

Antipasti

PIZZA BREAD VGN	6.40
pizza classica dough, garlic, herbs	
<i>with three dips: avocado, dried tomatoes, yogurt</i> VGT	+ 3.80
<i>olives or dried tomatoes</i> VGN	+ 2.80
BRUSCHETTA VGN	8.70
roasted bread made with organic flour, marinated tomatoes, onions, garlic	
CAPRESE VGT + GLU	10.90
buffalo mozzarella, tomatoes, basil pesto, olive oil	
<i>optionally with lactose-free mozzarella</i>	+ 2.90
BURRATA ♥ VGT	11.40
braised cherry tomatoes, Burrata, olive oil, chili	
PARMIGIANA VGT	9.90
gratinated eggplant, tomato sauce, garlic, mozzarella, Grana Padano, herbs, garlic bread, rocket	
VITELLO TONNATO ♥ GLU	17.80
tender organic veal, cream of tuna, roasted capers, baby leaf salad	
CARPACCIO CLASSICO GLU	16.80
fresh organic beef, rocket, Grana Padano	
GAMBERI AL LIMONE	11.90
roasted prawns, lemon, garlic bread, rocket, Grana Padano	

NUOVO ANTIPASTI MISTI <i>per due</i>	18.70
fried and marinated vegetables and mushrooms, caprese, vitello tonnato, beluga lentils	

Iusolate

INSALATA MISTA VGN + GLU	6.90	10.90
variety of salad greens, cherry tomatoes, carrots, cucumber, with house dressing	small	regular
INSALATA FIORELLA ♥	16.60	
variety of salad greens, organic egg, cherry tomatoes, green beans, carrots, cucumber, warm chicken breast, with mama dressing		
INSALATA TOSCA VGT + GLU	12.90	
variety of salad greens, goat cheese, cucumber, tomatoes, red onions, olives, with house dressing		
INSALATA CESARE VGT	7.60	12.60
crisp romaine lettuce, roasted croutons, cherry tomatoes, Grana Padano, with Caesar dressing	small	regular
INSALATA DI CAMPO GLU	15.40	
lamb's lettuce with warm goat cheese, country ham*, cherry tomatoes, honey, with balsamic vinegar dressing		
INSALATA NIZZARDA GLU	15.90	
variety of salad greens, tuna, organic egg, green beans, tomatoes, potatoe, with balsamic vinegar dressing		

All salads can be ordered with additional

<i>chicken breast, prawns,</i>	+ 5.40
<i>vegan NoChicken Chunks</i> VGN	+ 4.90
<i>avocado</i> VGN	

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	8.80
vegetable soup, olive oil, fresh herbs, garlic	
ZUPPA DI POMODORO VGN + GLU	8.60
traditional tomato soup with fresh basil	

Pasta

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

PENNE ALL'ARRABBIATA VGN	9.90
spicy tomato sauce, chili peppers	
SPAGHETTI AGLIO OLIO E GAMBERI	15.40
olive oil, garlic, chili peppers, roasted prawns, white wine, parsley	
FUSILLI CON VITELLO ALLA PANNA	17.80
organic veal, green asparagus, spring leeks, onions, cream, white wine	
FUSILLI CON POLLO	14.90
chicken breast, béchamel cream, spring leeks, olives, mushrooms, white wine	
SPAGHETTI BOLOGNESE ♥	14.50
tomato sauce with organic minced beef and fresh herbs	
SPAGHETTI CARBONARA	13.90
roasted Pancetta bacon*, cream, egg, onions, white wine, parsley	
PENNE CON MANZO	17.90
organic beef, rosemary, zucchini, braised onions, red wine, rocket, Grana Padano	
SPAGHETTI POMODORI E GAMBERI	16.70
prawns, fruity tomato cream sauce, garlic, basil	
SPAGHETTI AL SALMONE	15.80
marinated salmon, béchamel cream, dill, lemon	
SPIRELLI CON VERDURE VGN	13.90
spelt spirelli**, variety of vegetables, mushrooms, dried tomatoes, olive oil, garlic	
<i>optionally with organic quinoa instead of spelt spirelli</i>	+ 1,00

You can order every pasta dish with
gluten-free organic fusilli or zucchini noodles + 2.90
(Fusilli con Pollo and Spaghetti al Salmone always contain gluten.)

RAVIOLI CON PESTO DI NOCI ♥ VGT	14,80
spinach ricotta ravioli**, walnut pesto, rocket, Grana Padano	
TORTELLI AL TARTUFO ♥ VGT	15,20
truffle tortelli**, cream, Grana Padano	

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	15.80
TONNO tuna, red onions, fresh thyme	14.90
SALAME PICCANTE spicy salami*, fresh thyme <i>optionally with Halal Salami</i>	14.90 + 2.00
DIAVOLA spicy salami*, chili, red onions, olives, fresh thyme <i>optionally with Halal Salami</i>	15.90 + 2.00
FUNGHI E PROSCIUTTO mushrooms, ham*	15.80
QUATTRO VERDURE ♥ VGT spinach, pine nuts, zucchini, mushrooms, herbs, garlic, sour cream, tomato slices, basil pesto	14.60
GAMBERI fried prawns, cherry tomatoes, spring leeks, garlic	16.30
CALZONE ham*, mushrooms, tomatoes, onions, olives, fresh herbs	15.80
<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>	+ 2.90 + 2.70 + 1.80 + 2.90

INSALATA MISTA MINI VGN

additional to every pasta or pizza

3.40

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>	12.60 + 2.80
BIANCA ASPARAGI E CAPRINO ♥ VGT green asparagus, goat cheese, fresh thyme, dried tomatoes, honey, pink pepper	15.70
BIANCA POLLO E FUNGHI fried chicken breast, mushrooms, spring leeks, Grana Padano	16.70

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
FIORELLA cream cheese, mozzarella, variety of salad greens, organic egg, cherry tomatoes, cucumber, carrots, green beans, chicken breast <i>optionally with vegan NoChicken Chunks</i>	16.80 + 2.00
BURRATA ♥ VGT tomato sauce, cherry tomatoes, Burrata, rocket	15.70
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	15.60

COMPLEMENTI

Choose additional side dishes for even more enjoyment:

rocket or spinach	2.50
ham* or mushrooms	2.80
olives, dried tomatoes or tuna	2.80
goat cheese, green asparagus or country ham*	3.80

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 6.80 regular 11.90	
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>	14.90 + 2.00
SPAGHETTI DI ZUCCHINE CON BOLOGNESE VEGANO ♥ VGN + GLU zucchini noodles with vegan mushroom bolognese	13.70
LOW CARB SPAGHETTI CON POLLO GLU zucchini noodles, chicken breast, cherry tomatoes, Grana Padano <i>optionally with vegan NoChicken Chunks</i>	13.90 + 2.00
NUOVO PIZZA INTEGRALE FUNGHI E ZUCCHINE VGN wholemeal spelt dough, mushrooms, zucchini, vegan cheese alternative	14.20