

## ANTIPASTI

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| <b>PIZZA BREAD VGN</b><br>pizza classica dough, garlic, herbs<br><i>with three dips: avocado, dried tomatoes, yogurt</i><br><i>olives or dried tomatoes</i>                                   | <b>5.50</b><br><b>+ 3.20</b><br><b>+ 2.40</b> |
| <b>BRUSCHETTA VGN</b><br>roasted bread made with organic flour,<br>marinated tomatoes, onions, garlic   | <b>7.50</b>                                   |
| <b>CAPRESE VGT + GLU</b><br>buffalo mozzarella, tomatoes, basil pesto, olive oil<br><i>optionally with lactose-free mozzarella</i>  | <b>9.90</b><br><b>+ 2.50</b>                  |
| <b>ANTIPASTI MISTI</b><br>caprese, fried zucchini and eggplant, bruschetta, olives<br><i>classico: with country ham* and vitello tonnato</i><br><i>vegetariano: with avocado and beetroot</i> | <b>14.70</b><br><b>14.50</b>                  |
| <b>BURRATA ♥ VGT</b><br>braised cherry tomatoes, lukewarm Burrata,<br>olive oil, chili  | <b>9.80</b>                                   |
| <b>PARMIGIANA VGT</b><br>gratinated eggplant, tomato sauce, garlic, mozzarella,<br>Grana Padano, herbs, garlic bread, rocket  | <b>8.90</b>                                   |
| <b>VITELLO TONNATO ♥ GLU</b><br>tender organic veal, cream of tuna,<br>roasted capers, baby leaf salad  | <b>15.80</b>                                  |
| <b>CARPACCIO CLASSICO GLU</b><br>fresh organic beef, rocket, Grana Padano   | <b>14.90</b>                                  |
| <b>GAMBERI AL LIMONE</b><br>roasted prawns, lemon, garlic bread, rocket,<br>Grana Padano  | <b>10.70</b>                                  |

## INSALATE

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| <b>INSALATA MISTA VGT + GLU</b><br>variety of salad greens, cherry tomatoes, carrots,<br>cucumber, with house dressing   | <b>small 6.40 regular 9.80</b>  |
| <b>INSALATA FIORELLA ♥</b><br>variety of salad greens, organic egg, cherry tomatoes,<br>green beans, carrots, cucumber,<br>warm chicken breast, with mama dressing | <b>14.70</b>                    |
| <b>INSALATA TOSCA VGT + GLU</b><br>variety of salad greens, goat cheese, cucumber,<br>tomatoes, red onions, olives, with house dressing                            | <b>11.40</b>                    |
| <b>INSALATA CESARE VGT</b><br>crisp romaine lettuce, roasted croutons,<br>cherry tomatoes, Grana Padano,<br>with Caesar dressing                                   | <b>small 6.90 regular 10.90</b> |
| <b>INSALATA DI CAMPO GLU</b><br>lamb's lettuce with warm goat cheese,<br>country ham*, cherry tomatoes, honey,<br>with balsamic vinegar dressing                   | <b>13.60</b>                    |
| <b>INSALATA NIZZARDA GLU</b><br>variety of salad greens, tuna, organic egg, green beans,<br>tomatoes, potatoe, with balsamic vinegar dressing                      | <b>14.30</b>                    |

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

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| <b>MINISTRONE VGN + GLU</b><br>vegetable soup, olive oil, fresh herbs, garlic  | <b>7.80</b> |
| <b>ZUPPA DI POMODORO VGN + GLU</b><br>traditional tomato soup with fresh basil | <b>7.60</b> |

## PASTA

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

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| <b>PENNE ALL'ARRABBIATA VGN</b><br>spicy tomato sauce, chili peppers  | <b>8.90</b>  |
| <b>SPAGHETTI AGLIO OLIO E GAMBERI</b><br>olive oil, garlic, chili peppers, roasted prawns,<br>white wine, parsley   | <b>13.90</b> |
| <b>FUSILLI CON VITELLO ALLA PANNA</b><br>organic veal, green asparagus, spring leeks, onions,<br>cream, white wine  | <b>15.90</b> |
| <b>FUSILLI CON POLLO</b><br>chicken breast, béchamel cream,<br>spring leeks, olives, mushrooms, white wine  | <b>13.50</b> |
| <b>NUOVO SPAGHETTI CON POLLO AL COCCO</b><br>chicken breast, broccoli, zucchini, coriander,<br>mango coconut sauce  | <b>12.90</b> |
| <b>SPAGHETTI BOLOGNESE ♥</b><br>tomato sauce with organic minced beef<br>and fresh herbs  | <b>12.80</b> |
| <b>SPAGHETTI CARBONARA</b><br>roasted Pancetta bacon*, cream, egg, onions,<br>white wine, parsley   | <b>12.80</b> |
| <b>PENNE CON MANZO</b><br>organic beef, rosemary, zucchini, braised onions,<br>red wine, rocket, Grana Padano   | <b>15.90</b> |
| <b>SPAGHETTI POMODORI E GAMBERI</b><br>prawns, fruity tomato cream sauce, garlic, basil   | <b>14.90</b> |
| <b>SPAGHETTI AL SALMONE</b><br>marinated salmon, béchamel cream, dill, lemon  | <b>14.10</b> |
| <b>SPIRELLI CON VERDURE VGN</b><br>spelt spirelli**, variety of vegetables, mushrooms,<br>dried tomatoes, olive oil, garlic, fresh herbs  | <b>12.40</b> |
| <i>You can order every pasta dish with</i><br><i>gluten-free organic fusilli or zucchini noodles</i> <b>+ 2.50</b><br>(Fusilli con Pollo and Spaghetti al Salmone always contain gluten.) |              |
| <b>RAVIOLI CON PESTO DI NOCI VGT</b><br>spinach ricotta ravioli**, walnut pesto,<br>rocket, Grana Padano  | <b>12.80</b> |
| <b>TORTELLI CON SPINACI E SALVIA VGT</b><br>spinach ricotta tortelli**, butter, sage  | <b>11.80</b> |
| <b>TORTELLI AL TARTUFO VGT</b><br>truffle tortelli**, cream, Grana Padano   | <b>12.70</b> |

### 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.

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| <b>MARGHERITA VGT</b><br>the classic with mozzarella and oregano  | 9.80            |
| <b>MOZZARELLA VGT</b><br>buffalo mozzarella, tomato slices, fresh basil   | 11.90           |
| <b>PROSCIUTTO E RUCOLA</b><br>country ham*, rocket, Grana Padano  | 13.90           |
| <b>TONNO</b><br>tuna, red onions, fresh thyme   | 13.40           |
| <b>SALAME PICCANTE</b><br>spicy salami*, fresh thyme<br><i>optionally with Halal Salami</i>   | 13.60<br>+ 1.20 |
| <b>DIAVOLA</b><br>spicy salami*, chili, red onions, olives, fresh thyme<br><i>optionally with Halal Salami</i>  | 14.60<br>+ 1.20 |
| <b>FUNGHI E PROSCIUTTO</b><br>mushrooms, ham*   | 13.90           |
| <b>QUATTRO VERDURE</b>  <b>VGT</b><br>spinach, pine nuts, zucchini, mushrooms, herbs, garlic, sour cream, tomato slices, basil pesto | 12.80           |
| <b>GAMBERI</b><br>fried prawns, cherry tomatoes, spring leeks, garlic   | 14.50           |
| <b>ANANAS E PROSCIUTTO</b><br>fresh ananas, spring leeks, ham*  | 13.60           |
| <b>CALZONE</b><br>ham*, mushrooms, tomatoes, onions, olives, fresh herbs  | 13.90           |
| <b>CALZONE CON POLLO</b><br>chicken breast, chili, red onions, balsamic vinegar cream   | 12.90           |
| <i>You can order any pizza with</i><br><i>vegan 'cheese' or lactose-free mozzarella</i>   | + 2.50          |
| <i>wholemeal spelt dough made with organic flour</i>  | + 2.20          |
| <i>Fina dough made with organic white spelt flour</i>   | + 1.50          |
| <i>gluten-free pizza dough</i>  | + 2.50          |

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| <b>INSALATA MISTA MINI</b><br><i>additional to every pasta or pizza</i> | 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.

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| <b>BIANCA POLLO E FUNGHI</b><br>fried chicken breast, mushrooms, spring leeks, Grana Padano  | 14.90           |
| <b>BIANCA ASPARAGI E CAPRINO</b>  <b>VGT</b><br>green asparagus, goat cheese, fresh thyme, dried tomatoes, honey, pink pepper | 13.80           |
| <b>BIANCA PATATA E CIPOLLA VGT</b><br>thin potato slices, red onions, fresh rosemary, spring leeks, sour cream<br><i>recommended with diced Pancetta bacon*</i>  | 10.90<br>+ 2.50 |

## 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.

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| <b>CESARE VGT</b><br>cream cheese, mozzarella, romaine lettuce, cherry tomatoes, Caesar dressing, Grana Padano  | 12.50 |
| <b>FIGORELLA</b><br>cream cheese, mozzarella, variety of salad greens, organic egg, cherry tomatoes, cucumber, carrots, green beans, chicken breast   | 14.90 |
| <b>NUOVO</b> <b>BURRATA VGT</b><br>tomato sauce, oven tomatoes, Burrata, rocket   | 14.80 |
| <b>CARPACCIO</b><br>cream cheese, mozzarella, fresh organic beef, rocket, Grana Padano  | 15.90 |
| <b>VITELLO</b> <br>cream cheese, mozzarella, tender organic veal, baby leaf salad, cream of tuna, roasted capers | 16.90 |
| <b>SALMONE</b><br>cream cheese, mozzarella, marinated salmon, baby leaf salad, sour cream   | 15.90 |
| <b>AVOCADO VGT</b><br>rosemary oil, variety of salad greens, avocado, beetroot, sour cream  | 13.70 |

### COMPLEMENTI

*Choose additional side dishes for even more enjoyment:*

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| <i>rocket or spinach</i>                            | 2.10 |
| <i>ham* or mushrooms</i>                            | 2.30 |
| <i>olives, dried tomatoes or tuna</i>               | 2.40 |
| <i>goat cheese, green asparagus or country ham*</i> | 3.30 |

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.

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| <b>BRUSCHETTA DI AVOCADO VGN</b><br>homemade spelt bread, avocado, cherry tomatoes and pine nuts<br>small 5.90 regular 10.50  |                 |
| <b>NUOVO</b> <b>PRIMAVERA BOWL VGT + GLU</b><br>lamb's lettuce, avocado, organic quinoa, beetroot, goat cheese, walnuts, with house dressing  | 13.20           |
| <b>SPAGHETTI DI ZUCCHINE</b>  <b>VGN + GLU</b><br>zucchini noodles with vegan mushroom bolognese | 11.90           |
| <b>LOW CARB SPAGHETTI CON POLLO</b> <b>GLU</b><br>zucchini noodles, chicken breast, cherry tomatoes, Grana Padano<br><i>optionally with vegan "chicken"</i>                           | 12.50<br>+ 1.80 |
| <b>QUINOA CON VERDURE VGN + GLU</b><br>organic quinoa, variety of vegetables, mushrooms, dried tomatoes, olive oil, garlic, fresh herbs   | 12.90           |
| <b>PIZZA DIAVOLA VEGANA VGN</b><br>wholemeal spelt-dough, mushrooms, chili, red onions, olives, vegan 'cheese'  | 12.60           |

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