

ANTIPASTI

PIZZA BREAD VGN
made using spelt dough with garlic and herbs
with *avocado dip, dried tomatoes dip*
and *yogurt dip* **VGT** **4.70**
+ 2.70

BRUSCHETTA VGN
toasted bread made with organic flour,
marinated tomatoes, onions, garlic **6.50**

CAPRESE VGT + GLU
buffalo mozzarella, tomatoes, basil pesto, olive oil
optionally with *lactose-free mozzarella* **8.90**
+ 2.00

ANTIPASTI MISTI
caprese, marinated zucchini, eggplant, bruschetta, olives
classico: with country ham and vitello tonnato* **12.90**
vegetariano: with avocado and beetroot **VGT** **12.80**

PARMIGIANA VGT
eggplant slices, tomato sauce, garlic, mozzarella,
Grana Padano, herbs, garlic bread, rocket **7.70**


VITELLO TONNATO  **GLU**
tender organic veal, cream of tuna, roasted capers,
baby leaf salad **14.20**

CARPACCIO CLASSICO GLU
fresh organic beef, rocket, Grana Padano **13.30**

GAMBERI AL LIMONE
roasted prawns, lemon, garlic bread, rocket,
Grana Padano **9.60**

INSALATE

INSALATA MISTA VGT + GLU
variety of salad greens, cherry tomatoes, carrots,
cucumber, with house dressing **small 5.70 regular 8.90**

INSALATA FIORELLA 
variety of salad greens, organic egg, cherry tomatoes,
green beans, carrots, cucumber,
warm chicken breast, with mama dressing **12.80**

INSALATA TOSCA VGT + GLU
variety of salad greens, goat's cheese, cucumber,
tomatoes, red onions, olives, with house dressing **9.80**

INSALATA CESARE VGT
crisp romaine lettuce, roasted croutons, Grana Padano,
with Caesar dressing **small 6.20 regular 9.60**

INSALATA DI CAMPO GLU
lamb's lettuce with warm goat's cheese,
country ham*, cherry tomatoes, honey,
with balsamic vinegar dressing **11.90**

INSALATA NIZZARDA GLU
variety of salad greens, tuna, organic egg, green beans,
tomatoes, potatoes, with balsamic vinegar dressing **12.50**

All salads can be ordered with additional
chicken breast, organic beef, organic veal or prawns **+ 4.20**
avocado **+ 3.90**

ZUPPE

MINISTRONE VGN + GLU
vegetable soup, olive oil, fresh herbs, garlic **6.70**

ZUPPA DI POMODORO VGN + GLU
traditional tomato soup with fresh basil **6.40**

PASTA

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

PENNE ALL'ARRABBIATA VGN
spicy tomato sauce, chili peppers **7.90**

SPAGHETTI AGLIO OLIO E GAMBERI
olive oil, garlic, chili peppers, roasted prawns,
white wine, parsley **12.60**

FUSILLI CON VITELLO ALLA PANNA
organic veal, green asparagus, early leeks, onions,
cream, white wine **14.70**

FUSILLI CON POLLO
chicken breast, béchamel cream,
early leeks, olives, mushrooms, white wine **11.90**

SPAGHETTI BOLOGNESE 
tomato sauce and organic minced beef
with fresh herbs **11.20**

SPAGHETTI CARBONARA
roasted Pancetta bacon*, cream, egg, onions,
white wine, parsley **11.20**

PENNE CON MANZO
organic beef, rosemary, zucchini, braised onions,
red wine, rocket, Grana Padano **14.80**

SPAGHETTI POMODORI E GAMBERI
prawns, fruity tomato cream sauce, garlic, basil **13.40**

SPAGHETTI AL SALMONE
marinated salmon, béchamel cream, dill, lemon **12.60**

SPIRELLI CON VERDURE VGN
spelt spirelli**, variety of vegetables, mushrooms,
dried tomatoes, olive oil, garlic, fresh herbs **10.80**

You can order every pasta dish with
gluten-free organic fusilli or zucchini noodles **+ 2.00**

PIZZABURGER

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

CLASSICO
organic beef patty, tomatoes, braised onions,
balsamic cream **9.20**
optionally with *bacon** **+ 1.00**

VERDURE VGT
marinated zucchini, eggplant and bell pepper, tomatoes **7.80**
optionally with *vegan 'cheese' VGN* **+ 1.00**

CAPRESE VGT
buffalo mozzarella, tomatoes, basil pesto **7.30**

SALMONE
marinated salmon, spinach, sour cream **9.80**

POLLO
chicken breast, chili, braised onions,
balsamic cream **8.20**

PATATE AL ROSMARINO VGN + GLU
baked potato wedges with rosemary **2.40**
optionally with *avocado dip, dried tomatoes dip*
or *yogurt dip* **VGT + GLU** **+ 1.20**

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.

MARGHERITA VGT
the classic with mozzarella and oregano **8.90**

MOZZARELLA VGT
buffalo mozzarella, tomato slices, fresh basil **10.40**

PROSCIUTTO E RUCOLA
country ham*, rocket, Grana Padano **12.50**

TONNO
tuna, tomatoes, red onions, fresh thyme **11.90**

SALAME PICCANTE
spicy salami*, fresh thyme **11.90**

DIAVOLA
spicy salami*, chili, red onions, olives, fresh thyme **13.00**

FUNGHI E PROSCIUTTO
mushrooms, ham* **12.50**

GAMBERI
prawns, cherry tomatoes, early leeks, garlic **13.00**

CALZONE
ham*, mushrooms, tomatoes, onions, olives,
fresh herbs **12.30**

QUATTRO VERDURE  **VGT**
spinach, pine nuts, zucchini, mushrooms, herbs,
garlic, sour cream, tomato slices, basil pesto **11.30**

You can order any pizza
with vegan 'cheese' or lactose-free mozzarella **+ 2.00**
with wholemeal spelt dough made with organic flour **+ 1.80**
with Fina dough made with organic white spelt flour **+ 1.20**
with gluten-free pizza dough **+ 4.00**

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.

BIANCA POLLO E FUNGHI
chicken breast, mushrooms, early leeks,
Grana Padano **13.20**

BIANCA ASPARAGI E CAPRINO  **VGT**
green asparagus, goat's cheese, fresh thyme,
dried tomatoes, honey, pink pepper **12.40**

BIANCA PATATA E CIPOLLA VGT
wafer-thin potato slices, red onions, fresh rosemary,
early leeks, sour cream **9.80**
*recommended with diced bacon** **+ 1.90**

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!

CESARE VGT
crisp romaine lettuce, Caesar dressing, Grana Padano **10.90**

FIORELLA
variety of salad greens, organic egg, cucumber, cherry
tomatoes, carrots, green beans, chicken breast **14.50**

CARPACCIO
fresh organic beef, rocket, Grana Padano **15.40**

VITELLO 
tender organic veal, baby leaf salad, cream of tuna,
roasted capers **16.50**

SALMONE
marinated salmon, baby leaf salad, sour cream **14.90**

INSALATA MISTA MINI
additional to every pasta, pizza or pizzaburger **2.50**

COMPLEMENTI
Choose additional side dishes for even more enjoyment:
rocket, spinach or marinated beetroot **1.60**
ham, tuna or mushrooms* **1.90**
olives or dried tomatoes **2.00**
*goat's cheese, green asparagus or country ham** **3.00**
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.

BRUSCHETTA DI AVOCADO VGN
homemade spelt bread, avocado, cherry tomatoes
and pine nuts **small 5.40 regular 9.70**

INSALATA DI QUINOA E SPINACI VGN + GLU
organic quinoa, cherry tomatoes, goat's cheese,
celery, avocado, watercress, fresh spinach **13.20**

SPAGHETTI DI ZUCCHINE
CON BOLOGNESE VEGANO  **VGN + GLU**
zucchini noodles with vegan mushroom bolognese **10.40**

LOW CARB SPAGHETTI CON POLLO GLU
zucchini noodles, chicken breast, cherry tomatoes,
Grana Padano **10.90**

QUINOA CON VERDURE VGN
organic quinoa, variety of vegetables, mushrooms,
dried tomatoes, olive oil, garlic, fresh herbs **11.40**

PIZZA AVOCADO VGT
variety of salad greens, avocado, beetroot, sour cream **11.80**

PIZZA DIAVOLA VEGANA VGN
wholemeal spelt-dough, mushrooms, chili,
red onions, olives, vegan 'cheese' **10.90**