

Traditional Menu Lunch

friday



➤ Primi/ First courses

FUSILLI PESCE SPADA E MELANZANE - FUSILLI WITH SWORDFISH AND AUBERGINES

- 100g pasta, 70g pesce, 10g olio e.v.o., 80g melanzane, 100g pomodoro, sale iodato, aglio, basilico, olio di girasole, peperoncino e capperi q.b. Kcal:585
- 100g pasta, 70g fish, 10g extra virgin olive oil, 80g aubergines, 100g tomatoes, salt, garlic, basil, sunflower oil, chilli pepper and capers to taste KJ:2.445,3

INSALATA DI FARRO - FARRO SALAD

- 80g farro, 70g pomodori, 50g tonno, 30g olive, 20g mais, 30g carote, 20g piselli, 20g cetrioli, 20g funghi, 20g carciofini, 10g olio e.v.o., sedano, basilico, sale iodato e aromi q.b. Kcal:598
- 80g spelt, 70g tomatoes, 50g tuna, 30g olives, 20g corn, 30g carrots, 20g peas, 20g cucumbers, 20g mushrooms, 20g artichokes, 10g extra virgin olive oil, celery, basil, salt and herbs to taste KJ:2.499,64

➤ Secondi/Main courses

SPIEDINO DI POLLO CON SPICCHI DI PATATE - CHICKEN SKEWER WITH POTATO WEDGES

- 200g spiedino di pollo, 150g patate, 10g olio e.v.o., sale iodato, aromi q.b. Kcal:417
- 200g chicken skewer, 150g potatoes, 10g extra virgin olive oil, salt, herbs to taste KJ:1744,7

SEPPIA IN UMIDO - STEWED CUTTLEFISH

- 200g seppia, 10g olio e.v.o., 100g pomodoro, sale iodato, aromi q.b. Kcal:238
- 200g cuttlefish, 10g extra virgin olive oil, 100g tomato, salt, herbs to taste KJ:994,84

➤ Contorni/ Side

INSALATA DI POMODORI E FAGIOLINI - TOMATO AND GREEN BEANS SALAD

- 100g fagiolini, 100g pomodori, 10g olio e.v.o., sale iodato e basilico q.b. Kcal:134
- 100g green beans, 100g tomatoes, 10g extra virgin olive oil, salt and basil to taste KJ:560,12

BIETE SALTATA - CHARD

- 150g bieta, 10g olio e.v.o., sale iodato, peperoncino e aglio q.b. Kcal:119
- 150g chard, 10g extra virgin olive oil, salt, chilli pepper and garlic to taste KJ:497,42



IN ITALIANO



IN ENGLISH

althea
ristorazione



adisu 
AZIENDA PER IL BENESSERE
ALL' STUDIO UNIVERSITARIO
BULLA

Veggie Menu Lunch

friday



➤ Primi/ First courses

**PASTA CON CREMA DI MELANZANE E POMODORINI /
PASTA WITH CREAM OF EGGPLANT AND CHERRY TOMATOES**

100g pasta, 80g melanzane, 80g pomodoro, 10g olio e.v.o., aglio, basilico, sale iodato q.b. Kcal:507

100g pasta, 80g aubergines, 80g tomatoes, 10g extra virgin olive oil, garlic, basil, salt to taste KJ:2121,3

RISOTTO CON RADICCHIO E NOCI / RISOTTO WITH RADICCHIO AND WALNUTS

90g riso, 10g noci, 50g radicchio, 10g olio e.v.o., sale iodato, sedano, cipolla, carote, aglio, aromi q.b. Kcal:512

90g rice, 10g walnuts, 50g radicchio, 10g extra virgin olive oil, salt, celery, onion, carrots, garlic, herbs to taste KJ:2142,2

➤ Secondi/Main courses

FALAFEL DI CECIE YOGURT GRECO / CHICKPEA AND GREEK YOGURT FALAFEL

70g ceci, 10g olio e.v.o., 15g formaggio, 50g yogurt, cipolla, aglio, sale iodato, prezzemolo e olio di girasole q.b. Kcal:431

70g chickpeas, 10g extra virgin olive oil, 15g cheese, 50g yogurt, onion, garlic, salt, parsley and sunflower oil to taste KJ:1.801,58

**ZUCCHINE RIPIENE RICOTTA E SPINACI / ZUCCHINI STUFFED
WITH POTATOES AND SPINACH**

200g zucchine, 10g olio e.v.o., 40g ricotta, 30g uova, 15g formaggio, 100g spinaci, 80g pomodoro, 30g pangrattato, prezzemolo e aglio q.b. Kcal:446

200g courgettes, 10g extra virgin olive oil, 40g ricotta, 30g eggs, 15g cheese, 100g spinach, 80g tomato, 30g breadcrumbs, parsley and garlic to taste KJ:1.864,28

➤ Contorni/ Side

BIETE SALTATA / CHARD

150g bieta, 10g olio e.v.o., sale iodato, peperoncino e aglio q.b. Kcal:119

150g chard, 10g extra virgin olive oil, salt, chilli pepper and garlic to taste KJ:497,42

**INSALATA DI POMODORI E FAGIOLINI / TOMATO AND
GREEN BEANS SALAD**

100g fagiolini, 100g pomodori, 10g olio e.v.o., sale iodato e basilico q.b. Kcal:134

100g green beans, 100g tomatoes, 10g extra virgin olive oil, salt and basil to taste KJ:560,12



IN ITALIANO



IN ENGLISH



SALERNO 2026
EUROPEAN UNIVERSITIES
GAMES
EUSA



Vegan Menu Lunch

friday



➤ Primi/ First courses

PASTA CON CREMA DI MELANZANE E POMODORINO - PASTA WITH CREAM OF AUBERGINES AND CHERRY TOMATOES

100g pasta, 80g melanzane, 80g pomodoro, 10g olio e.v.o., aglio, basilico, sale iodato q.b. Kcal:504

100g pasta, 80g aubergines, 80g tomatoes, 10g extra virgin olive oil, garlic, basil, salt to taste KJ:2.106,72

RISOTTO CON RADICCHIO E NOCI - RISOTTO WITH RADICCHIO AND WALNUTS

90g riso, 10g noci, 50g radicchio, 10g olio e.v.o., sale iodato, sedano, cipolla, carote, aglio, aromi q.b. Kcal:512

100g pasta, 80g aubergines, 80g tomatoes, 10g extra virgin olive oil, garlic, basil, salt to taste KJ:2142,2

➤ Secondi/Main courses

FALAFEL DI CECI - CHICKPEA FALAFEL

70g ceci, 10g olio e.v.o., cipolla, aglio, sale iodato, prezzemolo e olio di girasole q.b. Kcal:353

70g chickpeas, 10g extra virgin olive oil, onion, garlic, salt, parsley and sunflower oil to taste KJ:1.475,54

ZUCCHINE RIPIENE PATATE E SPINACI - ZUCCHINI STUFFED WITH POTATOES AND SPINACH

200g zucchine, 10g olio e.v.o., 50g patate, 100g spinaci, 80g pomodoro, 30g pangrattato, prezzemolo e aglio q.b. Kcal:329

200g courgettes, 10g extra virgin olive oil, 50g potatoes, 100g spinach, 80g tomatoes, 30g breadcrumbs, parsley and garlic to taste KJ:1.375,22

➤ Contorni/ Side

INSALATA DI POMODORI E FAGIOLINI - TOMATO AND GREEN BEANS SALAD

100g fagiolini, 100g pomodori, 10g olio e.v.o., sale iodato e basilico q.b. Kcal:134

100g green beans, 100g tomatoes, 10g extra virgin olive oil, salt and basil to taste KJ:560,12

BIETE SALTATA - CHARD

150g bieta, 10g olio e.v.o., sale iodato, peperoncino e aglio q.b. Kcal:119

150g chard, 10g extra virgin olive oil, salt, chilli pepper and garlic to taste KJ:497,42



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