

Traditional Menu Lunch

Saturday



➤ Primi/ First courses

GNOCCHI DI PATATE ALLA NERANO - NERANO-STYLE POTATO GNOCCHI

- 150g gnocchi di patate, 100 zucchine, 5g parmigiano, 5g pecorino, 10g burro, 5g olio evo, sale, aglio, basilico q.b. Kcal:401

- 150g potato gnocchi, 100 courgettes, 5g parmesan, 5g pecorino, 10g butter, 5g extra virgin olive oil, salt, garlic, basil to taste KJ:1677,8

INSALATA DI PASTA TRICOLORE - TRICOLOR PASTA SALAD

- 90g pasta, 50g carote, 50g funghi, 50g piselli, 30g mais, 20g olive, 10g olio e.v.o., sedano, cetrioli, carciofini, aceto, zucchero, sale iodato, aromi, solfiti, estratto di lievito, acido citrico, maltodestrine di patate, basilico q.b. Kcal:499

- 90g pasta, 50g carrots, 50g mushrooms, 50g peas, 30g corn, 20g olives, 10g extra virgin olive oil, celery, cucumbers, artichokes, vinegar, sugar, salt, flavorings, sulphites, yeast extract, citric acid, potato maltodextrin, basil to taste KJ:2.085,82

➤ Secondi/Main courses

HAMBURGER DI VITELLO ALLA GRIGLIA - GRILLED BEEF HAMBURGER

- 200g hamburger di bovino, 10g olio e.v.o., sale iodato e aromi q.b. Kcal:365
- 200g beef, 10g extra virgin olive oil, salt and aromas to taste KJ:1527,2

ORATA IN CROSTA DI VERDURE - CRUSTED SEA BREAM WITH VEGETABLES

- 200g pesce, 10g olio e.v.o., 50g patate, 70g zucchine, sale iodato, aglio, prezzemolo, vino bianco e amido mais q.b. Kcal:330

- 200g fish, 10g extra virgin olive oil, 50g potatoes, 70g courgettes, salt, garlic, parsley, white wine and corn starch to taste KJ:1.379,4

➤ Contorni/ Side

VERDURE GLIGLIATE - GRATINATED VEGETABLES

- 30g melanzane, 30g zucchine, 30g peperoni, 10g olio e.v.o., sale iodato, aceto, aglio, origano e prezzemolo q.b. Kcal:108

- 30g aubergines, 30g courgettes, 30g peppers, 10g extra virgin olive oil, salt, vinegar, garlic, oregano and parsley to taste KJ:451,44

INSALATA DI BORLOTTI E POMODORO - BORLOTTI BEANS AND TOMATO SALAD

- 30g borlotti, 100g pomodori, 10g olio e.v.o., sale iodato, basilico, origano e sedano q.b. Kcal:222

- 30g borlotti beans, 100g tomatoes, 10g extra virgin olive oil, salt, basil, oregano and celery to taste KJ:927,96



IN ITALIANO



IN ENGLISH

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AZIENDA PER IL BENESSERE
ALLA STUDDA UNIVERSITARIO
BULLA

Veggie Menu Lunch

Saturday



➤ Primi/ First courses

GNOCCHI DI PATATE CON ZUCCHINE / POTATO GNOCCHI WITH ZUCCHINI

150g gnocchi di patate, 100g zucchine, 10g olio e.v.o., sale iodato, aglio, basilico q.b. Kcal:308

150 potato gnocchi, 100g courgettes, 10g extra virgin olive oil, salt, garlic, basil to taste KJ:1288,7

INSALATA DI PASTA TRICOLORE / TRICOLOR PASTA SALAD

90g pasta, 50g carote, 50g funghi, 50g piselli, 30g mais, 20g olive, 10g olio e.v.o., sedano, cetrioli, carciofini, aceto, zucchero, sale iodato, aromi, solfiti, estratto di lievito, acido citrico, maltodestrine di patate, basilico q.b. Kcal:499

90g pasta, 50g carrots, 50g mushrooms, 50g peas, 30g corn, 20g olives, 10g extra virgin olive oil, celery, cucumbers, artichokes, vinegar, sugar, salt, flavorings, sulphites, yeast extract, citric acid, potato maltodextrin, basil to taste KJ:2.085,82

➤ Secondi/Main courses

SFORMATINO DI PATATE ZUCCA E FUNGHI / POTATO, PUMPKIN AND MUSHROOMS FLAN

70g patate, 70g funghi, 100g zucca, 10g olio e.v.o., 40g pangrattato, sale iodato, basilico, aglio, prezzemolo e pepe q.b. Kcal:338

70g potatoes, 70g mushrooms, 100g pumpkin, 10g extra virgin olive oil, 40g breadcrumbs, salt, basil, garlic, parsley and pepper to taste KJ:1.412,84

POLPETTA DI PISELLI / PEA MEATBALL

180g piselli, 10g olio e.v.o., 30g pangrattato, 30g farina, sale iodato, prezzemolo, basilico, cipolla e olio di girasole q.b. Kcal:435

180g peas, 10g extra virgin olive oil, 30g breadcrumbs, 30g flour, salt, parsley, basil, onion and sunflower oil to taste KJ:1.818,3

➤ Contorni/ Side

VERDURE GLIGLIATE / GRATINATED VEGETABLES

30g melanzane, 30g zucchine, 30g peperoni, 10g olio evo, sale, aceto, aglio, origano e prezzemolo q.b. Kcal:108

30g aubergines, 30g courgettes, 30g peppers, 10g extra virgin olive oil, salt, vinegar, garlic, oregano and parsley to taste KJ:451,44

INSALATA DI BORLOTTI E POMODORO / BORLOTTI BEANS AND TOMATO SALAD

30g borlotti, 100g pomodori, 10g olio e.v.o., sale iodato, basilico, origano e sedano q.b. Kcal:217

30g borlotti beans, 100g tomatoes, 10g extra virgin olive oil, salt, basil, oregano and celery to taste KJ:907,06



IN ITALIANO



IN ENGLISH



SALERNO2026
EUROPEAN UNIVERSITIES
GAMES
EUSA



Vegan Menu Lunch

Saturday



➤ Primi/ First courses

GNOCCHI DI PATATE CON ZUCCHINE - POTATO GNOCCHI WITH ZUCCHINI

150g gnocchi di patate, 100g zucchine, 10g olio e.v.o., sale iodato, aglio, basilico q.b. Kcal:308

150 potato gnocchi, 100g courgettes, 10g extra virgin olive oil, salt, garlic, basil to taste KJ:1288,7

INSALATA DI PASTA TRICOLORE - TRICOLOR PASTA SALAD

90g pasta, 50g carote, 50g funghi, 50g piselli, 30g mais, 20g olive, 10g olio evo, sedano, cetrioli, carciofini, aceto, zucchero, sale, aromi, solfiti, estratto di lievito, acido citrico, maltodestrine di patate, basilico q.b. Kcal:499

100g pasta, 10g extra virgin olive oil, 100g tomato, 50g ricotta, salt, basil, garlic and herbs to taste KJ:2.085,82

➤ Secondi/Main courses

SFORMATINO DI PATATE ZUCCA E FUNGHI - POTATO, PUMPKIN AND MUSHROOMS FLAN

70g patate, 70g funghi, 100g zucca, 10g olio e.v.o., 40g pangrattato, sale iodato, basilico, aglio, prezzemolo e pepe q.b. Kcal:338

70g potatoes, 70g mushrooms, 100g pumpkin, 10g extra virgin olive oil, 40g breadcrumbs, salt, basil, garlic, parsley and pepper to taste KJ:1.412,84

POLPETTA DI PISELLI - PEA MEATBALL

180g piselli, 10g olio e.v.o., 30g pangrattato, 30g farina, sale iodato, prezzemolo, basilico, cipolla e olio di girasole q.b. Kcal:435

180g peas, 10g extra virgin olive oil, 30g breadcrumbs, 30g flour, salt, parsley, basil, onion and sunflower oil to taste KJ:1.818,3

➤ Contorni/ Side

VERDURE GLIGLIATE - GRATINATED VEGETABLES

130g melanzane, 30g zucchine, 30g peperoni, 10g olio evo, sale, aceto, aglio, origano e prezzemolo q.b. Kcal:108

30g aubergines, 30g courgettes, 30g peppers, 10g extra virgin olive oil, salt, vinegar, garlic, oregano and parsley to taste KJ:451,44

INSALATA DI BORLOTTI E POMODORO - BORLOTTI BEANS AND TOMATO SALAD

30g borlotti, 100g pomodori, 10g olio e.v.o., sale iodato, basilico, origano e sedano q.b. Kcal:217

30g borlotti beans, 100g tomatoes, 10g extra virgin olive oil, salt, basil, oregano and celery to taste KJ:907,06



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