

MENÙ VEGETARIANO / VEGANO

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>vegetariano: with avocado and beetroot VGT</i>	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

INSALATE

INSALATA MISTA VGT + GLU variety of salad greens, cherry tomatoes, carrots, cucumber, with house dressing	small 6.40 regular 9.80
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
<i>All salads can be ordered with additional avocado</i>	+ 4.50

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
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
<small>(Fusilli con Pollo and Spaghetti al Salmone always contain gluten.)</small>	

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

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
QUATTRO VERDURE ♥ VGT spinach, pine nuts, zucchini, mushrooms, herbs, garlic, sour cream, tomato slices, basil pesto	12.70
<i>You can order any pizza with vegan 'cheese' or lactose-free mozzarella</i>	+ 2.40
<i>wholemeal spelt dough</i>	+ 2.00
<i>Fina dough made with 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
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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 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	10.90

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
BURRATA VGT tomato sauce, oven tomatoes, rocket, Burrata	14.40
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>mushrooms</i>	2.20
<i>olives or dried tomatoes</i>	2.30
<i>goat cheese or green asparagus</i>	3.20
Ask us about other side dishes.	

VGT <i>vegetarisch</i> Ohne Fleisch, Fisch oder Gelatine.
VGN <i>vegan</i> Diese Gerichte kommen ganz ohne tierische Produkte aus.
GLU <i>glutenfrei</i> Auch unsere glutenfreien Speisen können umgebungsbedingt Spuren von Gluten enthalten.
<i>laktosefrei</i> Auf Wunsch erhalten Sie Ihre Pizza mit laktosefreier Mozzarella.
♥ <i>Favoriti di mama</i> Besonders beliebt bei unseren Gästen.

Sollten Sie gegen bestimmte Lebensmittel allergisch sein, fragen Sie nach unserer Allergenkarte mit detaillierten Informationen, wir beraten Sie gern.

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
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

PIZZA PER BAMBINI

SIGNOR ROSSI VGT tomato sauce, mozzarella	5.80
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PASTA PER BAMBINI

PENNE NAPOLI VGT creamy tomato sauce	5.870
<i>For our youngest guests:</i>	
PENNE AL BURRO VGT with melted butter	4.80
<i>You can order every pasta dish with gluten-free organic fusilli or zucchini noodles,</i>	+ 1.20
<i>spelt spirelli** or wholemeal penne**.</i>	

DOLCI

We use organic raw cane sugar to sweeten our homemade desserts.

GELATO GLU <i>Original Italian gelati</i> strawberry, mango, lemon, VGN chocolate, vanilla, stracciatella	scoop 2.80
PIZZA FINA CON MELA E CANNELLA small and thin pizza topped with apple and cinnamon	5.40
TIRAMISÙ	6.50
PICCOLO TIRAMISÙ (until 3 p.m.)	3.50
sponge fingers, espresso ¹ , mascarpone creme with amaretto ⁴	
PANNA COTTA AL LATTE DI COCCO ♥ VGN + GLU coconut milk, blueberries, caramelized walnuts	7.70
CRÈME BRÛLÉE GLU vanilla cream topped with a thin caramelized crust of sugar	6.40
TORTA AL CIOCCOLATO warm homemade chocolate cake with a liquid core, please allow approx. 18 minutes preparation time	7.60

Wir sind biozertifiziert von DE-ÖKO-006.

* Zusätze (Pökelsalze) möglich in Schinken, Salami und Pancetta
** Unsere Vollkorn-Penne, Dinkel-Spirelli und Ravioli sind nicht biozertifiziert. ¹ enthält Koffein, ⁴ enthält Farbstoff. Alle unsere Preise in Euro inkl. MwSt., Irrtümer und Änderungen vorbehalten.