

Menù vegetariano / vegano

Antipasti

PIZZA BREAD VGN pizza classica dough, garlic, herbs with three dips: avocado, dried tomatoes, yogurt VGT olives or dried tomatoes VGN	6.40 + 3.80 + 2.80
BRUSCHETTA VGN roasted bread made with organic flour, marinated tomatoes, onions, garlic	8.70
CAPRESE VGT + GLU buffalo mozzarella, tomatoes, basil pesto, olive oil optionally with lactose-free mozzarella	10.90 + 2.90
BURRATA ♥ VGT braised cherry tomatoes, Burrata, olive oil, chili	11.40
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 7.60 regular 12.60	

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 optionally with organic quinoa instead of spelt spirelli	13.90 + 1.00

You can order every pasta dish with
gluten-free organic fusilli or zucchini noodles + 2.90

RAVIOLI CON PESTO DI NOCI ♥ VGT spinach ricotta ravioli**, walnut pesto, rocket, Grana Padano	14.80
TORTELLI AL TARTUFO ♥ VGT truffle tortelli**, cream, Grana Padano	15.20

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

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
QUATTRO VERDURE ♥ VGT spinach, pine nuts, zucchini, mushrooms, herbs, garlic, sour cream, tomato slices, basil pesto	14.60

You can order any pizza with
with lactose-free mozzarella or vegan alternative + 2.90
wholemeal spelt dough made with organic flour + 2.70
Fina dough made with organic white spelt flour + 1.80
gluten-free pizza dough + 2.90

INSALATA MISTA MINI VGN additional to every pasta or pizza	3.40
COMPLEMENTI Choose additional side dishes for even more enjoyment:	
rocket or spinach	2.50
mushrooms	2.80
olives or dried tomatoes	2.80
goat cheese or green asparagus	3.80

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	12.60
BIANCA ASPARAGI E CAPRINO ♥ VGT green asparagus, goat cheese, fresh thyme, dried tomatoes, honey, pink pepper	15.70

Pizza Fina

A uama 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, cherry tomatoes, Burrata, rocket	15.70
AVOCADO VGT rosemary oil, variety of salad greens, avocado, beetroot, sour cream	15.60

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.

uama 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 vegan NoChicken Chunks instead of goat cheese VGN	14.90 + 2.00
SPAGHETTI DI ZUCCHINE CON BOLOGNESE VEGANO ♥ VGN + GLU zucchini noodles with vegan mushroom bolognese	13.70
PIZZA INTEGRALE FUNGHI E ZUCCHINE VGN wholemeal spelt dough, mushrooms, zucchini, vegan cheese alternative	14.20

Pizza per bambini

SIGNOR ROSSI VGT tomato sauce, mozzarella	6.70
--	------

Pasta per bambini

PENNE NAPOLI VGT creamy tomato sauce	6.70
PENNE AL BURRO VGT with melted butter	5.40

For our youngest guests:
You can order every pasta dish with gluten-free organic fusilli or zucchini noodles, spelt spirelli** or wholemeal penne**.
All pasta dishes from the large menu you can also get as a small portion.

Dolci

GELATO GLU 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 PICCOLO TIRAMISÙ VGT (until 3 p.m.) sponge fingers, espresso ¹ , mascarpone creme with amaretto ⁴	6.90
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 approx. 18 minutes preparation time	7.90

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.



@mamatrattoria

mama.eu