



GINGER

SAPORI & SALUTE



New York



Rome

Tasty, Healthy & Sustainable

Our menus evolve with the rhythm of the seasons, celebrating ingredients that are thoughtfully sourced, organically grown, and prepared with a sense of harmony and purpose. Guided by the principles of the world's Blue Zones, regions where vitality and longevity flourish, our cuisine is ingredient-driven, plant-forward, and rooted in refined simplicity.

From breakfast through to the evening aperitivo, each dish is crafted with precision and purpose, embodying freshness, harmony, and authenticity.

This is Italian cuisine as it was meant to be: quietly wholesome, profoundly flavorful, and always a timeless pleasure.

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RESY



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New York

Ginger Midtown
123 West 49th Street,
10020 New York

Rome

Ginger Spagna
Via Borgognona 43-46,
00187 Roma

Rome

Ginger Pantheon
Piazza Sant'Eustachio 54 – 55,
00186 Roma

Rome

Ginger Corte Laica
Via del Corso 173,
00187 Roma

Insalate

SALADS

VEGANE & VEGETARIANE

Seggiola - 19

Avocado, carrots, celery, fennel, grape tomatoes, Castelvetro olives, watermelon radish, organic seeds, organic mixed salad, balsamic — GF DF VGN

Paolina - 21

Mozzarella di bufala, cherry tomatoes, chickpeas, cucumber, pickled red onion, organic mixed salad, balsamic — GF VGT

CON CARNE & PESCE

Aurelia - 24

Steamed organic chicken, green apples, celery, parsley, toasted walnuts, organic mixed salad, mustard dressing — GF DF

San Saba - 25

Sicilian tuna, organic hard-boiled eggs, cannellini beans, cherry tomatoes, organic seeds, organic mixed salad, mustard dressing — GF

Fossa - 26

Poached shrimps, orange segments, roasted romanesco cauliflower, chives, toasted macadamia, organic mixed salad, citronette

— GF DF

Impresa - 25

Oven-roasted turkey breast, goat cheese, avocado, organic seeds, organic mixed salad, mustard dressing

— GF

Botticella - 26

House cured salmon, mango, shaved shallot, toasted pistachios, dill, organic mixed salad, citronette

— GF DF

Multigrain bread basket - 6

Piatti di Frutta

FRUIT PLATES

Piatto di frutta

SMALL

26

BIG

32

DF GF RW VGN

Tropicale - 26

Selection of tropical fruits

DF GF RW VGN

Fresh mango - 19

upon availability

DF GF RW VGN

Macedonia & Yogurt

Tuttifrutti - 13

Mix of seasonal fresh fruits
(add yogurt, granola or nuts \$ 3 each)

Solo Yogurt - 13

Yogurt with homemade organic granola
(add almonds, honey or fruit \$ 3 each)

Gelato

ICE CREAM

Classic - 15

Pistachio, chocolate, vanilla

Tropical - 15

Mango, passion fruit — DF

Dolci

DESSERT

Tiramisù - 15

Classic tiramisu' with organic coffee, savoiardi and mascarpone — VGT

Mousse di cioccolato, caramello salato - 16

Chocolate mousse, toasted hazelnuts, salted caramel, coffee sauce — GF

Passion cheesecake - 16

Classic NY cheesecake, passion fruit sauce — VGT



Energy Bowls - Tigela

For a feeling of well-being and vitality. Try the classic "Tigela" with granola and fresh fruit

Açaí - 14

Organic açai, banana, blueberries, homemade organic granola / Naturally rich in antioxidants and omega-3, a light and energizing bowl — DF VGN

Mango - 14

Mango, strawberries, banana, homemade organic granola, blueberries / Packed with vitamins A and C for a fresh, tropical flavor — DF VGN



Juices

Refreshing, healthy, rich in vitamins and minerals

Arancia - 8

Fresh orange juice
Classic and refreshing source of vitamin C

Ornella - 9

Celery, fennel, carrot, ginger
Light and cleansing with a delicate spicy kick.

Annette - 9

Orange, pineapple, apple, lemon
Bright and citrusy, with a smooth finish

Ginger - 9

Pineapple, fennel, ginger, apple
Zesty and refreshing, ideal after a meal

Sucoverde - 9

White cabbage, spinach, pineapple, organic spirulina seaweed / A powerful green blend, full of character and balance

Healthy smoothies

Smoothies that improve your well-being with super fruits

Veracruz - 11

Organic chia seeds, mango, papaya, pineapple
A tropical mix enriched with chia for a smooth, silky texture

Madagascar - 11

Passion fruit, guava, banana, pineapple
/ Exotic and satisfying, with a naturally sweet finish

Formosa - 11

Papaya, strawberry, orange
A juicy combination with a delicate balance of sweetness and acidity

Alessio - 11

Passion fruit, strawberry, apple
A relaxing and aromatic blend, fruity yet light

Floripa - 11

Açaí, banana, apple
Smooth, rich in body, with a gentle berry note

Buzz - 11

Mango, soursoup, ginger, apple
Tropical and slightly tangy, with a lively kick

Bahia - 11

Blueberries, pineapple, banana
Refreshing and naturally sweet, with a touch of summer berries

Add protein \$3



Caffè

COFFEE



Organic Espresso - 4

Organic Double Espresso - 6

Americano - 5
Organic blend by Lavazza

Organic Drip Coffee - 6

Organic Latte - 7

Organic Cappuccino - 6
Cappuccino made with organic milk and coffee—7

Organic Vegan Cappuccino - 6
Vegan cappuccino with organic oat milk—18 / DF VGN

Matcha Latte bio

- 5 -
Organic milk and Matcha Tea

Ciocolata calda

- 6 -
Hot chocolate

Teas

TÈ E TISANE

English breakfast - 7

An invigorating, full-bodied blend of organic Indian, Chinese, and Ceylon single-estate black teas. A winsome take on the classic breakfast blend - and one of our most requested.

Chamomile - 7

Egyptian chamomile blossom tea is a naturally calming botanical used for centuries to promote rest and relaxation. With pleasant aromatic suggestions of pineapple and quince, this deeply satisfying herbal tea may be enjoyed hot or chilled.

Majorelle mint - 7

A Moroccan paradise of organic gunpowder green tea and vibrant mint with a stylish citrus twist.

Jasmine pearls - 7

A perennial favorite, fragrant jasmine pearls is a tightly rolled (pearl shape) tea, scented only with jasmine blossoms. Wonderfully floral, this exceptional grade of jasmine pearls is from the Da Bai Cha cultivar and processed, not as a white tea, but as a green.

WATER

Filtered natural or sparkling water - 3

Saratoga - Natural or sparkling water - 10

SODAS

Coca Cola, Tonica, Coke Zero, Ginger Beer, Sprite - 6

NON ALCOHOLIC BEER

Best Day Brewing N/A Kolsch California - 8

WATER

House Lager - 9

Sixpoint Brewing Bengali IPA New York - 11

Birrificio Del Ducato Torrente - 13
Emilia-Romagna, Italy (Hopped lager)

BOTTLE BEER

Birra Baladin Nazionale - 14
Piedmont, Italy (Belgian style golden ale) - 13

Ask for our wine by the glass and our wine list / Ask for ginger selection of cocktails and amari

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Not a gluten-free facility, cross-contamination possible. Before placing your order, please inform your server if anyone in your party has a food allergy. 20% gratuity will be included for party of 6 or more

DF Dairy free

GF Gluten free

RW Raw

VG Vegetarian

VGN Vegan





Aperitivo Happy Hour

Wine by the glass - \$12

Beer \$6

Spritz \$14

Margaritas \$14

Marinated olives - 9

Castelvetrano and taggiasca olives, rosemary, fresno chili, lemon zest

Fried pizza al pomodoro - 8

Fried dough, tomato sauce, Parmigiano

Toasted spicy nuts - 7

Almonds, pecans, sunflower seeds, espellette

Tagliere - 18

Small selection of cold cuts

Fried pizza al prosciutto - 12

Fried dough, Prosciutto di Parma, stracciatella

Crispy potatoes - 12

Ginger signature fries with smoked mayo

Monday - Friday

From 4 to 6 PM



Host Your Next Event at Ginger

Private Events

Looking for a space that's as intentional as your guest list?
Our private dining room is perfect for celebrations, business gatherings, and everything in between - with vibrant, seasonal menus and warm Italian hospitality.
Ask our team to learn more.

PDR				MDR			
	40		60		120		250

Ask for our

Catering Menu

The taste of Ginger,
wherever you are

E-mail us
ciao@gingerristoranti.com