

ANTIPASTI

NUOVO PIZZA BREAD VGN
pizza classica dough, garlic, herbs
with avocado dip, dried tomatoes dip
and yogurt dip **VGT**
olives or dried tomatoes **5.20**
+ 3.00
+ 2.20

BRUSCHETTA VGN
roasted bread made with organic flour,
marinated tomatoes, onions, garlic **7.30**

CAPRESE VGT + GLU
buffalo mozzarella, tomatoes, basil pesto, olive oil
optionally with lactose-free mozzarella **9.80**
+ 2.30

ANTIPASTI MISTI
caprese, fried zucchini and eggplant, bruschetta, olives
classico: with country ham* and vitello tonnato **14.50**
vegetariano: with avocado and beetroot **VGT** **14.40**

NUOVO BURRATA VGT
braised cherry tomatoes, lukewarm Burrata,
olive oil, chili **7.80**

PARMIGIANA VGT
gratinated eggplant, tomato sauce, garlic, mozzarella,
Grana Padano, herbs, garlic bread, rocket **8.60**


NUOVO VITELLO TONNATO  **GLU**
tender organic veal, cream of tuna,
roasted capers, baby leaf salad **15.60**

CARPACCIO CLASSICO GLU
fresh organic beef, rocket, Grana Padano **14.90**

GAMBERI AL LIMONE
roasted prawns, lemon, garlic bread, rocket,
Grana Padano **10.60**

INSALATE

INSALATA MISTA VGT + GLU
variety of salad greens, cherry tomatoes, carrots,
cucumber, with house dressing small **6.30** regular **9.70**

INSALATA FIORELLA 
variety of salad greens, organic egg, cherry tomatoes,
green beans, carrots, cucumber,
warm chicken breast, with mama dressing **14.30**

INSALATA TOSCA VGT + GLU
variety of salad greens, goat's cheese, cucumber,
tomatoes, red onions, olives, with house dressing **10.90**

INSALATA CESARE VGT
crisp romaine lettuce, roasted croutons,
cherry tomatoe, Grana Padano,
with Caesar dressing small **6.90** regular **10.70**

INSALATA DI CAMPO GLU
lamb's lettuce with warm goat's cheese,
country ham*, cherry tomatoes, honey,
with balsamic vinegar dressing **13.30**

INSALATA NIZZARDA GLU
variety of salad greens, tuna, organic egg, green beans,
tomatoes, potatoes, with balsamic vinegar dressing **13.90**

All salads can be ordered with additional
chicken breast, organic beef, organic veal or prawns **+ 4.70**
avocado **+ 4.40**

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

ZUPPE

MINISTRONE VGN + GLU
vegetable soup, olive oil, fresh herbs, garlic **7.50**

ZUPPA DI POMODORO VGN + GLU
traditional tomato soup with fresh basil **7.20**

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 **8.80**

SPAGHETTI AGLIO OLIO E GAMBERI
olive oil, garlic, chili peppers, roasted prawns,
white wine, parsley **13.90**

FUSILLI CON VITELLO ALLA PANNA
organic veal, green asparagus, spring leeks, onions,
cream, white wine **15.90**

FUSILLI CON POLLO
chicken breast, béchamel cream,
spring leeks, olives, mushrooms, white wine **13.20**

SPAGHETTI BOLOGNESE 
tomato sauce and organic minced beef
with fresh herbs **12.50**

SPAGHETTI CARBONARA
roasted Pancetta bacon*, cream, egg, onions,
white wine, parsley **12.50**

PENNE CON MANZO
organic beef, rosemary, zucchini, braised onions,
red wine, rocket, Grana Padano **15.90**

NUOVO FUSILLI CON RAGÙ DI MANZO
with organic beef ragout, red wine,
fresh herbs **12.90**

SPAGHETTI POMODORI E GAMBERI
prawns, fruity tomato cream sauce, garlic, basil **14.70**


SPAGHETTI AL SALMONE
marinated salmon, béchamel cream, dill, lemon **13.80**

SPIRELLI CON VERDURE VGN
spelt spirelli**, variety of vegetables, mushrooms,
dried tomatoes, olive oil, garlic, fresh herbs **11.90**

NUOVO RAVIOLI CON PESTO DI NOCI VGT
fresh spinach ricotta ravioli**, walnut pesto,
rocket, Grana Padano **12.80**

You can order every pasta dish with
gluten-free organic fusilli or zucchini noodles **+ 2.30**

VEGETARIAN, VEGAN, GLUTEN-FREE

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.

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 **9.70**

MOZZARELLA VGT
buffalo mozzarella, tomato slices, fresh basil **11.60**

PROSCIUTTO E RUCOLA
country ham*, rocket, Grana Padano **13.80**

NUOVO TONNO
tuna, red onions, fresh thyme **12.90**

SALAME PICCANTE
spicy salami*, fresh thyme **13.20**

DIAVOLA
spicy salami*, chili, red onions, olives, fresh thyme **14.30**

FUNGHI E PROSCIUTTO
mushrooms, ham* **13.80**

QUATTRO VERDURE  **VGT**
spinach, pine nuts, zucchini, mushrooms, herbs,
garlic, sour cream, tomato slices, basil pesto **12.60**

GAMBERI
fried prawns, cherry tomatoes, spring leeks, garlic **14.30**

NUOVO ANANAS E PROSCIUTTO
fresh ananas, spring leeks, country ham* **13.60**

CALZONE
ham*, mushrooms, tomatoes, onions, olives,
fresh herbs **13.70**

NUOVO CALZONE CON POLLO
chicken breast, chili, red onions,
balsamic vinegar cream **12.90**

You can order any pizza with
vegan 'cheese' or lactose-free mozzarella **+ 2.30**
wholemeal spelt dough made with organic flour **+ 2.00**
Fina dough made with organic white spelt flour **+ 1.30**
gluten-free pizza dough **+ 3.50**

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
fried chicken breast, mushrooms, spring leeks,
Grana Padano **14.60**

BIANCA ASPARAGI E CAPRINO  **VGT**
green asparagus, goat's cheese, fresh thyme,
dried tomatoes, honey, pink pepper **13.70**

BIANCA PATATA E CIPOLLA VGT
wafer-thin potato slices, red onions, fresh rosemary,
spring leeks, sour cream
recommended with diced bacon* **10.90**
+ 2.10

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

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

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 **12.20**

FIORELLA
variety of salad greens, organic egg, cucumber, cherry
tomatoes, carrots, green beans, chicken breast **14.80**

NUOVO BURRATA VGT
Burrata, cherry tomatoes, basil **14.20**

CARPACCIO
fresh organic beef, rocket, Grana Padano **15.90**

VITELLO 
tender organic veal, baby leaf salad, cream of tuna,
roasted capers **16.90**

SALMONE
marinated salmon, baby leaf salad, sour cream **15.90**

INSALATA MISTA MINI
additional to every pasta or pizza **2.80**

COMPLEMENTI
Choose additional side dishes for even more enjoyment:
rocket or spinach **1.70**
ham*, tuna or mushrooms **2.10**
olives or dried tomatoes **2.20**
goat's cheese, green asparagus or country ham* **3.20**
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 **5.90** regular **10.50**

INSALATA DI QUINOA E SPINACI VGT + GLU
organic quinoa, cherry tomatoes, goat's cheese,
celery, avocado, watercress, fresh spinach **14.50**

SPAGHETTI DI ZUCCHINE
CON BOLOGNESE VEGANO  **VGN + GLU**
zucchini noodles with vegan mushroom bolognese **11.60**

LOW CARB SPAGHETTI CON POLLO GLU
zucchini noodles, chicken breast, cherry tomatoes,
Grana Padano **12.20**

QUINOA CON VERDURE VGN
organic quinoa, variety of vegetables, mushrooms,
dried tomatoes, olive oil, garlic, fresh herbs **12.70**

PIZZA AVOCADO VGT
variety of salad greens, avocado, beetroot, sour cream **13.20**

PIZZA DIAVOLA VEGANA VGN
wholemeal spelt-dough, mushrooms, chili,
red onions, olives, vegan 'cheese' **12.20**