

ANTIPASTI

PIZZA BREAD VGN	
pizza classica dough, garlic, herbs	6.20
<i>with three dips: avocado, dried tomatoes, yogurt</i> VGT	+ 3.60
<i>olives or dried tomatoes</i> VGN	+ 2.70
BRUSCHETTA VGN	
roasted bread made with organic flour, marinated tomatoes, onions, garlic	8.50
CAPRESE VGT + GLU	
buffalo mozzarella, tomatoes, basil pesto, olive oil	10.90
<i>optionally with lactose-free mozzarella</i>	+ 2.80
ANTIPASTI MISTI	
caprese, fried zucchini and eggplant, bruschetta, olives	16.50
<i>classico: with country ham* and vitello tonnato</i>	16.30
<i>vegetariano: with avocado and beetroot</i> VGT	
BURRATA VGT	
braised cherry tomatoes, Burrata, olive oil, chili	11.20
PARMIGIANA VGT	
gratinated eggplant, tomato sauce, garlic, mozzarella, Grana Padano, herbs, garlic bread, rocket	9.90
VITELLO TONNATO GLU	
tender organic veal, cream of tuna, roasted capers, baby leaf salad	17.70
CARPACCIO CLASSICO GLU	
fresh organic beef, rocket, Grana Padano	16.70
GAMBERI AL LIMONE	
roasted prawns, lemon, garlic bread, rocket, Grana Padano	11.90

INSALATE

INSALATA MISTA VGN + GLU	
variety of salad greens, cherry tomatoes, carrots, cucumber, with house dressing	small 6.90 regular 10.90
INSALATA FIORELLA	
variety of salad greens, organic egg, cherry tomatoes, green beans, carrots, cucumber, warm chicken breast, with mama dressing	16.40
INSALATA TOSCA VGT + GLU	
variety of salad greens, goat cheese, cucumber, tomatoes, red onions, olives, with house dressing	12.90
INSALATA CESARE VGT	
crisp romaine lettuce, roasted croutons, cherry tomatoes, Grana Padano, with Caesar dressing	small 7.40 regular 12.40
INSALATA DI CAMPO GLU	
lamb's lettuce with warm goat cheese, country ham*, cherry tomatoes, honey, with balsamic vinegar dressing	15.20
INSALATA NIZZARDA GLU	
variety of salad greens, tuna, organic egg, green beans, tomatoes, potatoe, with balsamic vinegar dressing	15.90
<i>All salads can be ordered with additional chicken breast, organic beef, organic veal or prawns</i>	+ 5.40
<i>vegan NoChicken Chunks</i> VGN	+ 5.40
<i>avocado</i> VGN	+ 4.90

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	8.80
ZUPPA DI POMODORO VGN + GLU	
traditional tomato soup with fresh basil	8.60

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	9.90
SPAGHETTI AGLIO OLIO E GAMBERI	
olive oil, garlic, chili peppers, roasted prawns, white wine, parsley	15.40
FUSILLI CON VITELLO ALLA PANNA	
organic veal, green asparagus, spring leeks, onions, cream, white wine	17.80
FUSILLI CON POLLO	
chicken breast, béchamel cream, spring leeks, olives, mushrooms, white wine	14.90
SPAGHETTI CON POLLO AL COCCO	
chicken breast, broccoli, zucchini, coriander, mango coconut sauce	14.50
SPAGHETTI BOLOGNESE	
tomato sauce with organic minced beef and fresh herbs	14.30
SPAGHETTI CARBONARA	
roasted Pancetta bacon*, cream, egg, onions, white wine, parsley	13.90
PENNE CON MANZO	
organic beef, rosemary, zucchini, braised onions, red wine, rocket, Grana Padano	17.90
SPAGHETTI POMODORI E GAMBERI	
prawns, fruity tomato cream sauce, garlic, basil	16.70
SPAGHETTI AL SALMONE	
marinated salmon, béchamel cream, dill, lemon	15.80
SPIRELLI CON VERDURE VGN	
spelt spirelli**, variety of vegetables, mushrooms, dried tomatoes, olive oil, garlic, fresh herbs	13.90
<i>You can order every pasta dish with gluten-free organic fusilli or zucchini noodles</i>	+ 2.80
<i>(Fusilli con Pollo and Spaghetti al Salmone always contain gluten.)</i>	
RAVIOLI CON PESTO DI NOCI VGT	
spinach ricotta ravioli**, walnut pesto, rocket, Grana Padano	14.40
TORTELLI CON SPINACI E SALVIA VGT	
spinach ricotta tortelli**, butter, sage	13.20
TORTELLI AL TARTUFO VGT	
truffle tortelli**, cream, Grana Padano	14.20

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	10.90
MOZZARELLA VGT buffalo mozzarella, tomato slices, fresh basil	12.90
PROSCIUTTO E RUCOLA country ham*, rocket, Grana Padano	15.60
TONNO tuna, red onions, fresh thyme	14.90
SALAME PICCANTE spicy salami*, fresh thyme <i>optionally with Halal Salami</i>	14.90 + 1.40
DIAVOLA spicy salami*, chili, red onions, olives, fresh thyme <i>optionally with Halal Salami</i>	15.90 + 1.40
FUNGHI E PROSCIUTTO mushrooms, ham*	15.60
QUATTRO VERDURE ♥ VGT spinach, pine nuts, zucchini, mushrooms, herbs, garlic, sour cream, tomato slices, basil pesto	14.40
GAMBERI fried prawns, cherry tomatoes, spring leeks, garlic	16.10
ANANAS E PROSCIUTTO fresh ananas, spring leeks, ham*	15.20
CALZONE ham*, mushrooms, tomatoes, onions, olives, fresh herbs	15.60
CALZONE CON POLLO chicken breast, chili, red onions, balsamic vinegar cream	14.50
<i>You can order any pizza with with lactose-free mozzarella or vegan alternative wholemeal spelt dough made with organic flour Fina dough made with organic white spelt flour gluten-free pizza dough</i>	+ 2.80 + 2.50 + 1.70 + 2.80

INSALATA MISTA MINI VGN additional to every pasta or pizza	3.30
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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 PATATA E CIPOLLA VGT thin potato slices, red onions, fresh rosemary, spring leeks, sour cream <i>recommended with diced Pancetta bacon*</i>	12.20 + 2.80
BIANCA ASPARAGI E CAPRINO ♥ VGT green asparagus, goat cheese, fresh thyme, dried tomatoes, honey, pink pepper	15.50
BIANCA POLLO E FUNGHI fried chicken breast, mushrooms, spring leeks, Grana Padano	16.50

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, cherry tomatoes, Caesar dressing, Grana Padano	13.90
FIGIORELLA cream cheese, mozzarella, variety of salad greens, organic egg, cherry tomatoes, cucumber, carrots, green beans, chicken breast <i>optionally with vegan NoChicken Chunks</i>	16.70 + 2.00
BURRATA ♥ VGT tomato sauce, oven tomatoes, Burrata, rocket	15.60
CARPACCIO cream cheese, mozzarella, fresh organic beef, rocket, Grana Padano	17.80
VITELLO ♥ cream cheese, mozzarella, tender organic veal, baby leaf salad, cream of tuna, roasted capers	18.70
SALMONE cream cheese, mozzarella, marinated salmon, baby leaf salad, sour cream	17.80
AVOCADO VGT rosemary oil, variety of salad greens, avocado, beetroot, sour cream	15.40

COMPLEMENTI

Choose additional side dishes for even more enjoyment:

<i>rocket or spinach</i>	2.40
<i>ham* or mushrooms</i>	2.80
<i>olives, dried tomatoes or tuna</i>	2.70
<i>goat cheese, green asparagus or country ham*</i>	3.70

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 6.60 regular 11.80	
PRIMAVERA BOWL ♥ VGT + GLU lamb's lettuce, avocado, organic quinoa, beetroot, goat cheese, walnuts, with house dressing <i>vegan NoChicken Chunks instead of goat cheese VGN</i>	14.80 + 2.00
SPAGHETTI DI ZUCCHINE CON BOLOGNESE VEGANO ♥ VGN + GLU zucchini noodles with vegan mushroom bolognese	13.40
LOW CARB SPAGHETTI CON POLLO GLU zucchini noodles, chicken breast, cherry tomatoes, Grana Padano <i>optionally with vegan "chicken"</i>	13.90 + 2.00
QUINOA CON VERDURE VGN + GLU organic quinoa, variety of vegetables, mushrooms, dried tomatoes, olive oil, garlic	14.50
PIZZA DIAVOLA VEGANA VGN wholemeal spelt-dough, mushrooms, chili, red onions, olives, vegan cheese alternative	14.20