Innovative and unique offer that combines sophistication of a top-level cuisine to the beneficial properties of the food. DOT EAT uses only the best of every food, creating a transversal diet with raw and vegan proposals, but also protein dishes and Mediterranean recipes. Recipes gourmet uncommitted to any category: have fun with food enjoying all its properties. The result? More health, less oxidative stress and a stronger immune system.

*Eating has never been so good for you!*

- Please inform us about any allergies
STARSERS

Topinambur Salad and Steamed Shrimp

WALNUTS: small packets of vitamin B and polyunsaturated fats, walnuts are one of the key foods for nutrition that protects the heart and circulation, as well as being important for the brain due to their phosphorus and copper content.

Composition of radicchio with blue cheese goat and pomegranate

POMEGRANATE: fruit rich in anthocyanins and polyphenols, antioxidants that strengthen capillary walls and protect cell membranes from radical stress.

Golden millet salad marinated in turmeric with broccoli, cauliflower and chopped walnuts

BROCCOLI/Cauliflower: vegetables belonging to the Brassicaceae family, are known to be very rich in Isothiocyanates, molecules with a recognised anti-tumour action. Specifically, the DIM is the key element that is able to counteract the estrogen-dominance typical of some pathologies.

Autumn chestnut cream

TAMARI: Soybeans are fermented for at least 3 years in fine wood barrels: this fermentation eliminates the anti-nutrients contained in soy, which would be counterproductive for the stomach and thyroid. As a result of the fermentation process, moreover, the sauce is enriched with the "umami" flavour, one of the 5 fundamental tastes that satisfies the palate and gives a sense of energy and alertness to the central nervous system.

Risotto with pumpkin with rosemary and scallops

SCALLOPS: are highly esteemed shellfish, extremely rich in minerals beneficial to health. Specifically: iron, zinc, copper and phosphorus. They are especially beneficial for the skin, health, as they contain zinc.

FIRST COURSES

Penne rigate with rice, corn and buckwheat flour with Tuscan cabbage and stewed mushrooms

MUSHROOMS: mushrooms are not really vegetables, but are part of a natural kingdom of their own. Nutritionally, they are very high in fibre and a particular type of vegetable protein, which in the coming decades will allow us to change the way we eat, when a business trend in products derived from mycoproteins gets off the ground. Each mushroom has special medicinal properties.

Main Courses

Chickpea well-burger

CHICKPEAS: they contain a lot of potassium and calcium: in vegetarian and vegan diets they are a source that can totally or partially replace cow's milk cheeses.

Sliced veal chop, seasoned pears, braised endive

PEARS: They have positive properties for the intestinal system, a high sugar content to provide energy and are highly satiating. They are recommended in slimming diets, without exaggerating the portion size.

DESSERTS

Chestnut tart

CHESTNUTS: unlike summer fruits, chestnuts contain sugars which are released more slowly although they are more concentrated. They are a perfect energy-giving food for people who practice sports or children.

Tiramisu

COCONUT MICE: this is the 'secret' ingredient used for the smooth covering cream. It is high in fats beneficial for the intestinal bacterial flora and is naturally sugar-free.

Sweet Non-Sweet with quinces

QUINCE: it is a variety of apple that is only consumed cooked; it is very rich in pectin that easily gels, so the consistency is guaranteed 100% by natural products without additives.

Raw Matcha cake

MATCHA: an ingredient rich in L-theanine, an amino acid that promotes relaxation, well-being and provides energy. Matcha is rich in catechins, antioxidants known for their fat burning effect, which prevent arthritis and support the immune system.