  
 wholemeal bread with herbs cream cheese, svizzero cheese, grilled ham and tomato

OMELETTE € 7,00  
 with mushrooms and cheese

VEGAN TOAST € 7,00   
 wholemeal tin loaf with chickpea hummus, tomato, mixed salad and pumpkin seeds

AVOCADO TOAST € 9,00  
 Wholemeal loaf bread with avocado, marinated salmon, cream cheese, tomato, cucumber and time juice

### ICE TEA

€ 4,00

BERRIES PESTO

lime, mint, lemon tea, brown sugar

PINEAPPLE PESTO

lavender flowers, elderberry syrup and peach tea

### NON-ALCOHOLIC COCKTAIL

€ 4,00

CARROT NON-ALCOHOLIC COCKTAIL

centrifuged carrot, lime, mint, salt and tonic water

POMEGRANATE NON-ALCOHOLIC COCKTAIL

crushed pomegranate, mint and brown sugar with tonic water

### FRULEZ AL CALDO HOMEMADE

€ 4,00

PEAR AND CINNAMON HOT JUICE

APPLE AND CINNAMON HOT JUICE

ORANGE, GINGER AND APPLE HOT JUICE

LEMON AND GINGER PESTO

with honey and rosemary in hot water

ORANGE AND TANGERINE PEEL PESTO AND LEMON PEEL

honey, fennel seeds and star anise

GRAPEFRUIT RIND PESTO WITH GINGER, MINT and honey in hot water

HOT CHOCOLATE

HOT CHOCOLATE WITH CREAM € 4,50

HOT CHOCOLATE WITH ginger / orange / cinnamon € 4,00

### APPETIZER

LIGHT € 4,00  
 crudité, crispy fava beans, olives and puffed chickpeas

DI GUSTO € 7,00  
 mini size of salmon and veg burger, sarmosa, millet croquette, bread beans falafel with yogurt and Italian sauces and sweet and sour vegetables

### FRULEZ SPRITZ

€ 6,00

GRANATA SPRITZ

pomegranate with Aperol, prosecco and tonic water

FRULEZ SPRITZ

diced citrus fruits with Aperol, prosecco and tonic water

GINGER ORANGE SPRITZ

ginger, Aperol, orange centrifuged and prosecco

### CENTRIFUGED JUICES

€ 4,00  
 with addition of aloe € 5,00

PURIFICANTE

Kiwi, pineapple, grapefruit and apple

BRUCIAGRASSI

Pineapple, lemon, apple, fennel and ginger

WHY NOT

Red cabbage, carrot, apple and lemon

ANTIOSSIDANTE

Pineapple, beetroot, lime and apple

DRENANTE

Cucumber, kiwi, mint, pear and grapefruit

RIGENERANTE

Kiwi, melon, apple and pear

SOFT GREEN

Apple, cucumber, zucchini and fennel

LELLA

Orange, carrot and apple

MORE OR LESS

Carrot, tomato, celery, lemon and tabasco

SOLO AGRUMI

Grapefruit and orange

TONIFICANTE

Carrot, apple, fennel, lemon and ginger

TUTTARANCIA

Orange

VITAMINIC

Kiwi, orange, basil, apple and lemon

ABBRACCIO DI FERRO

Spinach, pineapple, kiwi, apple and ginger

JUST PINEAPPLE € 5,00

### CENTRIFUGED JUICES WITH ALOE VERA

€ 5,00

AFTER WORK-OUT

Aloe vera, cucumber, melon, celery and apple

KINDNESS

Aloe vera, orange, celery, basil

LICORICE

apple, fennel, lemon, licorice, aloe vera

POMELO PLUS

Aloe vera, apple, pineapple, grapefruit and turmeric

### COLD FRUIT EXTRACTS\*

POMEGRANATE € 6,00

PERSONALIZED € 5,00

### SMOOTHIES

€ 4,00

BANANA CIOK

Banana, apple, milk and chocolate chips

SPECIAL PERA

Pear, banana, milk, almond syrup and chopped hazelnuts

CRUMBLE BUMBLE

Banana, granola crumble, red berries and yogurt

GENNY

Kiwi, banana, yogurt and muesli

### SUPERSMOOTHIES WITH SUPERFOOD

€ 5,00

BEFORE WORK-OUT

PEANUT BUTTER, banana, grains of hazelnut, oat milk and apple

LIBERTY

GOJI BERRIES, beetroot, orange and apple juice

MATCHA GREEN

MATCHA, pineapple, kiwi and apple juice

WINTER SALAD SHAKE

Pumpkin and carrot centrifuged, pear, melon, cinnamon and MARIGOLD FLOWERS

### FRESH FRUIT

€ 3,50  
 + Yogurt € 4,00  
 + Yogurt and muesli / Goji berries € 4,50  
 + Yogurt and cereals € 3,00  
 Yogurt only € 2,00

### SPECIAL HOT COFFEE

€ 4,50

YELLOW COFFEE

zabov, espresso, black cherry, cream, chocolate flakes and dried fruit

BIRD COFFEE

chocolate, espresso, dark rum, orange peel, cinnamon, ginger and cream

STORM COFFEE

chocolate, espresso, almond milk, pear, walnuts and cream

### SPOON DESSERTS

€ 3,00

CREAM MOUSSE AND/OR RICOTTA CHEESE WITH FRUIT AND CEREALS

TIRAMISU ESPRESSO

cold milk cream, almond biscuit with vanilla barbon soaked with hot espresso and cocoa powder

CRUNCHY BLACK CHERRY

cold milk cream, black cherry in syrup, chocolate topping and chopped hazelnuts

**PACK TAKE AWAY** € 0,50 CAD

\*Some products may be frozen or subjected to a blast chilling process

We cannot guarantee the absence of traces of nuts or other allergens in our menu dishes. Please inform your waiter of any food allergies and ask for the recipe with the allergen specification.

The dishes on this menu marked as vegans comply with the VeganOK standard available on [www.veganok.com](http://www.veganok.com)

rete Wi-Fi VODAFONE\_FRULEZ  
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