

La Colubrina

CUCINA DI FAMIGLIA. DAL 1983.

Since 1983, in the very same location, via Felice Casati 5 in Milano, La Colubrina offers healthy and creative cuisine, in line with our family traditions, in a friendly and peaceful environment.

We always put our best care at selecting and purchasing fresh ingredients, seasonal products in accordance with the daily market offerings: this is the starting point of a long journey our family has taken on many years ago, which we continue to pursue with dedication and enthusiasm.

A few years back, we have started introducing a rich menu of vegan cuisine: simple recipes creatively reinterpreted for our guests to experience and enjoy.

La Colubrina welcomes you every day (except Mondays), from 8:00 AM to 3:00 PM, and between 7:30 PM and 11:30 PM.

We offer cosy and private spaces for business meetings and special events.

Vegan catering service by reservation.

Breakfast, with cafeteria, fresh juices, fresh fruit salads and our specialty homemade vegan desserts and savoury options. Our guests have access to daily newspapers and free wifi.

For lunch, dishes selected from our vegan & traditional menu. Our homemade wholemeal pizza.













In the afternoon, our lounge and selected background music are perfect for a small relaxing break.

Vegan happy hour, the milanese happy hour, but our way (by reservation).

Dinner, with our vegan and traditional family cuisine, and our homemade wholemeal pizza.

Sunday, vegan brunch by reservation.

VEGAN CUISINE

	euro
Appetizers	
  Gran Pinzimonio “La Colubrina” Rich selection of fresh seasonal vegetables, served with a rice oil, pomegranate or beetroot vinaigrette	9,00
  Gustoso crudo Dried crackers, mixed vegetable chips with guacamole and flavoured tahini sauces [Linseed flour, zucchini, carrot, apple, red onion, spring onion, avocado, sesame seeds, ginger, lime, extra-virgin olive oil, herbs]	15,00
  Petali di barbabietola con dadolata di sedano, capperi siciliani e crema al sesamo Organic beetroot, soft celery hearts, desalted capers, sesame sauce	13,00
  Carpaccio di zucca Délica marinato con pinoli, hummus di barbabietola e tomino alle noci Pumpkin [the Délica pumpkin grows in Italy, from seeds of Japanese origin], garlic, extra-virgin olive oil, chili pepper, beetroot, pinenuts, walnuts, macadamia nuts, mixed herbs and spices	16,00
 Polpettine di ceci Organic chickpeas curry, onion, spices, Antico Molino Rosso organic chickpea flour, homemade mayonnaise	8,00
 Involentino di verza con ripieno di tofu e verdure aromatizzate Savoy cabbage, tofu [vegan cheese made from soy juice curd], seasonal vegetables, saffron, celery root	10,50
 Stufato leggero di carciofi e batata con sfoglie croccanti di polenta bicolore e scaglie di tartufo nero Artichoke from Sardinia, red yam, shallot, red spring onion, basil, extra-virgin olive oil, buckwheat and cornmeal polenta, white corn, turmeric extract, beetroot extract, hooked black truffle	15,00
 Degustazione di formaggi fatti in casa, accompagnata da puntarelle e crema di tofu e mandorle bianche, composta di cachi/mele cotogne Vegan cheeses: mixed seeds, nuts, legumes, chicories, tofu, extra-virgin olive oil, coconut oil, spices and herbs, persimmon/quince (fruit options may change based on seasonal availability)	20,00

Our dishes, as always, are developed and created by us, starting from the raw ingredients directly.



Gluten free





Raw

VEGAN CUISINE

Bruschette

euro

-   **Spinacina:** raw bread with chicory, fresh baby-spinach [sunflower seeds, pumpkin seeds, cashews, buckwheat] 8,00
- Contadina:** turmeric bread with brussel sprouts and cauliflower, garlic, extra-virgin olive oil, chili pepper 4,00
- Sfiziosa:** escarole, Taggiasca olives, extra-virgin olive oil, garlic, fresh chili pepper 4,00
- Tartufina:** homemade truffle sauce [truffle, white almonds, extra-virgin olive oil, pink salt] 5,50



Bread

Our homemade bread is made with Antico Molino Rosso wholemeal spelt and rye flour, extra-virgin olive oil, Himalayan pink salt, yeast, mixed seeds

Cover charge

2,50

First courses

-  **Gnocchi di zucca con crema al cocco e funghi shiitake** 12,00
Wholemeal gluten-free organic flours, Délica pumpkin, shiitake mushrooms [rich in carbohydrates, proteins, minerals, vitamin D], hint of garlic
-  **Risotto con zucca Délica e scaglie di cioccolato nero fondente** 10,00
Wholegrain Baldo rice from biodynamic farming Agricola Biodinamica Cascine Orsine, oven-roasted pumpkin [the Délica pumpkin grows in Italy, from seeds of Japanese origin], shallot, dark chocolate
- Tagliatelle integrali di farro con crema di radicchio e ragù di funghi chiodini** 12,00
Radicchio, carrots, celery, coconut, chiodini mushrooms [high content in water, fibre, minerals and vitamins]

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Raw

VEGAN CUISINE

First courses	euro
Pizzoccheri della Valtellina rivisitati Buckwheat pizzoccheri, savoy cabbage, spinach, green-leafy veggies (fresh, organic, oven-steamed), potatoes, lentil mozzarella "fior di lenticchie" [natural lentil-based cheese], homemade "grattugiata" vegan cheese, extra-virgin olive oil, garlic, sage	9,50
 Zuppa Beluga con scaglie di scorzone nero Specialty soup made with organic Beluga lentils [small, delicate lentils, with aromatic flavour. Low-fat, rich in antioxidants, fibres and proteins], cooked in coconut milk. Shallot, white spring-onion, black truffle	10,00
 Orecchiette di grano sareceno con broccoletti, cime di rapa saltate aop e uvetta sultanina [Homemade buckwheat orecchiette made with wholemeal gluten-free flours], broccoli, turnip tops, "grattugiata" vegan cheese, garlic, fresh chili pepper, extra-virgin olive oil	10,50
 La Colubrina's ramen Homemade vegetable broth with: celery, carrots, zucchini, leeks. Served with miso, lotus flower root, burdock, buckwheat noodles, fresh leek, diced zucchini and carrots, African black millet balls [wild millet, rich in vitamins, proteins, minerals and most of all is a source of silicic acid, important for preserving bones, skin and cartilage]	12,00
 Sides	
Mixed grilled vegetables	5,00
Seasonal mixed vegetable stir-fry (solanaceae-free)	6,50
Salad with seasonal vegetables	5,00
Oven-roasted potatoes with herbs	5,00
Oven-grilled French fries	5,00

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Raw

VEGAN CUISINE

Main courses

euro

-   **Tartufi essiccati, serviti su salsa di carote, accompagnati da gondoline di belga ripiene di ricotta di zucca e noci macadamia** 18,00
Germinated sorghum, cashews, macadamia nuts, carrots, spices, extra-virgin olive oil, umpkin, endive, coconut
-  **Burger di fagioli del Tavo e broccoletti con chiodini in umido e patate** 16,50
Tavo beans [round white beans typical of Tavo, Abruzzo region in Italy], organic broccoli [from the Taliano organic farm], spring onions, extra-virgin olive oil, chiodini mushrooms, celery, carrots, oven-roasted potatoes with herbs
- Rainbow** 16,00
Wholemeal spelt bread, vegetable rosti (yam, zucchini, broccoli, carrot), "fior di lenticchie" cheese, iceberg lettuce, beetroot turmeric mayo, oven-roasted potatoes
-  **Tempeh con intingolo bianco e purè di batata** 18,00
Tempeh [from organic soy], coconut, sauteed zucchini, leeks, spring onion; yam [sweet potato, a rare root, precious for its high content in nutrients], black truffle shavings
-  **Saltimbocca "La Colubrina"** 16,00
Celery root, crispy gluten-free panure, sauteed baby-spinach and artichokes, smoked "fior di lenticchie" cheese, herbs from the garden, oven-roasted potatoes
-  **Burger di miglio africano con cime di rapa e shiitake saltati aop** 18,00
African black millet balls [wild millet, rich in vitamins, proteins, minerals and most of all is a source of silicic acid, important for preserving bones, skin and cartilage], selected turnip tops, organic shiitake mushrooms [rich in carbohydrates, proteins, minerals, vitamin D], oven-roasted potatoes, garlic, extra-virgin olive oil, chili pepper

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Gluten free




Raw

MENU' DEGUSTAZIONE

  Cauliflower crumble with pomegranate and tahini sauce

Yam and Yucca stuffed ravioli served with a zucchini and carrot ragout,
black millet and leek balls over a celery root puree.

The raviolis are homemade with Enkir flour.

  Persimmon and hazelnut mousse
(the mousse may change depending on the seasonal fruits available)

Glass of wine

35 €

*cover charge not included

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TRADITIONAL CUISINE

Appetizers

euro

- ⊗ Code di gamberi con julienne di zucchine e salsa cocco aromatizzata al curry 14,00
Shrimp tails* Ecuador, stirred zucchini and shallot, coconut sauce, curry, herbs and spices
- Sautè di vongole con pomodorini 15,00
Sauteed clams*, Piccadilly tomatoes, extra-virgin olive oil, garlic, fresh chili-pepper, parsley
- ⊗ Insalata delicata 14,00
Fennel and mixed-leaf salad, steamed shrimps*, lime vinaigrette, mint, extra-virgin olive oil, guacamole sauce
- Tagliere misto 15,00
Valtellina Speck “delicate smokey flavour”, bruschetta with escarole, olives and “medium-ripe” pecorino di Pienza

First courses

- Spaghetti alla scogliera 16,00
Durum wheat spaghetti, prawn*, shrimps*, clams*, tomato sauce, fresh parsley and basil

Main courses

- Gamberoni saltati in padella con trevigiana scottata in forno 18,00
Prawns* with “trevigiana” radicchio, herbs and spices, dry white wine, garlic and garden herbs, oven-roasted potatoes. Vegetables may change based on seasonal availability



Gluten free

WHOLEMEAL PIZZA

Our pizza is made with homemade dough using organic flour from Antico Molino Rosso. We use wholemeal and organic kamut, spelt, manitoba and wheat flours, yeast, and unrefined salt

Vegan	euro
Re lentil mozzarella, stir-fry of diced zucchini and artichokes	10,00
Regina tomato sauce, lentil mozzarella, basil	7,00
Aromatica tomato sauce, garlic, oregano	4,50
Essenziale tomato sauce, lentil mozzarella, grilled vegetables, basil, vegan "grattugiata" cheese	8,50
Shiitake tomato sauce, lentil mozzarella, shiitake mushrooms, pesto	13,00
Pugliese tomato sauce, lentil mozzarella, turnip tops, garlic, chili-pepper, extra-virgin olive oil	8,00
Delizia d'Inverno lentil mozzarella, broccoli, cauliflower, pumpkin, pinenuts, turmeric, black-pepper	8,50
Carciofa focaccia with fresh artichokes and tofu	8,50
Cindarella focaccia with pumpkin cream, spinach, garlic, extra-virgin olive oil, chili-pepper, truffle shavings and hazelnut crumbs	15,00
Cecina focaccia with chickpea hummus, fresh organic baby-spinach stir-fried with garlic, extra-virgin olive oil and chili-pepper	10,00

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WHOLEMEAL PIZZA

		euro
Traditional		
Margherita		5,00
tomato sauce and mozzarella		
Pizzaiola		4,50
tomato sauce, olives, anchovies and oregano		
Napoli	[small] 5,50	6,50
tomato sauce, mozzarella, anchovies and oregano		
Completa	[small] 5,50	6,50
tomato sauce, mozzarella, olives, anchovies and oregano		
Colubrina	[small] 5,50	6,50
tomato sauce, mozzarella, blue cheese and oregano		
Rucola	[small] 5,50	6,50
tomato sauce, mozzarella, rocket		
Ortolana	[small] 7,00	8,00
tomato sauce, mozzarella and grilled vegetables		
Bufala	[small] 8,50	10,00
tomato sauce, mozzarella and buffalo mozzarella		
Baguette (chiusa)		10,00
tomato sauce, buffalo mozzarella, scamorza cheese, speck and rocket		
Zircone		12,00
tomato sauce, mozzarella, speck, blue cheese and rocket		
Smeraldo		15,00
tomato sauce, shrimps*, rocket and cherry tomatoes		
Additional ingredients charge [for each ingredient]		1,50

WINES

Red	Year	Vinery	Region	Bottle (75cl)	Glass (18cl)
Organic Vegan					
Cabernet sauvignon DOC	2017	Terre Preziose	Veneto	26,00	6,00
Reds IGT	2017	Terre Preziose	Veneto	26,00	
Cabernet sauvignon DOC (sulfite free)	2016	Giol	Veneto	26,00	
Merlot Barrique DOC	2017	Giol	Veneto	26,00	
Montepulciano Abruzzo Héliko (sulfite free)	2014	Tollo	Abruzzo	26,00	
Nebbiolo d'Alba DOC	2014	Taliano	Piemonte	26,00	
Roero DOCG	2011	Taliano	Piemonte	26,00	
Morellino di Scansano d.o.c.g.	2016	Montecivoli	Toscana	25,00	
Chianti superiore d.o.c.g.	2015	Sorelle Palazzi	Toscana	25,00	
Valpolicella Classico d.o.c.	2014	Bolla	Veneto	22,00	6,00
Nero d'Avola Opera al Nero	2014	12 Chiavi	Sicilia	20,00	6,00
Montepulciano d'Abruzzo Riserva d.o.p.	2011	Tollo	Abruzzo	25,00	
Sassella Valtellina Super d.o.c.g.	2011	Nino Negri	Lombardia	35,00	
Barolo d.o.c.g.	2014	Cà bianca	Piemonte	55,00	
White					
Organic Vegan					
Chardonnay IGT	2015	Terre Preziose	Veneto	26,00	
Pinot grigio I.G.T (sulfite free)	2008	Giol	Veneto	26,00	
Gewürztraminer d.o.c.	2017	Conti d'Arco	Trentino	28,00	6,00
Pecorino terre di Chieti I.G.P.	2015	Tollo	Abruzzo	22,00	6,00
Ribolla Gialla del Collio d.o.c. Raiade	2014	Formentini	Friuli	26,00	
Gavi di Gavi d.o.c.g.	2014	Cà Bianca	Piemonte	26,00	
Passerina	2014	Tollo	Abruzzo	22,00	
Sparkling					
Prosecco extra dry BioVeg DOC (sulfite free)	2017	Giol	Veneto	28,00	
Franciacorta Blanc de Blancs d.o.c.g.	2015	Monogram	Lombardia	42,00	
Dessert wines					
Recioto di Soave Classico d.o.c.g.	2010	Bolla	Veneto	35,00 (50cl)	3,50 (3,5cl)
Passito di Pantelleria	2014	Pellegrino	Sicilia	22,00 (50cl)	2,00 (3,5cl)

BEERS

Beer	Brewery	Look	Flavour	Volume/l	euro
  Gusty dark	Green's	Scura	Gusto caffè, cioccolato, noce e liquirizia	5,8%/0,33l	8,00
  Gorgeous Blonde Ale	Green's	Bionda	Note di coriandolo e agrumi	5,8%/0,33l	8,00
 Vertigo	Orso Verde	Doppio Malto Chiara	Dolce, equilibrato, aromatico	7%/0,50l	8,00
 Wabi	Orso Verde	Dorato	Note di miele e frutta, finale amaro	5%/0,50l	8,00
 Emilia	Del Ducato	Chiara	Floreale con aroma di miele d'acacia, pepato	5%/0,33l	7,00
 New Morning	Del Ducato	Dorato Arancio	Aromatica con finale agrumato e speziato	5,8%/0,33l	7,00
 Audace	32 Via Dei Birrai	Doppio Malto bionda	Note agrumate fiori gialli, mandorla e pesca	8,4%/0,75l	14,00
 Admiral	32 Via Dei Birrai	Scura con riflessi rubino	Equilibrato tra i malti del caramello e l'amaro del luppolo	6,3%/0,75l	14,00
 Zona Cesarini	Toccalmatto	Ambrata con riflessi arancio	Intense note di frutta tropicale	6,6%/0,75l	15,00
 Ambrosia	Toccalmatto	Giallo paglierino frutta e fiori freschi	Note di miele	4,5%/0,75l	15,00
 American magut	Lambrate	Chiara	Note erbacee e floreali, frutti esotici e agrumi	5,0%/0,33l	6,50
 Quarantot	Lambrate	Ambrata	Note erbacee, fragranze fruttate e agrumate, finale amaro	8,0%/0,33l	6,50
 Gaina	Lambrate	Giallo ramato	Note di fragoline pesca e mango	6,0 %/0,33l	6,50
 Forst	Forst	Chiara	Note delicate e freschi profumi	2,9%/0,20l 0,40l	3,50 4,50



Gluten free



Raw

DRINKS

euro

Mineral water Wami 750cl sparkling/still	3,00
Galvanina bio: Cola - Orange - Gazzosa (soft drinks)	3,50
Fresh organic orange juice 25cl	5,00
Organic vitaminic extract 25cl	5,00
Organic Plose juices apple - pomegranate - pineapple - blueberry	4,50
Espresso	1,50
Decaffeinated espresso	2,50
Cicorino [with dark chocolate and organic almond milk]	2,50
Cappuccino with organic rice/almond/soy milk	4,00
Organic herbal teas	4,00
Organic tea	3,50
Organic chamomile	2,50
Grappa Francoli LifeGate	6,00
Digestives	4,00
Liquors	5,00

DESSERT

Homemade vegan dessert	7,00
Café Gourmand "La Colubrina"	
[espresso served with 3 bites of homemade vegan desserts]	10,50