



BE PASTA

with natural wine

menu

welcome to **BE PASTA!**

Here, pasta isn't just an ingredient - it's **our obsession** and it's the **heart of everything** we do. **For this reason, artisanal pasta is present in its various forms in ALL dishes.**

Be Pasta was born from the union of three Italian crafts: the Chef, the Sommelier, and the Host.

THE CHEF:

Andrea, from Tuscany, brings his deep-rooted passion for Italian cuisine and craftsmanship to every dish, while striving to archive a zero-waste cuisine, that at the same time doesn't limit his very vivid creativity.

THE SOMMELIER:

Alessandro, from Milan, brings his expert eye and heart to every natural wine you will taste through our emotional wine list. His pairings are designed to surprise and delight, creating a magical experience for your palate.

THE HOST:

Daniele, a proud Perugino from Umbria, is passionate about local traditions and stories, authentic regional cuisines, and is always able to create a warm, welcoming atmosphere where you'll feel right at home.

Our artisan pasta makers

Each pasta on our menu comes from a **small, family-owned "pastificio"** in Italy (with whom we have personal relationships) or is **handmade** with love and care in our own kitchen, ensuring the highest quality, the seasonality and authenticity in every bite: **each dish will tell you a story, of tradition, of agricultural choices, of ancient grains.**

To perfectly complement your meal, we offer a selection of natural wines available for you to choose from a creative and emotional wine list, all chosen to enhance the fresh, pure ingredients we use.

We're proud to run a **zero-waste kitchen**, making sure nothing goes to waste while we cook with care for both the planet and your plate.

Welcome
to a place
where every meal
is a journey
of taste,
tradition,
and passion!

Pastificio Gentile from Gragnano| Napoli has a long story that dates to 1876. They developed the slow drying at low temperatures method called "Cirillo Method". This method uses bronze dies to simulate natural drying in pasta factories, resulting in a rough texture that holds sauce better.

Pastificio Mulino del Ponte by Filippo Drago is a Sicilian excellence dedicated to preserving native ancient grain flours like "Tumminia" of our Busiate, a tradition dating back over 2,000 years. Mulino del Ponte plays a vital role in sustaining agricultural biodiversity and environmental sustainability, keeping Sicily's rich grain heritage alive.

Mancini Pastificio Agricolo produces pasta exclusively with the durum wheat grown on its own fields following sustainable agricultural practices, rotating crops to maintain soil health and biodiversity. For each pasta shape, a custom-designed circular bronze die is meticulously crafted to ensure the perfect texture that allows sauces to cling better.

Pastificio Faella is a historic pasta producer from Gragnano | Napoli, crafting excellent pasta since 1907. Made with 100% Italian durum wheat semolina and pure Lattari Mountains water, its "Pasta di Gragnano IGP" follows tradition using bronze dies and slow drying for superior texture and flavor that embodies the heritage and excellence of true Italian craftsmanship.

Pastificio Famiglia Martelli is a family-run pasta maker founded in 1926, nestled in the heart of Tuscany. Inside an ancient castle, a large yellow building houses this small pastificio, where the heirs of this centuries-old tradition continue to craft pasta with a deep artisan soul and a commitment to authenticity making their pasta entirely by hand.

Vermouth Cocktails on draft

Be Pasta Negroni	21
Spritzer	19
On the way to Paloma	20
Our Last Word	22
Booze free cocktail available	16
Ask your server	

Beer

Seasonal Beers from "Grimm Artisanal Ales" Brooklyn	12
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*"The names of the dishes are literal translations of Italian sayings, intentionally translated word for word to immerse you fully in our Italian culture. We will gladly explain them to you one by one! **Benvenuti in Italia**".*

Antipasti

Good as bread	22
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Buono come il pane
Whole rye ciabatta, presented in a warm terracotta bread basket, married with whipped artisanal cultured butter infused with extra virgin olive oil, Taggiasca olives and sea flower salt from Saline di Trapani (vegetarian)



Everything makes broth	24
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Tutto fa brodo
Seasonal soup with revitalized broth with vegetables trimmings with Monograno Felicetti Farro Ditalini (vegan)

Neighbor's grass is always greener	26
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L'erba del vicino è sempre più verde
Salad with farmers' selection of fresh seasonal vegetables with spirulina & fava beans dressing. Served with rye bread (vegan)

No rain on that	24
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Non ci piove
Crispy Pennone | Pastificio Gentile with local Buffalo Mozzarella, tomato intingolo (vegetarian)

To a good listener, few words	33
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A buon intenditor, poche parole
Braised Squab breast with its pasta jus. And after... a serving of Juniper ice crystals

The eye also wants its part	29
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Anche l'occhio vuole la sua parte
Wild-Caught Fluke crudo, grapefruit, lime, tarragon, sea flower salt from Saline di Trapani served with crispy spicy pepper pasta sheet

Who doesn't risk, doesn't nibble	23
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Chi non rischia non rosica.
Robiola Alta Langa, pasta crisp, farmer's surprise, basil oil, balsamic vinegar aged 8 years (vegetarian)



Network to support the "recovery of each ingredient" in the kitchen

Pasta

To go to bed
with the chickens | 35

Andare a letto con le galline

Filippo Drago Tumminia durum wheat
ancient variety BUSIATE, with slow cooked
ragu of goose, chicken & rabbit

To take fireflies
for lanterns | 37

Prendere lucciole per lanterne

Homemade Pheasant AGNOLOTTI, arrosto sauce

You can't keep a chickpea
in your mouth | 34

Non saper tenere un cece in bocca

Homemade Chickpeas and potatoes GNOCCHI,
Blue Cheese, chickpeas faba and green
chickpeas (vegetarian)

The night is still young | 34

La notte è ancora giovane

LINGUINE "Mancini" | Fermented black garlic
confit puree, parsley oil, marinated peperoncino,
breadcrumbs & Calabrian Pecorino (vegetarian)

To buy in a closed box | 35

Comprare a scatola chiusa

MEZZI PACCHERI Faella, Clams, celery
root puree and green peas dots

To bring water to the sea | 42

Portare l'acqua al mare

SPAGHETTI Martelli, Lardo Di Colonnata,
Goat Robiola, Pistacchio crumble,
"Mazara del Vallo" raw shrimp
and Meyer lemon

Dolci

Mom is always right | 22

La mamma ha sempre ragione

Spaghetti ice cherry, raspberry
with fresh basil

To be at the fruit | 23

Essere alla frutta

Caramelized deconstruct pasta,
Chantilly, Seasonal fruit

Drown in a glass of water | 19

Perdersi in un bicchier d'acqua

Fregola pasta and milk pudding style,
raisin, cinnamon served with Espresso
and Valhrona Chocolate

One cherry pulls the next | 18

Una ciliegia tira l'altra

Traditional seasonal fruit salad, thyme,
mint with lemon Fregola syrup



Proudly "Zero Waste" menu:
nothing goes to waste in the kitchen
for a better environmental impact.

If you have a food allergy, please notify your server
Gf pasta available upon request \$4 extra charge