



LUNEDÌ
MONDAY / LUNDI
12:00 - 18:00 / 12 - 6 PM

YOUR DAILY
YUMMY BOWLS



yummy bowls

FRESH YUMMY BOWL

€ 7,00

Anguria 🌿

Watermelon

Pastèque

LIGHT YUMMY BOWL

€ 10,00

Insalata mista 🌿

insalata verde, pomodoro, carote, mais, finocchio, cetriolo

Mixed salad

green salad, tomato, carrots, sweetcorn, fennel, cucumber

Salade mixte

salade verte, tomate, carottes, maïs, fenouil, concombre

GOURMET YUMMY BOWL

€ 13,00

Insalata del pastore 🌿 🥚 🥥

insalata verde, pomodoro, noci, gorgonzola, pecorino, ricotta, gruviera, menta

Shepherd's salad

green salad, tomato, walnut, gorgonzola, pecorino cheese, ricotta, gruyère, fresh mint

Salade du berger

salade verte, tomate, noix, gorgonzola, fromage pecorino, ricotta, gruyère, menthe

BAY YUMMY BOWL

€ 15,00

Insalata del Giunco 🌿 🥚 🥥 🌿

insalata verde, gamberetti, filetti di merluzzo, radicchio, pomodoro ciliegino, limone, olio d'oliva, sale, pepe

"Giunco" salad

green salad, shrimps, cod filets, radicchio, cherry tomato, lemon, olive oil, salt, pepper

Salade "del Giunco"

salade verte, crevettes, filets de cabillaud, endive rouge, tomate cerise, citron, huile d'olive, sel, poivre

🌿 Glutine / Gluten / Gluten

🥚 Soia / Soybeans / Soja

🥚 Uova / Eggs / Cœufs

🐟 Pesce / Fish / Poisson

🌿 Sedano / Celery / Céleri

🥛 Latte / Milk / Lait

🥜 Frutta a guscio / Nuts / Fruits à coques

🌿 Senza glutine / Gluten free / Sans gluten

🌿 Sesamo / Sesame seeds / Graines de sésame

🥚 Lupini / Lupin / Lupin

🌿 Anidride solforosa / Sulphur dioxide / Anhydride sulfureux

🌿 Mostarda / Mustard / Moutarde

🐞 Crostacei / Crustaceans / Crustacés

🐌 Molluschi / Molluscs / Mollusques

🥜 Arachidi / Peanuts / Arachides

L A

CABANA BIANCA



BAY BEACH BAR

MARTEDI
TUESDAY / MARDI
12:00 - 18:00 / 12 - 6 PM

YOUR DAILY
YUMMY BOWLS



yummy bowls

FRESH YUMMY BOWL

€ 7,00

Melone giallo 

Yellow melon

Melon jaune

LIGHT YUMMY BOWL

€ 10,00

La classica caprese  

pomodoro, mozzarella, olio d'oliva

Caprese salad

tomato, mozzarella, olive oil

Salade caprese

tomate, mozzarella, huile d'olive

GOURMET YUMMY BOWL

€ 13,00

Insalata del territorio  

rucola, pomodoro, prosciutto crudo, olive, pecorino

Sardinian salad

rocket, tomato, Sardinian raw ham, olives, Sardinian pecorino cheese

Salade sarde

rocket, tomate, jambon cru sarde, olives, fromage sarde pecorino

BAY YUMMY BOWL

€ 15,00

Insalata di mare   

cozze, gamberi, seppia, polpo, olio, aglio, prezzemolo, aceto, pepe

Seafood salad

mussels, prawns, cuttlefish, octopus, oil, garlic, parsley, vinegar, pepper

Salade de la mer

moules, gambas, seiche, poulpe, huile, ail, persil, vinaigre, poivre

 **Glutine / Gluten / Gluten**

 **Soia / Soybeans / Soja**

 **Uova / Eggs / CÉufs**

 **Pesce / Fish / Poisson**


 **Sedano / Celery / Céleri**


 **Latte / Milk / Lait**

 **Frutta a guscio / Nuts / Fruits à coques**

 **Senza glutine / Gluten free / Sans gluten**

 **Sesamo / Sesame seeds / Graines de sésame**

 **Lupini / Lupin / Lupin**

 **Anidride solforosa / Sulphur dioxide / Anhydride sulfureux**

 **Mostarda / Mustard / Moutarde**

 **Crostacei / Crustaceans / Crustacés**

 **Molluschi / Molluscs / Mollusques**

 **Arachidi / Peanuts / Arachides**



MERCOLEDÌ
WEDNESDAY / MERCREDI
12:00 - 18:00 / 12 - 6 PM

YOUR DAILY
YUMMY BOWLS



yummy bowls

FRESH YUMMY BOWL

€ 7,00

Ananas ✂

Pineapple

Ananas

LIGHT YUMMY BOWL

€ 10,00

Insalata del giorno 🍴

Salad of the day

Salade du jour

GOURMET YUMMY BOWL

€ 13,00

Insalata greca 🍴 ✂

insalata verde, pomodoro, formaggio feta, cetriolo, cipolla, origano

Greek salad

green salad, tomato, feta cheese, cucumber, onion, oregano

Salade grecque

salade verte, tomate, fromage feta, concombre, oignon, origan

BAY YUMMY BOWL

€ 15,00

Insalata "terra e mari" 🍴 ✂

insalata verde, pomodoro, tonno, carciofi, mais, capperi

"Land & sea" salad

green salad, tomato, tuna, artichokes, sweetcorn, capers

Salade "terre et mer"

salade verte, tomate, thon, artichauts, maïs, câpres

🍴 Glutine / Gluten / Gluten

🍴 Soia / Soybeans / Soja

🍴 Uova / Eggs / Œufs

🍴 Pesce / Fish / Poisson

🍴 Sedano / Celery / Céleri

🍴 Latte / Milk / Lait

🍴 Frutta a guscio / Nuts / Fruits à coques

✂ Senza glutine / Gluten free / Sans gluten

🍴 Sesamo / Sesame seeds / Graines de sésame

🍴 Lupini / Lupin / Lupin

🍴 Anidride solforosa / Sulphur dioxide / Anhydride sulfureux

🍴 Mostarda / Mustard / Moutarde

🍴 Crostacei / Crustaceans / Crustacés

🍴 Molluschi / Molluscs / Mollusques

🍴 Arachidi / Peanuts / Arachides

L A

CABANA BIANCA



BAY BEACH BAR

GIOVEDÌ
THURSDAY / JEUDI
 12:00 - 18:00 / 12 - 6 PM

YOUR DAILY
YUMMY BOWLS



yummy bowls

FRESH YUMMY BOWL

€ 7,00

Macedonia ✂

Fruit salad

Salade de fruits

LIGHT YUMMY BOWL

€ 10,00

Insalata mista ✂

insalata verde, pomodoro, carote, mais, finocchio, cetriolo

Mixed salad

green salad, tomato, carrots, sweetcorn, fennel, cucumber

Salade mixte

salade verte, tomate, carottes, maïs, fenouil, concombre

GOURMET YUMMY BOWL

€ 13,00

Insalata rustica 🍷 ✂

insalata verde, pomodoro, uovo sodo, pollo, julienne di verdure

Country salad

green salad, tomato, hard-boiled egg, chicken, julienne-cut vegetables

Salade rustique

salade verte, tomate, œuf dur, poulet, julienne de légumes

BAY YUMMY BOWL

€ 15,00

Insalata nizzarda 🍷 🍷 ✂

insalata verde, pomodoro, patate, fagiolini, uovo sodo, acciughe, peperoni, tonno

Nicoise salad

green salad, tomato, potatoes, French beans, hard-boiled egg, anchovies, sweet pepper, tuna

Salade niçoise

salade verte, tomate, pommes de terre, haricots verts, œuf dur, anchois, poivron, thon

🍷 Glutine / Gluten / Gluten

🍷 Soia / Soybeans / Soja

🍷 Uova / Eggs / Cœufs

🍷 Pesce / Fish / Poisson

🍷 Sedano / Celery / Céleri

🍷 Latte / Milk / Lait

🍷 Frutta a guscio / Nuts / Fruits à coques

✂ Senza glutine / Gluten free / Sans gluten

🍷 Sesamo / Sesame seeds / Graines de sésame

🍷 Lupini / Lupin / Lupin

🍷 Anidride solforosa / Sulphur dioxide / Anhydride sulfureux

🍷 Mostarda / Mustard / Moutarde

🍷 Crostacei / Crustaceans / Crustacés

🍷 Molluschi / Molluscs / Mollusques

🍷 Arachidi / Peanuts / Arachides



**VENERDI
FRIDAY / VENDREDI**
12:00 - 18:00 / 12 - 6 PM

**YOUR DAILY
YUMMY BOWLS**



yummy bowls

FRESH YUMMY BOWL

€ 7,00

Melone verde 

Green melon

Melon vert

LIGHT YUMMY BOWL

€ 10,00

Insalata del giorno 

Salad of the day

Salade du jour

GOURMET YUMMY BOWL

€ 13,00

Insalata saporita   

insalata verde, pomodoro, asparagi, gamberetti, uovo sodo

Savoury salad




green salad, tomato, asparagus, shrimps, hard-boiled egg

Salade gourmande

salade verte, tomate, asperges, crevettes, œuf dur

BAY YUMMY BOWL

€ 15,00

Insalata mediterranea   

farro, tonno, formaggio feta, olive, capperi, pomodoro ciliegino, rucola

Mediterranean salad

spelt, tuna, feta cheese, olives, capers, cherry tomato, rocket

Salade Méditerranée

épeautre, thon, fromage feta, olives, câpres, tomate cerise, roquette

 Glutine / Gluten / Gluten

 Soia / Soybeans / Soja

 Uova / Eggs / Cœufs

 Pesce / Fish / Poisson


 Sedano / Celery / Céleri

 Latte / Milk / Lait

 Frutta a guscio / Nuts / Fruits à coques

 Senza glutine / Gluten free / Sans gluten

 Sesamo / Sesame seeds / Graines de sésame

 Lupini / Lupin / Lupin

 Anidride solforosa / Sulphur dioxide / Anhydride sulfureux

 Mostarda / Mustard / Moutarde

 Crostacei / Crustaceans / Crustacés

 Molluschi / Molluscs / Mollusques

 Arachidi / Peanuts / Arachides



SABATO
SATURDAY / SAMEDI
12:00 - 18:00 / 12 - 6 PM

YOUR DAILY
YUMMY BOWLS



yummy bowls

FRESH YUMMY BOWL

€ 7,00

Anguria 🌿

Watermelon

Pastèque

LIGHT YUMMY BOWL

€ 10,00

Insalata mista 🌿

insalata verde, pomodoro, carote, mais, finocchio, cetriolo

Mixed salad

green salad, tomato, carrots, sweetcorn, fennel, cucumber

Salade mixte

salade verte, tomate, carottes, maïs, fenouil, concombre

GOURMET YUMMY BOWL

€ 13,00

Caesar salad 🌿🥚🐟🥜

insalata verde, pomodoro, uovo in camicia, acciughe, gorgonzola, pane tostato

Caesar salad

green salad, tomato, poached egg, anchovies, gorgonzola, toasted bread

Salade Caesar

salade verte, tomate, œuf mollet, anchois, gorgonzola, toast de pain

BAY YUMMY BOWL

€ 15,00

Insalata di polpo con patate 🌿🥔🐙

Octopus salad with potatoes

Salade de poulpe aux pommes de terre

🌿 Glutine / Gluten / Gluten

🥜 Soia / Soybeans / Soja

🥚 Uova / Eggs / Œufs

🐟 Pesce / Fish / Poisson

🌿 Sedano / Celery / Céleri

🥛 Latte / Milk / Lait

🌰 Frutta a guscio / Nuts / Fruits à coques

🌿 Senza glutine / Gluten free / Sans gluten

🌿 Sesamo / Sesame seeds / Graines de sésame

🌿 Lupini / Lupin / Lupin

🌿 Anidride solforosa / Sulphur dioxide / Anhydride sulfureux

🌿 Mostarda / Mustard / Moutarde

🌿 Crostacei / Crustaceans / Crustacés

🌿 Molluschi / Molluscs / Mollusques

🌿 Arachidi / Peanuts / Arachides



DOMENICA
SUNDAY / DIMANCHE
12:00 - 18:00 / 12 - 6 PM

YOUR DAILY
YUMMY BOWLS



yummy bowls

FRESH YUMMY BOWL

€ 7,00

Ananas 🌿

Pineapple

Ananas

LIGHT YUMMY BOWL

€ 10,00

La classica caprese 🌿 🥚

pomodoro, mozzarella, olio d'oliva

Caprese salad

tomato, mozzarella, olive oil

Salade caprese

tomate, mozzarella, huile d'olive

GOURMET YUMMY BOWL

€ 13,00

Insalata estiva 🌿

quinoa, peperone verde, cetriolo, carote, zucchine, olio d'oliva, succo di limone, origano

Summer salad

quinoa, green pepper, cucumber, carrots, courgettes, olive oil, lemon juice, oregano

Salade d'été

quinoa, poivron vert, concombre, carottes, courgettes, huile d'olive, jus de citron, origan

BAY YUMMY BOWL

€ 15,00

Insalata Timi Ama 🌿 🥚 🐟

insalata verde, pomodoro, frutti di mare

Timi Ama salad

green salad, tomato, seafood

Salade du Timi Ama

salade verte, tomate, fruits de mer

🌿 Glutine / Gluten / Gluten

🥚 Soia / Soybeans / Soja

🥚 Uova / Eggs / Œufs

🐟 Pesce / Fish / Poisson

🌿 Sedano / Celery / Céleri

🥛 Latte / Milk / Lait

🌿 Frutta a guscio / Nuts / Fruits à coques

🌿 Senza glutine / Gluten free / Sans gluten

🌿 Sesamo / Sesame seeds / Graines de sésame

🌿 Lupini / Lupin / Lupin

🌿 Anidride solforosa / Sulphur dioxide / Anhydride sulfureux

🌿 Mostarda / Mustard / Moutarde

🌿 Crostacei / Crustaceans / Crustacés

🌿 Molluschi / Molluscs / Mollusques

🌿 Arachidi / Peanuts / Arachides