

## ANTIPASTI

<b>NUOVO PIZZA BREAD</b> <b>VGN</b> made using spelt dough with garlic and herbs <i>optionally with avocado dip, dried tomatoes dip and yogurt dip</i> <b>VGT</b>	<b>4.30</b> <b>+ 2.50</b>
<b>BRUSCHETTA</b> <b>VGN</b> toasted bread made with organic flour, marinated tomatoes, onions, garlic	<b>6.30</b>
<b>CAPRESE</b> <b>VGT GLU</b> buffalo mozzarella, tomatoes, basil pesto, olive oil <i>optionally with lactose-free mozzarella</i>	<b>8.70</b> <b>+ 1.70</b>
<b>NUOVO ANTIPASTI MISTI</b> caprese, marinated zucchini, eggplant, bruschetta, olives <i>classico: with country ham*</i> <i>and vitello tonnato</i> <i>vegetariano: with avocado and beetroot</i> <b>VGT</b>	<b>12.40</b> <b>12.20</b>
<b>PARMIGIANA</b> <b>VGT</b> eggplant slices, tomato sauce, garlic, mozzarella, Grana Padano, herbs, garlic bread, rocket	<b>7.30</b>
<b>VITELLO TONNATO</b> <b>GLU</b> tender organic veal, cream of tuna, roasted capers, baby leaf salad	<b>13.40</b>
<b>CARPACCIO CLASSICO</b> <b>GLU</b> fresh organic beef, rocket, Grana Padano	<b>12.40</b>
<b>GAMBERI AL LIMONE</b> roasted prawns, lemon, garlic bread, rocket, Grana Padano	<b>9.10</b>

## INSALATE

<b>INSALATA MISTA</b> <b>VGN GLU</b> variety of salad greens, cherry tomatoes, carrots, cucumber, with house dressing	small <b>5.40</b> regular <b>8.80</b>
<b>INSALATA FIORELLA</b> <b>GLU</b> variety of salad greens, organic egg, cherry tomatoes, green beans, carrots, cucumber, warm chicken breast, with mama dressing	<b>12.20</b>
<b>INSALATA TOSCA</b> <b>VGT GLU</b> variety of salad greens, goat's cheese, cucumber, tomatoes, red onions, olives, with house dressing	<b>9.30</b>
<b>INSALATA CESARE</b> <b>VGT</b> crisp romaine lettuce, roasted croutons, Grana Padano, with Caesar dressing	small <b>5.70</b> regular <b>9.00</b>
<b>INSALATA DI CAMPO</b> <b>GLU</b> lamb's lettuce with warm goat's cheese, country ham*, cherry tomatoes, honey, with balsamic vinegar dressing	<b>11.50</b>
<b>INSALATA NIZZARDA</b> <b>GLU</b> variety of salad greens, tuna, organic egg, green beans, tomatoes, potatoes, with balsamic vinegar dressing	<b>11.90</b>
<i>All salads can be ordered with additional chicken breast, organic beef, organic veal or prawns avocado</i>	<b>+ 4.00</b> <b>+ 3.80</b>

## ZUPPE

<b>MINISTRONE</b> <b>VGN GLU</b> vegetable soup, olive oil, fresh herbs, garlic	<b>6.30</b>
<b>ZUPPA DI POMODORO</b> <b>VGN GLU</b> traditional tomato soup with fresh basil	<b>5.90</b>

## PASTA

In addition to our organic pasta made with durum wheat semolina, we offer whole-grain penne\*\* and spelt spirelli\*\*.

<b>PENNE ALL'ARRABBIATA</b> <b>VGN</b> spicy tomato sauce, chili peppers	<b>7.90</b>
<b>SPAGHETTI AGLIO OLIO E GAMBERI</b> olive oil, garlic, chili peppers, roasted prawns, white wine, parsley	<b>11.90</b>
<b>NUOVO FUSILLI CON VITELLO ALLA PANNA</b> organic veal, green asparagus, early leeks, onions, cream, white wine	<b>13.80</b>
<b>FUSILLI CON POLLO</b> chicken breast, béchamel cream, early leeks, olives, mushrooms, white wine	<b>11.60</b>
<b>NUOVO SPAGHETTI BOLOGNESE</b> <b>GLU</b> tomato sauce and organic minced beef with fresh herbs	<b>10.30</b>
<b>SPAGHETTI CARBONARA</b> roasted Pancetta bacon*, cream, egg, onions, white wine, parsley	<b>10.80</b>
<b>PENNE CON MANZO</b> organic beef, rosemary, zucchini, braised onions, red wine, rocket, Grana Padano	<b>13.60</b>
<b>SPAGHETTI POMODORI E GAMBERI</b> prawns, fruity tomato cream sauce, garlic, basil	<b>12.60</b>
<b>SPAGHETTI AL SALMONE</b> marinated salmon, béchamel cream, dill, lemon	<b>12.10</b>
<b>SPIRELLI CON VERDURE</b> <b>VGN</b> spelt spirelli**, variety of vegetables, mushrooms, dried tomatoes, olive oil, garlic, fresh herbs	<b>10.30</b>
<i>You can order every pasta dish with gluten-free organic fusilli or zucchini noodles</i>	<b>+ 1.60</b>

## NUOVO PIZZABURGER

Burger alla mama! Folded and juicy pizzaburger with tomato sauce and mozzarella.

<b>CLASSICO</b> organic beef patty, tomatoes, braised onions, balsamic cream <i>optionally with bacon*</i>	<b>8.50</b> <b>+ 0.90</b>
<b>VERDURE</b> <b>VGT</b> marinated zucchini, eggplant and bell pepper, tomatoes <i>optionall with vegan 'cheese' VGN</i>	<b>7.20</b> <b>+ 1.00</b>
<b>CAPRESE</b> <b>VGT</b> buffalo mozzarella, tomatoes, basil pesto	<b>6.70</b>
<b>SALMONE</b> marinated salmon, spinach, sour cream	<b>9.30</b>
<b>POLLO</b> chicken breast, chili, braised onions, balsamic cream	<b>7.70</b>
<b>PATATE AL ROSMARINO</b> <b>VGN GLU</b> baked potato wedges with rosemary <i>optionally with avocado dip, dried tomatoes dip or yogurt dip</i> <b>VGT GLU</b>	<b>2.00</b> <b>+ 1.00</b>

## PIZZA CLASSICA

For our traditional pizza we only use dough made with regional organic flour, sugo from the best Italian tomatoes and traditional mozzarella. All pizzas are baked in our original stone oven.

<b>MARGHERITA</b> <b>VGT</b> the classic with mozzarella and oregano	<b>8.50</b>
<b>MOZZARELLA</b> <b>VGT</b> buffalo mozzarella, tomato slices, fresh basil	<b>9.90</b>
<b>PROSCIUTTO E RUCOLA</b> country ham*, rocket, Grana Padano	<b>11.90</b>
<b>TONNO</b> tuna, tomatoes, red onions, fresh thyme	<b>11.50</b>
<b>SALAME PICCANTE</b> spicy salami*, fresh thyme	<b>11.50</b>
<b>DIAVOLA</b> spicy salami*, chili, red onions, olives, fresh thyme	<b>12.50</b>
<b>FUNGHI E PROSCIUTTO</b> mushrooms, ham*	<b>11.90</b>
<b>NUOVO GAMBERI</b> prawns, cherry tomatoes, early leeks, garlic	<b>12.50</b>
<b>CALZONE</b> ham*, mushrooms, tomatoes, onions, olives, fresh herbs	<b>11.80</b>
<b>QUATTRO VERDURE</b> <b>GLU</b> spinach, pine nuts, zucchini, mushrooms, herbs, garlic, sour cream, tomato slices, basil pesto	<b>10.80</b>
<i>You can order any pizza with vegan 'cheese' or lactose-free mozzarella with wholemeal spelt dough with white spelt dough with gluten-free pizza dough</i>	<b>+ 1.70</b> <b>+ 1.50</b> <b>+ 1.00</b> <b>+ 3.50</b>

## PIZZA BIANCA

Pizza Bianca is a delicious, truly Italian pizza variety. The dough is spread with a thin layer of cream cheese (instead of tomato sauce) and topped with mozzarella.

<b>BIANCA POLLO E FUNGHI</b> chicken breast, mushrooms, early leeks, Grana Padano	<b>12.70</b>
<b>BIANCA ASPARAGI E CAPRINO</b> <b>GLU</b> green asparagus, goat's cheese, fresh thyme, dried tomatoes, honey, pink pepper	<b>11.90</b>
<b>BIANCA PATATA E CIPOLLA</b> <b>VGT</b> wafer-thin potato slices, red onions, fresh rosemary, early leeks, sour cream <i>recommended with diced bacon*</i>	<b>9.20</b> <b>+ 1.80</b>

All prices in euros including VAT, errors and changes excepted.

We are certified organic by DE-ÖKO-006  
\* additives (curing salts) possible in ham, salami and Pancetta bacon  
\*\* non-organic pasta

## PIZZA FINA

A mama specialty! This yeast- and wheat-free, ultra-thin crispy base is made with organic spelt flour and baked with cream cheese and mozzarella. Fresh from the stone oven, Pizza Fina is finally crowned with fresh toppings. Enjoy this very special light and fresh pizza!

<b>CESARE</b> <b>VGT</b> crisp romaine lettuce, Caesar dressing, Grana Padano	<b>10.90</b>
<b>FIORELLA</b> variety of salad greens, organic egg, cucumber, cherry tomatoes, carrots, green beans, chicken breast	<b>13.90</b>
<b>CARPACCIO</b> fresh organic beef, rocket, Grana Padano	<b>14.50</b>
<b>VITELLO</b> <b>GLU</b> tender organic veal, baby leaf salad, cream of tuna, roasted capers	<b>15.50</b>
<b>SALMONE</b> marinated salmon, baby leaf salad, sour cream	<b>14.30</b>

<b>INSALATA MISTA MINI</b> additional to every pasta, pizza or pizzaburger	<b>2.50</b>
<b>COMPLEMENTI</b> Choose additional side dishes for even more enjoyment: <i>rocket, spinach or marinated beetroot</i>	<b>1.50</b>
<i>ham*, tuna or mushrooms</i>	<b>1.80</b>
<i>olives or dried tomatoes</i>	<b>2.00</b>
<i>goat's cheese, green asparagus or country ham*</i>	<b>2.80</b>
Ask us about other side dishes.	

## mama VITALE

Our featured dishes with a bounty of healthy ingredients, vegetarian, vegan, gluten-free and low carb alternatives.

<b>BRUSCHETTA DI AVOCADO</b> <b>VGN</b> homemade spelt bread, avocado, cherry tomatoes and pine nuts	small <b>4.90</b> regular <b>8.90</b>
<b>INSALATA DI QUINOA E SPINACI</b> <b>VGT GLU</b> organic quinoa, cherry tomatoes, goat's cheese, celery, avocado, watercress, fresh spinach	<b>12.50</b>
<b>SPAGHETTI DI ZUCCHINE CON BOLOGNESE VEGANO</b> <b>GLU</b> zucchini noodles with vegan mushroom bolognese	<b>9.70</b>
<b>LOW CARB SPAGHETTI CON POLLO</b> <b>GLU</b> zucchini noodles, chicken breast, cherry tomatoes, Grana Padano	<b>10.30</b>
<b>QUINOA CON VERDURE</b> <b>VGN</b> organic quinoa, variety of vegetables, mushrooms, dried tomatoes, olive oil, garlic, fresh herbs	<b>10.80</b>
<b>NUOVO PIZZA AVOCADO</b> <b>VGN</b> variety of salad greens, avocado, beetroot, sour cream	<b>11.30</b>
<b>PIZZA DIAVOLA VEGANA</b> <b>VGN</b> wholemeal spelt-dough, mushrooms, chili, red onions, olives, vegan 'cheese'	<b>10.40</b>

## DOLCI

We exclusively use organic raw cane sugar in our homemade desserts.

### GELATO GLU

Original Italian gelati

strawberry, mango, lemon, **VGN**  
chocolate, vanilla, stracciatella

scoop **2.50**

### **NUOVO** PICCOLO DUETTO

small portions of Tiramisù and Panna cotta

**5.80**

### PIZZA FINA CON MELA E CANNELLA

small and thin pizza topped with apple and cinnamon

**5.10**

**TIRAMISÙ** sponge fingers, espresso<sup>1</sup>, mascarpone creme with amaretto<sup>4</sup>

**5.70**

### PANNA COTT GLU

milk and cream with raspberry sauce

**5.70**

### PANNA COTTA AL LATTE DI COCCO VGN GLU

coconut milk, blueberries, caramelized walnuts

**6.80**

**CRÈME BRÛLÉE GLU** vanilla cream topped with a thin caramelized crust of sugar

**5.40**

**TORTA AL CIOCCOLATO** warm homemade chocolate cake with a liquid core, please allow aprox. 18 minutes preparation time

**6.50**

## PIZZA PER BAMBINI

### SIGNOR ROSSI VGT

tomato sauce, mozzarella

**5.30**

### PINOCCHIO

tomato sauce, mozzarella, salami\*

**6.40**

## PASTA PER BAMBINI

### PENNE NAPOLI VGT

tomato cream sauce

**5.30**

### **NUOVO** SPAGHETTI BOLOGNA

tomato sauce and organic minced beef

**6.20**

### FUSILLI POLLITO

béchamel cream, chicken breast

**6.20**

For our smallest guests:

### PENNE AL BURRO VGT

with melted butter

**4.30**

You can order every pasta dish with **gluten-free organic fusilli or zucchini noodles, spelt spirelli\*\* or wholemeal penne\*\*.**

**+ 0.80**

**VGT** *vegetarian* Without meat, fish or gelatin.

**VGN** *vegan* These dishes contain no animal products.

**GLU** *gluten-free* We can't guarantee a 100% flour-free environment.

**lactose-free** You can order our pizza with lactose-free mozzarella.

**Favoriti di mama** These are our guests' favourites.

Our friendly service team will be glad to inform you about ingredients and allergens.

<sup>1</sup> contains caffeine, <sup>4</sup> contains coloring agent

## BENVENUTO A TAVOLA!

We believe in the culture of Italian cuisine with its dazzling array of high-quality food products. We carefully select the freshest and best ingredients. We don't believe in using artificial flavors and preservatives. So, the only thing we add to our food is love! Buon appetito!

## OFFERTE di mama

At selected times or for special occasions, we offer different menus: for example for schoolchildren and students, for children's birthdays or your family or company celebrations.

### PIZZA E VINO

Maxi pizza to share up to 3 kinds + 2x0.5 l wine (white/rosé/red)

**37.00**

### ALUNNI E STUDENTI

1 Pizza Classica of your choice + 1 soft drink 0.2 l (till 5 p.m.)

**11.80**

### GRUPPI E FESTE

children's birthdays, celebrations etc.

Menu from 10 people

on demand

### MENÙ SERALE

from 8 p.m., 3 courses from the evening menu

ab **23.50**

## BEVANDE FREDDE

### WATER

San Pellegrino & Acqua Panna 0.25 l **3.10**  
0.75 l **6.20**

### FRUIT JUICES AND NECTAR

Apple, red currant, 0.2 l **3.40**  
cranberry, rhubarb, orange, 0.4 l **4.90**  
passion fruit<sup>2</sup>

### FRESHLY SQUEEZED ORANGE JUICE

0.2 l **5.00**

### FRUIT JUICE SPRITZER

Apple<sup>2</sup>, cranberry, rhubarb, 0.2 l **3.20**  
passion fruit<sup>2</sup>, red currant 0.4 l **4.90**

### SOFTDRINKS

Coca-Cola, Cola Zero 0.2 l **3.00**  
Sprite, Fanta 0.2 l **3.00**  
Spezi, Coca-Cola, Cola Zero, Fanta 0.4 l **4.90**  
Orangina classic 0.25 l **3.60**  
Schweppes 0.2 l **3.50**  
Tonic, Ginger Ale, Bitter Lemon

### mama HOMEMADE LEMONADE

mama raspberry-lavender 0.2 l **3.30**  
mama orange-ginger-basil 0.4 l **4.90**  
mama lime-mint

## BIRRE

Carlsberg on tap 0.3 l **3.80**  
0.5 l **5.40**  
Duckstein on tap 0.3 l **4.70**  
Brooklyn Lager on tap\* 0.25 l **4.90**  
Angelo Poretti on tap\* 0.25 l **3.70**  
Früh Kölsch on tap\* 0.2 l **2.20**  
Shandy on tap 0.3 l **3.80**  
0.5 l **5.40**

Carlsberg BTL 0.33 l **3.90**  
Holsten alcohol-free BTL 0.33 l **3.80**  
Früh Kölsch alcohol-free\* BTL 0.33 l **3.20**  
Früh Fassbrause Lemon\* BTL 0.33 l **3.20**  
Erdinger Weizen BTL 0.5 l **5.50**  
Erdinger Weizen alcohol-free BTL 0.5 l **5.50**

## CAFFÈ E TÈ

We receive our coffee from Pascucci, a traditional family-run roastery in Italy. We also serve decaffeinated coffee upon request.

Espresso<sup>1</sup> **2.50**  
Espresso macchiato<sup>1</sup> **2.70**  
Double espresso<sup>1</sup> **3.70**  
Double espresso macchiato<sup>1</sup> **3.90**  
Coffee<sup>1</sup> **2.90**  
Cappuccino<sup>1</sup> **3.30**  
Latte macchiato<sup>1</sup> **3.90**  
with oatdrink from Oatly **0.50**

Hot chocolate **3.90**

### FRESH MINT TEA FRESH GINGER TEA

**3.60**

**3.60**

### SAMOVA-TEE

Teas from Hamburg-based tea blender Samova **3.30**

High Darling – organic Darjeeling<sup>1</sup>  
Lazy Daze – organic black tea / Earl Grey<sup>1</sup>  
Team Spirit – organic herbal green tea<sup>1</sup>  
Low Rider – organic green tea<sup>1</sup>  
Orange Safari – organic vanilla rooibos  
Maybe Baby – organic fruit tea

## APERITIVI

Prosecco Aperol<sup>3,4</sup> 0.2 l **6.50**  
Aperol Spritz<sup>3,4</sup> 0.2 l **5.70**  
Hugo Prosecco with elderflower syrup, mint, lime 0.2 l **6.40**  
Martini vermouth<sup>5,6</sup> 4 cl **5.30**  
Campari orange<sup>3,4</sup> 0.24 l **6.50**

## DIGESTIVI

Amaretto<sup>4</sup> 4 cl **4.50**  
Averna<sup>4</sup> 4 cl **4.70**  
Ramazzotti<sup>4</sup> 4 cl **5.30**  
Grappa 4 cl **5.90**  
Whiskey<sup>4</sup> 4 cl **5.90**  
Sambuca<sup>4</sup> 4 cl **4.70**

## LONGDRINKS

Gin and tonic<sup>3</sup> 0.24 l **7.90**  
Guilty and tonic<sup>2,5</sup> 0.24 l **7.90**  
alcohol-free gin alternative  
Vodka lemon, tonic<sup>3</sup> 0.24 l **7.90**  
Cuba libre<sup>4</sup> 0.24 l **7.90**  
Whiskey<sup>4</sup> and cola 0.24 l **7.90**

## PROSECCO E SPUMANTE

Prosecco Spumante Extra Dry DOC 0.1 l 0.75 l  
Sacchetto, Etichetta d'Oro **4.50 29.00**  
dry, crisp and fine-beaded  
Spumante Brut Rosé **4.70 31.00**  
Sacchetto, Mille Bolle **31.00**  
dry, crisp and delicately fruity

## VINI

**VINO DELLA CARAFFA** 0.2 l 0.5 l  
bianco Chardonnay **4.80 11.50**  
rosato Rosato Merlot **4.80 11.50**  
rosso Merlot **4.80 11.50**  
Wine spritzer **4.30**

### VINO BIANCO

Sauvignon Blanc Bianchetto IGT **19.80**  
Sacchetto, Veneto round, fresh and lively

Pinot Grigio Corte Giara IGT **6.90 24.80**  
Allegrini, Veneto dry, fresh and well-balanced

Lugana Prestige DOP **34.50**  
Cà Maiol, Lombardy fruity notes and fine acidity

### VINO ROSATO

Pipoli Rosato IGP **6.90 24.80**  
Vigneti del Vulture, Basilicata fresh and fruity

### VINO ROSSO

Primitivo Lunatico IGP **20.50**  
Farnese, Abruzzo well-balanced with intense fruit

Montepulciano d'Abruzzo DOC **6.80 23.70**  
Farnese, Abruzzo dense with rich flavours

Santa Cristina IGT **28.50**  
Antinori, Tuscany ruby-red, well-balanced and aromatic

All prices in euros including VAT, errors and changes excepted.

<sup>1</sup> contains caffeine, <sup>2</sup> contains antioxidants, <sup>3</sup> contains quinine, <sup>4</sup> contains coloring agent,

<sup>5</sup> contains preservatives, <sup>6</sup> contains sulfites

All (sparkling) wines contain sulfites.

\* not available in all branches

mama<sup>®</sup>  
trattoria

f i @mamatrattoria mama.eu