

MENÙ VEGETARIANO / VEGANO

ANTIPASTI

- PIZZA BREAD VGN**
pizza classica dough, garlic, herbs
with three dips: **+ 3.60**
avocado, dried tomatoes, yogurt VGT
olives or dried tomatoes 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
optionally with lactose-free mozzarella **10.90**
+ 2.80
- ANTIPASTI MISTI** caprese, fried zucchini and
eggplant, bruschetta, olives
vegetariano: with avocado and beetroot VGT **16.30**
- 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**

INSALATE

- INSALATA MISTA VGN + GLU** variety of salad
greens, cherry tomatoes, carrots, cucumber,
with house dressing small **6.90** regular **10.90**
- 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**
- All salads can be ordered with additional
vegan NoChicken Chunks VGN **+ 5.40**
avocado VGN **+ 4.90**

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**
- SPIRELLI CON VERDURE VGN**
spelt spirelli**, variety of vegetables, mushrooms,
dried tomatoes, olive oil, garlic **13.90**
- You can order every pasta dish with
gluten-free organic fusilli or zucchini noodles **+ 2.80**
(Fusilli con Pollo and Spaghetti al Salmone always contain gluten.)
- 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**

PIZZA CLASSICA

- MARGHERITA VGT**
the classic with mozzarella and oregano **10.90**
- MOZZARELLA VGT**
buffalo mozzarella, tomato slices, fresh basil **12.90**
- QUATTRO VERDURE ♥ VGT** spinach,
pine nuts, zucchini, mushrooms, herbs,
garlic, sour cream, tomato slices, basil pesto **14.40**
- You can order any pizza with
with lactose-free mozzarella or vegan alternative **+ 2.80**
wholemeal spelt dough made with organic flour **+ 2.50**
Fina dough made with organic white spelt flour **+ 1.70**
gluten-free pizza dough **+ 2.80**

INSALATA MISTA MINI VGN **3.30**
additional to every pasta or pizza

COMPLEMENTI
Choose additional side dishes for even more enjoyment:
rocket or spinach **2.40**
mushrooms **2.80**
olives or dried tomatoes **2.70**
goat cheese or green asparagus **3.70**

Ask us about other side dishes.

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 **12.20**
- BIANCA ASPARAGI E CAPRINO ♥ VGT**
green asparagus, goat cheese, fresh thyme,
dried tomatoes, honey, pink pepper **15.50**

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.
- CESARE VGT** cream cheese, mozzarella,
romaine lettuce, cherry tomatoes,
Caesar dressing, Grana Padano **13.90**
- BURRATA ♥ VGT**
tomato sauce, oven tomatoes, Burrata, rocket **15.60**
- AVOCADO VGT**
rosemary oil, variety of salad greens, avocado,
beetroot, sour cream **15.40**

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 **14.80**
vegan NoChicken Chunks
instead of goat cheese VGN **+ 2.00**
- SPAGHETTI DI ZUCCHINE
CON BOLOGNESE VEGANO ♥ VGN + GLU**
zucchini noodles with vegan
mushroom bolognese **13.40**
- 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**

PIZZA PER BAMBINI

- SIGNOR ROSSI VGT**
tomato sauce, mozzarella **6.50**

PASTA PER BAMBINI

- PENNE NAPOLI VGT**
creamy tomato sauce **6.50**
- For our youngest guests:
- PENNE AL BURRO VGT**
with melted butter **5.40**
- You can order every pasta dish with
gluten-free organic fusilli or zucchini noodles, **+ 1.40**
spelt spirelli** or wholemeal penne**.
All pasta dishes from the large menu you can
also get as a small portion.

DOLCI

- GELATO GLU**
Original Italian gelati
strawberry, mango, lemon, VGN
chocolate, vanilla, stracciatella VGT scoop **3.10**
- PIZZA FINA CON MELA E CANNELLA VGT**
small and thin pizza topped with apple and
cinnamon **6.10**
- TIRAMISÙ VGT** **6.90**
PICCOLO TIRAMISÙ (until 3 p.m.) **3.90**
sponge fingers, espresso¹,
mascarpone creme with amaretto⁴
- PANNA COTTA AL LATTE DI COCCO ♥ VGN + GLU**
coconut milk, blueberries, caramelized walnuts **7.90**
- CRÈME BRÛLÉE VGT + GLU** vanilla cream topped
with a thin caramelized crust of sugar **6.90**
- TORTA AL CIOCCOLATO VGT** warm homemade
chocolate cake with a liquid core, please allow
aprox. 18 minutes preparation time **7.90**

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.

We are certified organic by DE-ÖKO-00.

* additives (curing salts) possible in ham, salami and
Pancetta bacon. ** non-organic pasta.

¹ contains caffeine, ⁴ contains coloring agent.

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

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