

# MENÙ VEGETARIANO / VEGANO

## ANTIPASTI

<b>PIZZA BREAD VGN</b> pizza classica dough, garlic, herbs <i>with three dips:</i> avocado, dried tomatoes, yogurt VGT olives or dried tomatoes	5.50 + 3.20 + 2.40
<b>BRUSCHETTA VGN</b> roasted bread made with organic flour, marinated tomatoes, onions, garlic	7.50
<b>CAPRESE VGT + GLU</b> buffalo mozzarella, tomatoes, basil pesto, olive oil <i>optionally with lactose-free mozzarella</i>	9.90 + 2.50
<b>ANTIPASTI MISTI</b> caprese, fried zucchini and eggplant, bruschetta, olives <i>vegetariano: with avocado and beetroot VGT</i>	14.50
<b>BURRATA ♥ VGT</b> braised cherry tomatoes, lukewarm Burrata, olive oil, chili	9.80
<b>PARMIGIANA VGT</b> gratinated eggplant, tomato sauce, garlic, mozzarella, Grana Padano, herbs, garlic bread, rocket	8.90

## INSALATE

<b>INSALATA MISTA VGT + GLU</b> variety of salad greens, cherry tomatoes, carrots, cucumber, with house dressing	small 6.40 regular 9.80
<b>INSALATA TOSCA VGT + GLU</b> variety of salad greens, goat cheese, cucumber, tomatoes, red onions, olives, with house dressing	11.40
<b>INSALATA CESARE VGT</b> 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 vegan "chicken"</i>	+ 4.80
<i>avocado</i>	+ 4.50

## ZUPPE

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

## PASTA

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

<b>PENNE ALL'ARRABBIATA VGN</b> spicy tomato sauce, chili peppers	8.90
<b>SPIRELLI CON VERDURE VGN</b> spelt spirelli**, variety of vegetables, mushrooms, dried tomatoes, olive oil, garlic, fresh herbs	12.40
<i>You can order every pasta dish with gluten-free organic fusilli or zucchini noodles</i>	+ 2.50
<small>(Fusilli con Pollo and Spaghetti al Salmone always contain gluten.)</small>	
<b>RAVIOLI CON PESTO DI NOCI VGT</b> spinach ricotta ravioli**, walnut pesto, rocket, Grana Padano	12.80
<b>TORTELLI CON SPINACI E SALVIA VGT</b> spinach ricotta tortelli**, butter, sage	11.80
<b>TORTELLI AL TARTUFO VGT</b> 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.

<b>MARGHERITA VGT</b> the classic with mozzarella and oregano	9.80
<b>MOZZARELLA VGT</b> buffalo mozzarella, tomato slices, fresh basil	11.90
<b>QUATTRO VERDURE ♥ VGT</b> spinach, pine nuts, zucchini, mushrooms, herbs, garlic, sour cream, tomato slices, basil pesto	12.80
<i>You can order any pizza with vegan 'cheese' or lactose-free mozzarella</i>	+ 2.50
<i>wholemeal spelt dough</i>	+ 2.20
<i>Fina dough made with white spelt flour</i>	+ 1.50
<i>gluten-free pizza dough</i>	+ 2.50

**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.

<b>BIANCA ASPARAGI E CAPRINO ♥ VGT</b> green asparagus, goat cheese, fresh thyme, dried tomatoes, honey, pink pepper	13.80
<b>BIANCA PATATA E CIPOLLA VGT</b> 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.

<b>CESARE VGT</b> cream cheese, mozzarella, romaine lettuce, cherry tomatoes, Caesar dressing, Grana Padano	12.50
<b>NUOVO BURRATA VGT</b> tomato sauce, oven tomatoes, Burrata, rocket	14.80
<b>CAVOCADO VGT</b> rosemary oil, variety of salad greens, avocado, beetroot, sour cream	13.70

**COMPLEMENTI**  
Choose additional side dishes for even more enjoyment:

<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.

<b>VGT vegetarian</b> Without meat, fish or gelatin.	
<b>VGN vegan</b> These dishes contain no animal products.	
<b>GLU gluten-free</b> We can not guarantee a 100% flour-free environment.	
<b>lactose-free</b> You can order our pizza with lactose-free mozzarella.	
<b>♥ Favoriti di mama</b> These are our guests' favourites.	

## mama VITALE

Our featured dishes with a bounty of healthy ingredients, vegetarian, vegan, gluten-free and low carb alternatives.

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

## PIZZA PER BAMBINI

<b>SIGNOR ROSSI VGT</b> tomato sauce, mozzarella	5.80
---	------

## PASTA PER BAMBINI

<b>PENNE NAPOLI VGT</b> creamy tomato sauce	5.80
<i>For our youngest guests:</i>	
<b>PENNE AL BURRO VGT</b> with melted butter	4.80

*You can order every pasta dish with  
gluten-free organic fusilli or zucchini noodles, + 1.20  
spelt spirelli\*\* or wholemeal penne\*\*.*

## DOLCI

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

<b>GELATO GLU</b> <i>Original Italian gelati</i> strawberry, mango, lemon, VGN chocolate, vanilla, stracciatella	scoop 2.80
<b>PIZZA FINA CON MELA E CANNELLA</b> small and thin pizza topped with apple and cinnamon	5.40
<b>TIRAMISÙ</b> <b>PICCOLO TIRAMISÙ</b> (until 3 p.m.) sponge fingers, espresso <sup>1</sup> , mascarpone creme with amaretto <sup>4</sup>	6.60 3.50
<b>PANNA COTTA AL LATTE DI COCCO ♥ VGN + GLU</b> coconut milk, blueberries, caramelized walnuts	7.80
<b>CRÈME BRÛLÉE GLU</b> vanilla cream topped with a thin caramelized crust of sugar	6.50
<b>TORTA AL CIOCCOLATO</b> warm homemade chocolate cake with a liquid core, please allow aprox. 18 minutes preparation time	7.70

We are certified organic by DE-ÖKO-00.

\* additives (curing salts) possible in ham, salami and Pancetta bacon. \*\* non-organic pasta.  
<sup>1</sup> contains caffeine, <sup>4</sup> contains coloring agent.

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