

Antipasti

Pizza bread ^{vgn}	made using spelt dough with garlic and herbs	4.30
Bruschetta ^{vgn}	toasted bread made with organic flour, marinated tomatoes, onions, garlic	6.20
Caprese ^{vgt glt}	buffalo mozzarella, tomatoes, basil pesto, olive oil optionally with lactose-free mozzarella	8.50 + 1.50
uovo Antipasti misti	caprese, marinated zucchini, bruschetta, goat's cheese, country ham, olives, dried tomatoes	12.40
	classico: with Vitello tonnato	12.40
	vegetariano: with Parmigiana, goat's cheese without ham ^{vgt}	12.20
Parmigiana ^{vgt}	eggplant slices, tomato sauce, garlic, mozzarella, Grana Padano, herbs, garlic bread, rocket, cherry tomato	7.00
uovo Vitello tonnato ^{hrt glt}	tender organic veal, cream of tuna, roasted capers, baby leaf salad	13.30
Carpaccio classico ^{glt}	fresh organic beef, rocket, Grana Padano	12.30
Gamberi al limone	roasted prawns, lemon, garlic bread, rocket, cherry tomato, grana padano	8.80

Iusalate

Iusalata mista ^{vgn glt}	variety of salad greens, cherry tomatoes, carrots, cucumber, with house dressing	small 5.30 regular 8.70
Iusalata Fiorella	cherry variety of salad greens, organic egg, cherry tomatoes, cucumber, carrots, green beans, warm chicken breast, with mama dressing	11.90
Iusalata Tosca ^{vgt glt}	variety of salad greens, goat's cheese, cucumber, tomatoes, red onions, olives, with house dressing	9.10
Iusalata Cesare ^{vgt}	crisp romaine lettuce, roasted croutons, Grana Padano, with Caesar dressing	small 5.50 regular 8.80
Iusalata di caupo ^{glt}	lamb's lettuce with warm goat's cheese, country ham, cherry tomatoes, honey, with balsamic vinegar dressing	11.40
Iusalata Nizzarda ^{glt}	variety of salad greens, tuna, organic egg, green beans, tomatoes, potatoes, with balsamic vinegar dressing	11.90

All salads can be ordered with additional chicken breast, organic beef, organic veal or prawns + 3.90
avocado + 3.00

Zuppe

Minestrone ^{vgn glt}	vegetable soup, olive oil, fresh herbs, garlic	6.10
Zuppa di pomodoro ^{vgn glt}	traditional tomato soup with fresh basil	5.70

Pasta

Peuue all'arrabbiata ^{vgn}	spicy tomato sauce, chili peppers	7.80
Spaghetti aglio olio e gamberi	olive oil, garlic, chili peppers, roasted prawns, white wine, parsley	11.70
Spaghetti Bolognese ^{hrt}	sauce of tomatoes and organic minced meat with fresh herbs	9.90
Spaghetti Carbonara	roasted Pancetta bacon, cream, egg, onions, white wine, parsley	10.50
uovo Fusilli scaloppine al limone	organic veal, broccoli, cherry tomatoes, lemon, parsley	13.50
Fusilli con pollo	chicken breast, béchamel cream, early leeks, olives, mushrooms, white wine	11.40
Spaghetti al saluoue	marinated salmon, béchamel cream, dill, lemon	11.90
Peuue cou mauzo	organic beef, rosemary, courgettes, braised onions, red wine, rocket, Grana Padano	13.40

Spaghetti pomodoro e gamberi	prawns, fruity tomato cream sauce, garlic, basil	12.40
Spirelli con verdure ^{vgn}	spelt spirelli*, variety of vegetables, mushrooms, dried tomatoes, olive oil, garlic, fresh herbs	9.90

You can order every pasta dish with gluten-free organic fusilli or zucchini noodles spelt spirelli* or wholemeal peuue* + 1.50

Pizza Classica

Margherita ^{vgt}	the classic with mozzarella and oregano	8.40
Mozzarella ^{vgt}	buffalo mozzarella, tomato slices, fresh basil	9.90
Prosciutto e rucola	country ham, rocket, Grana Padano	11.70
Tonno	tuna, tomatoes, red onions, fresh thyme	11.30
Salame piccante	spicy salami, fresh thyme	11.30
Diavola	spicy salami, chili, red onions, olives, fresh thyme	12.40
Funghi e prosciutto	mushrooms, ham	11.70
uovo Gamberi piccante	prawns, cherry tomatoes, chili sauce, red onions, chili, sour cream, early leeks	12.50
Calzone	ham, mushrooms, tomatoes, onions, olives, fresh herbs	11.50
Quattro verdure ^{hrt vgt}	spinach, pine nuts, zucchini, mushrooms, herbs, garlic, sour cream, tomato slices with basil pesto	10.60

You can order every pizza with vegan 'cheese' or lactose-free mozzarella + 1.50
with wholemeal spelt dough made with organic flour + 1.50
with gluten-free pizza dough + 3.40

Pizza Bianca

Bianca pollo e funghi	chicken breast, mushrooms, early leeks, Grana Padano	12.50
Bianca asparagi e capriuo ^{hrt vgt}	green asparagus, goat's cheese, fresh thyme, dried tomatoes, honey, pink pepper	11.70
Bianca patata e cipolla ^{vgt}	wafer-thin potato slices, red onions, fresh rosemary, early leeks, sour cream	8.90
	recommended with diced bacon	+ 1.50

Pizza Fina

Cesare ^{vgt}	crisp romaine lettuce, Caesar dressing, Grana Padano	10.80
Fiorella	variety of salad greens, organic egg, cucumber, cherry tomatoes, carrots, green beans, chicken breast	13.90
Carpaccio	fresh organic beef, rocket, Grana Padano	14.40
Vitello ^{hrt}	tender organic veal, baby leaf salad, cream of tuna, roasted capers	15.40
Saluoue	marinated salmon, baby leaf salad, sour cream	14.10

We are certified organic by DE-ÖKO-006.
* non-organic pasta. * contains caffeine. * contains colouring agent.
All prices in euros including VAT, errors and changes excepted.

^{vgt} vegetarian. Without meat, fish or gelatin. ^{vgn} vegan. These dishes contain no animal products. ^{glt} gluten-free. **Attenzione:** We can't guarantee a 100% flour-free environment. ^{hrt} **Favoriti di mama** These are our guests' favourites.
lactose-free You can order our pizza with lactose-free mozzarella and our coffee specialties with oat drink. Our friendly service team will be glad to inform you about ingredients and allergens.

mama vitale

Bruschetta di avocado ^{vgn}	homemade spelt bread, avocado, cherry tomatoes and pine nuts	8.90
Iusalata di quinoa e spinaci ^{vgt glt}	organic quinoa, cherry tomatoes, goat's cheese, celery, avocado, watercress, fresh spinach	12.40
Spaghetti di zucchine con bolognese vegano ^{hrt vgn glt}	zucchini noodles with vegan mushroom bolognese	9.50
Low carb spaghetti con pollo ^{glt}	zucchini noodles, chicken breast, cherry tomatoes, Grana Padano	10.10
uovo Quinoa con verdure ^{vgn}	organic quinoa, variety of vegetables, mushrooms, dried tomatoes, olive oil, garlic, fresh herbs	10.60
uovo Pizza Diavola vegana ^{vgn}	wholemeal spelt-dough, mushrooms, chili, red onions, olives, vegan 'cheese'	10.10
Pizza Fina barbabietola e avocado ^{vgt}	variety of salad greens, avocado, beetroot, sour cream	11.10
Pizza Intensa rossa ^{vgt}	a smaller, wholemeal spelt-dough pizza topped with a generous portion of beetroot pesto, goat's cheese, watercress, caramelised walnuts	12.60

Dolci

Gelato ^{glt}	Original Italian gelati strawberry, mango, lemon ^{vgn} chocolate, vanilla, stracciatella	scoop 2.40
Pizza Fina con mela e cannella	small and thin pizza topped with apple and cinnamon	4.90
Pizza Fina con cioccolato	small and thin pizza with white and dark chocolate sauce	4.70
Tiramisù	sponge finger, espresso, mascarpone creme with amaretto	5.50
uovo Crumble di mele al forno ^{vgn}	oven baked apple topped with almond and crumble	4.90
Panna cotta ^{glt}	dulce de leche with raspberry sauce	5.50
Panna cotta al latte di cocco ^{hrt vgn glt}	coconut milk, blueberries, caramelised walnuts	6.70
Crème brûlée ^{glt}	vanilla cream topped with a thin caramelised crust of sugar	5.20
Torta al cioccolato	warm homemade chocolate cake with a creamy core allow 18 minutes preparation time	6.40

Pizza per bambini

Signor Rossi ^{vgt}	tomato sauce, mozzarella	5.20
Pinocchio	tomato sauce, mozzarella, salami	6.30

Pasta per bambini

Peuue Napoli ^{vgt}	tomato cream sauce	5.20
Spaghetti Bologna	sauce of tomatoes and organic minced meat	6.10
Fusilli Polito	béchamel cream, chicken breast	6.10
For our smallest guests: Peuue al burro ^{vgt}	with melted butter	4.20

You can order every pasta dish with gluten-free organic fusilli or zucchini noodles, spelt spirelli* or wholemeal peuue* + 0.70