

ANTIPASTI

PIZZA BREAD VGN pizza classica dough, garlic, herbs <i>with avocado dip, dried tomatoes dip and yogurt dip VGT</i> <i>olives or dried tomatoes</i>	5.40 + 3.00 + 2.30
BRUSCHETTA VGN roasted bread made with organic flour, marinated tomatoes, onions, garlic	7.50
CAPRESE VGT + GLU buffalo mozzarella, tomatoes, basil pesto, olive oil <i>optionally with lactose-free mozzarella</i>	9.80 + 2.40
ANTIPASTI MISTI caprese, fried zucchini and eggplant, bruschetta, olives <i>classico: with country ham* and vitello tonnato</i> <i>vegetariano: with avocado and beetroot VGT</i>	14.50 14.40
BURRATA ♥ VGT braised cherry tomatoes, lukewarm Burrata, olive oil, chili	9.70
PARMIGIANA VGT gratinated eggplant, tomato sauce, garlic, mozzarella, Grana Padano, herbs, garlic bread, rocket	8.80
VITELLO TONNATO ♥ GLU tender organic veal, cream of tuna, roasted capers, baby leaf salad	15.80
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 6.40 regular 9.80
INSALATA FIORELLA ♥ variety of salad greens, organic egg, cherry tomatoes, green beans, carrots, cucumber, warm chicken breast, with mama dressing	14.60
INSALATA TOSCA VGT + GLU variety of salad greens, goat cheese, cucumber, tomatoes, red onions, olives, with house dressing	11.20
INSALATA CESARE VGT crisp romaine lettuce, roasted croutons, cherry tomatoes, Grana Padano, with Caesar dressing	small 6.90 regular 10.90
INSALATA DI CAMPO GLU lamb's lettuce with warm goat cheese, country ham*, cherry tomatoes, honey, with balsamic vinegar dressing	13.40
INSALATA NIZZARDA GLU variety of salad greens, tuna, organic egg, green beans, tomatoes, potatoes, with balsamic vinegar dressing	14.10

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

We are certified organic by DE-ÖKO-006

* additives (curing salts) possible in ham, salami and Pancetta bacon

** non-organic pasta.

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

ZUPPE

MINISTRONE VGN + GLU vegetable soup, olive oil, fresh herbs, garlic	7.70
ZUPPA DI POMODORO VGN + GLU traditional tomato soup with fresh basil	7.50

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, 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	13.40
SPAGHETTIBOLOGNESE ♥ tomato sauce and organic minced beef with fresh herbs	12.70
SPAGHETTI CARBONARA roasted Pancetta bacon*, cream, egg, onions, white wine, parsley	12.70
PENNE CON MANZO organic beef, rosemary, zucchini, braised onions, red wine, rocket, Grana Padano	15.90
FUSILLI CON RAGÙ DI MANZO organic beef ragout, red wine, fresh herbs, Grana Padano	13.40
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, dried tomatoes, olive oil, garlic, fresh herbs	12.20
<i>You can order every pasta dish with gluten-free organic fusilli or zucchini noodles</i> + 2.40 (Fusilli con Pollo and Spaghetti al Salmone always contain gluten.)	
RAVIOLI CON PESTO DI NOCI VGT spinach ricotta ravioli**, walnut pesto, rocket, Grana Padano	12.80
NUOVO TORTELLI CON SPINACI E SALVIA VGT spinach ricotta tortelli**, butter, sage	11.80
NUOVO TORTELLI AL TARTUFO VGT truffle tortelli**, cream, Grana Padano	12.70

VEGETARIAN, VEGAN, GLUTEN-FREE

VGT vegetarian Without meat, fish or gelatin.

VGN vegan These dishes contain no animal products.

GLU gluten-free We can not 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	13.20
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
ANANAS E PROSCIUTTO fresh ananas, spring leeks, ham*	13.50
CALZONE ham*, mushrooms, tomatoes, onions, olives, fresh herbs	13.80
CALZONE CON POLLO chicken breast, chili, red onions, balsamic vinegar cream	12.90
<i>You can order any pizza with vegan 'cheese' or lactose-free mozzarella</i>	+ 2.40
<i>wholemeal spelt dough made with organic flour</i>	+ 2.00
<i>Fina dough made with organic white spelt flour</i>	+ 1.40
<i>gluten-free pizza dough</i>	+ 3.50

INSALATA MISTA MINI additional to every pasta or pizza	2.90
--	------

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 cheese, fresh thyme, dried tomatoes, honey, pink pepper	13.80
BIANCA PATATA E CIPOLLA VGT thin potato slices, red onions, fresh rosemary, spring leeks, sour cream <i>recommended with diced Pancetta bacon*</i>	10.90 + 2.20

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

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, tomato sauce or rosemary oil. Fresh from the stone oven, Pizza Fina is finally crowned with fresh toppings.

CESARE VGT cream cheese, mozzarella, romaine lettuce, Caesar dressing, Grana Padano	12.40
FIGORELLA cream cheese, mozzarella, variety of salad greens, organic egg, cherry tomatoes, cucumber, carrots, green beans, chicken breast	14.90
BURRATA VGT tomato sauce, oven tomatoes, rocket, Burrata	14.40
CARPACCIO cream cheese, mozzarella, fresh organic beef, rocket, Grana Padano	15.90
VITELLO  cream cheese, mozzarella, tender organic veal, baby leaf salad, cream of tuna, roasted capers	16.90
SALMONE cream cheese, mozzarella, marinated salmon, baby leaf salad, sour cream	15.90
AVOCADO VGT rosemary oil, variety of salad greens, avocado, beetroot, sour cream	13.40

COMPLEMENTI

Choose additional side dishes for even more enjoyment:

<i>rocket or spinach</i>	1.80
<i>ham* or mushrooms</i>	2.20
<i>olives, dried tomatoes or tuna</i>	2.30
<i>goat cheese, green asparagus or country ham*</i>	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 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