

ANTIPASTI

PIZZA BREAD VGN

pizza classica dough, garlic, herbs 5.40
with avocado dip, dried tomatoes dip
and yogurt dip VGT + 3.00
olives or dried tomatoes + 2.20

BRUSCHETTA VGN

roasted bread made with organic flour, 7.50
marinated tomatoes, onions, garlic

CAPRESE VGT + GLU

buffalo mozzarella, tomatoes, basil pesto, olive oil 9.80
optionally with lactose-free mozzarella + 2.40

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, 9.70
olive oil, chili

PARMIGIANA VGT

gratinated eggplant, tomato sauce, garlic, mozzarella, 8.80
Grana Padano, herbs, garlic bread, rocket

VITELLO TONNATO GLU

tender organic veal, cream of tuna, 15.80
roasted capers, baby leaf salad

CARPACCIO CLASSICO GLU

fresh organic beef, rocket, Grana Padano 14.90

GAMBERI AL LIMONE

roasted prawns, lemon, garlic bread, rocket, 10.60
Grana Padano

INSALATE

INSALATA MISTA VGT + GLU

variety of salad greens, cherry tomatoes, carrots, 6.40
cucumber, with house dressing small regular 9.80

INSALATA FIORELLA

variety of salad greens, organic egg, cherry tomatoes, 14.40
green beans, carrots, cucumber, warm chicken breast, with mama dressing

INSALATA TOSCA VGT + GLU

variety of salad greens, goat's cheese, cucumber, 10.90
tomatoes, red onions, olives, with house dressing

INSALATA CESARE VGT

crisp romaine lettuce, roasted croutons, 6.90
cherry tomatoe, Grana Padano, with Caesar dressing small regular 10.80

INSALATA DI CAMPO GLU

lamb's lettuce with warm goat's cheese, 13.40
country ham*, cherry tomatoes, honey, with balsamic vinegar dressing

INSALATA NIZZARDA GLU

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

All salads can be ordered with additional 4.80
chicken breast, organic beef, organic veal or prawns + 4.50
avocado

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 7.70

ZUPPA DI POMODORO VGN + GLU

traditional tomato soup with fresh basil 7.40

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 8.90

SPAGHETTI AGLIO OLIO E GAMBERI

olive oil, garlic, chili peppers, roasted prawns, 13.90
white wine, parsley

FUSILLI CON VITELLO ALLA PANNA

organic veal, green asparagus, spring leeks, onions, 15.90
cream, white wine

FUSILLI CON POLLO

chicken breast, béchamel cream, 13.40
spring leeks, olives, mushrooms, white wine

SPAGHETTIBOLOGNESE

tomato sauce and organic minced beef 12.70
with fresh herbs

SPAGHETTI CARBONARA

roasted Pancetta bacon*, cream, egg, onions, 12.70
white wine, parsley

PENNE CON MANZO

organic beef, rosemary, zucchini, braised onions, 15.90
red wine, rocket, Grana Padano

FUSILLI CON RAGÙ DI MANZO

organic beef ragout, red wine, fresh herbs, 13.20
Grana Padano

SPAGHETTI POMODORI E GAMBERI

prawns, fruity tomato cream sauce, garlic, basil 14.80

SPAGHETTI AL SALMONE

marinated salmon, béchamel cream, dill, lemon 13.90

SPIRELLI CON VERDURE VGN

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

You can order every pasta dish with 2.40
gluten-free organic fusilli or zucchini noodles +
(Fusilli con Pollo and Spaghetti al Salmone always contain gluten.)

RAVIOLI CON PESTO DI NOCI VGT

spinach ricotta ravioli**, walnut pesto, 12.80
rocket, Grana Padano

NUOVO TORTELLI CON SPINACI E SALVIA VGT

spinach ricotta tortelli**, butter, sage 11.80

NUOVO TORTELLI AL TARTUFO VGT

truffle tortelli**, cream, Grana Padano 12.50


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 9.80

MOZZARELLA VGT
buffalo mozzarella, tomato slices, fresh basil 11.80

PROSCIUTTO E RUCOLA
country ham*, rocket, Grana Padano 13.90

TONNO
tuna, red onions, fresh thyme 12.90

SALAME PICCANTE
spicy salami*, fresh thyme 13.40

DIAVOLA
spicy salami*, chili, red onions, olives, fresh thyme 14.40

FUNGHI E PROSCIUTTO
mushrooms, ham* 13.90

QUATTRO VERDURE  **VGT**
spinach, pine nuts, zucchini, mushrooms, herbs, garlic, sour cream, tomato slices, basil pesto 12.70

GAMBERI
fried prawns, cherry tomatoes, spring leeks, garlic 14.40

NUOVO ANANAS E PROSCIUTTO
fresh ananas, spring leeks, ham* 13.40

CALZONE
ham*, mushrooms, tomatoes, onions, olives, fresh herbs 13.80

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 + 2.40
wholemeal spelt dough made with organic flour + 2.00
Fina dough made with organic white spelt flour + 1.40
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 14.80

BIANCA ASPARAGI E CAPRINO  **VGT**
green asparagus, goat's cheese, fresh thyme, dried tomatoes, honey, pink pepper 13.80

BIANCA PATATA E CIPOLLA VGT
wafer-thin potato slices, red onions, fresh rosemary, spring leeks, sour cream 10.90
*recommended with diced bacon** + 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 for example with cream cheese, mozzarella, tomato sauce or rosemary oil. 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 12.40

FIGORELLA
variety of salad greens, organic egg, cucumber, cherry tomatoes, carrots, green beans, chicken breast 14.90

NUOVO BURRATA VGT
tomato sauce, Burrata, cherry tomatoes, rocket 14.40

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

AVOCADO VGT
rosemary oil, variety of salad greens, avocado, beetroot, sour cream 13.40

INSALATA MISTA MINI
additional to every pasta or pizza 2.90

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 14.70

SPAGHETTI DI ZUCCHINE CON BOLOGNESE VEGANO  **VGN + GLU**
zucchini noodles with vegan mushroom bolognese 11.80

LOW CARB SPAGHETTI CON POLLO GLU
zucchini noodles, chicken breast, cherry tomatoes, Grana Padano 12.40

QUINOA CON VERDURE VGN + GLU
organic quinoa, variety of vegetables, mushrooms, dried tomatoes, olive oil, garlic, fresh herbs 12.80

PIZZA DIAVOLA VEGANA VGN
wholemeal spelt-dough, mushrooms, chili, red onions, olives, vegan 'cheese' 12.40