



## our philosophy

we believe

### in the ethics of organic farming

our ingredients are good for our health and the planet

we believe

### in the pleasure of healthy food

we partner healthy with delicious/yummy/satisfying

we believe

### in attention to detail, always and in everything

our food is made with love and served with a smile

we believe

### it's better together

we are a team and together we can change the world

we believe

### in sustainability for the future

we only use biodegradable take away packaging and discourage the use of plastic in our bistros

we believe

### in beauty

come discover our bistros in prime artistic and natural locations in Rome



#vivibistrot #bioviziosi



vivibistrot.com

List of allergens: please read alongside each dish the number corresponding to each allergen.

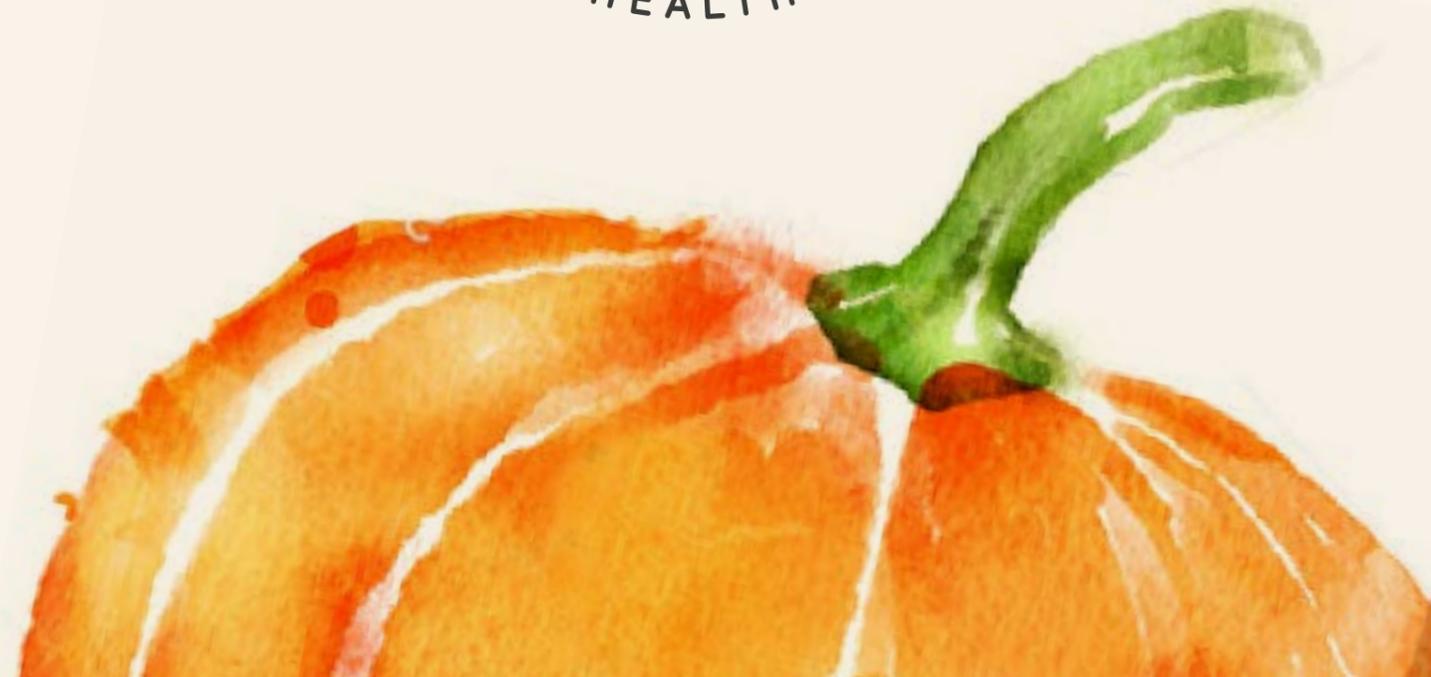
- |                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                     |
|------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Cereals containing gluten, namely: wheat (such as spelt and khorasan wheat), rye, barley, oats or their hybridised strains, and products thereof. | communis L.), hazelnuts (Corylus avellana), walnuts (Juglans regia), cashews (Anacardium occidentale), pecan nuts (Carya illinoensis (Wangenh.) K. Koch), Brazil nuts (Bertholletia excelsa), pistachio nuts (Pistacia vera), macadamia or Queensland nuts (Macadamia ternifolia), and products thereof, except for nuts used for making alcoholic distillates including ethyl alcohol of agricultural origin | 10. Mustard and products thereof                                                                                                                                                                                                                                    |
| 2. Crustaceans and products thereof                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                               | 11. Sesame seeds and products thereof                                                                                                                                                                                                                               |
| 3. Eggs and products thereof                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                               | 12. Sulphur dioxide and sulphites at concentrations of more than 10 mg/kg or 10 mg/litre in terms of the total SO2 which are to be calculated for products as proposed ready for consumption or as reconstituted according to the instructions of the manufacturers |
| 4. Fish and products thereof                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                               | 13. Lupin and products thereof                                                                                                                                                                                                                                      |
| 5. Peanuts and products thereof                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                               | 14. Molluscs and products thereof                                                                                                                                                                                                                                   |
| 6. Soybeans and products thereof                                                                                                                     | 9. Celery and products thereof                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                     |
| 7. Milk and products thereof (including lactose)                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                     |
| 8. Nuts, namely: almonds (Amygdalus                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                     |

Due to temporary organic product unavailability we may use products from integrated crop.

\*Home-made and frozen in our Vivi Bistrot lab \* Top quality deep frozen product \* frosted organic fruit



english



# ORGANIC SALAD & KITCHEN

## SALADS

salads and vegetables from organic crop, seasoned with our home-made dressings

**LIGHT** 9, 10, 11  
mixed salad, carrots, fennel, celery, sunflower seeds and French vinaigrette  
**8 euro VEGGY**

**LUSSUOSA** 7, 8  
mixed salad, pears, walnuts, parmesan cheese, grapefruit, pollen and extra vergin olive oil  
**12 euro VEGGY**

**ROYAL SALMON** 4  
mixed salad, smoked Norwegian salmon, avocado, grapefruit and smoked salt  
**13 euro**

**STAGIONALE** 7, 8, 11  
baby spinach, blueberries, avocado, pecorino cheese, sunflower seeds and citronette  
**12 euro VEGGY**

**VEGAN** 7, 8, 11  
mixed salad, marinated tofu with turmeric, roasted fennel and pumpkin, croûton, flax seed and oriental vinaigrette  
**12 euro VEGAN**

**PROTEICA** 1, 3, 6, 10  
mixed salad, egg whites omelette, salty granola, roasted pumpkin, sundried tomatoes and French vinaigrette  
**12 euro VEGGY**

**LA GREEN DETOX** 8, 9, 11  
baby spinach, fennel, daikon, celery, avocado, green apple, mix seeds and organic spirulina gomasio  
**11 euro VEGAN RAW**

**DELIZIOSA** 7, 10, 11  
rocket, quinoa, feta cheese, roasted pumpkin, chickpeas, sunflower seeds and French vinaigrette  
**12 euro VEGGY**

**PANTESCA** 1, 4, 8, 10  
mixed salad, tuna, sundried tomato, chickpeas, olives, capers, croûtons and French vinaigrette  
**12 euro**

**LA VIVI CAESAR** 1, 6, 7, 10  
mixed salad, grilled chicken, fennel, croûtons, parmesan cheese and caesar sauce  
**13 euro**

## FROM THE KITCHEN

**IL MORO**  
black rice sauteed with chickpeas, carrots and tomato-turmeric sauce  
**11 euro VEGAN**

**CHICCO** 1, 4  
organic barley with dried tomatoes, tuna, chickpeas, rocket and extra virgin olive oil  
**11 euro**

**IL FUSO** 1, 7  
roasted seasonal vegetables, melted tommino cheese and warm focaccia  
**12 euro VEGGY**

**LASAGNA** 1, 3, 7, 9  
**'HOME MADE WITH LOVE'**  
with Italian organic meat sauce  
**12 euro**

**ORGANIC SOUP**  
**8 euro**

**ORGANIC CURRY CHICKEN** 1, 10  
served with basmati rice  
**14 euro**

**SMOKED** 4  
smoked salmon, black rice and avocado  
**14 euro**

**GLUTEN FREE**

**CLASSIC LASAGNA\* WITH RAGÙ\*** 7  
10 euro

**EGGPLANT "PARMIGIANA"**\* 7  
10 euro

**BREAD BASKET** 1, 11  
2 euro

## QUADROTTI

organic mix seeds bread served with a lot of goodies

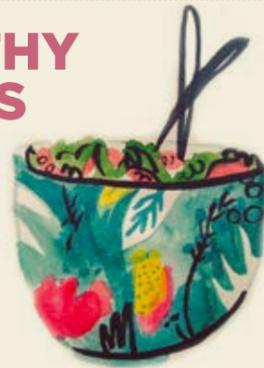
**SETOSO** 1, 11  
hummus and roasted seasonal vegetables  
**5 euro VEGAN**

**DELIZIOSO** 1, 7, 8, 11  
rocket, roasted pumpkin, feta cheese and chopped pistachios  
**6 euro VEGGY**

**LUSSURIOSO** 1, 7, 8, 11  
gorgonzola cheese, pears, walnuts  
**6 euro VEGGY**

## HEALTHY BOWLS

coloured happy, organic bowls



**SUPER VIVI BOWL** 11  
brown basmati rice, sliced avocado, fresh sprouts, baby spinach, roasted pumpkin, chickpeas with paprika and capers, topped with a tahini, coriander and mint dressing  
**13 euro VEGAN**

**SALMON CHIRASHI** 4, 6, 11  
brown basmati rice, smoked salmon, avocado, alfalfa sprouts, radishes with thai dressing made with lime juice, soy and sesame seeds  
**14 euro**

**VEGAN THALI BOWL** 6, 8, 11  
brown basmati rice, tofu marinated with turmeric, dried tomatoes, roasted fennel and pumpkin, chickpeas hummus and oriental vinaigrette  
**12 euro VEGAN**

## VICIOUS BRUNCH

1, 3, 6, 7, 8, 11  
organic scrambled eggs with crispy bacon and cheese served on hot bagel + yogurt with organic granola, blueberries and walnuts + organic american coffee + orange pressed juice  
**15 euro (Sunday and Saturday only)**

**HOMEMADE CAKES & DESSERTS\***  
with organic ingredients

# ORGANIC JUICE BAR & COFFEE

## PRESSED JUICES

**YUMMY**  
apple, lemon, ginger and parsley  
**6 euro**

**GOURMAND**  
pumpkin, carrot, orange and cinnamon  
**6 euro**

**VIT C**  
apple, carrot, orange and ginger  
**6 euro**

**FRESCA** 9  
pineapple, fennel, celery, lime and ginger  
**6 euro**

**DETOX 9**  
green apple, celery, daikon, kiwi, lemon and ginger  
**6 euro**

**ANTIOXIDANT**  
baby spinach, pineapple, carrot and ginger  
**6 euro**

**HEALER** 9  
pear, celery, fennel and melon  
**6 euro**

**DOLCE VITA** 9  
apple, celery, orange and melon  
**6 euro**

**PURA**  
orange, grapefruit, pineapple and lemon  
**6 euro**

**VIVI LEMONADE**  
fresh lemon, brown sugar, fresh mint, ice and soda  
**6 euro**

**FRUIT BOWL**  
all the natural flavor of seasonal organic fruit  
**5 euro**



## YOGURT BOWLS

**YOGURT HONEY AND FLAX SEEDS** 7, 11  
**4 euro**

**YOGURT MELON, PINEAPPLE AND STRAWBERRY** 7  
**7 euro**

**YOGURT STRAWBERRIES, HONEY AND ALMONDS** 7, 8  
**7 euro**

**YOGURT GRANOLA, BLUEBERRIES AND WALNUTS** 1, 6, 7, 8, 11  
**7 euro**

**YOGURT GRANOLA, BANANA AND RASPBERRIES** 1, 6, 7, 8, 11  
**7 euro**



## SMOOTHIES

7 euro

**BERRY BANANA**

**STRAWBERRY BANANA**

**MANGO BANANA**

**AVOCADO BANANA**  
with agave nectar

**MILK SHAKE VERSION** 6, 7  
with organic cow milk or soy milk instead of apple juice

**LASSI VERSION** 7  
with low-fat yogurt instead of apple juice

## SMOOTHIES BOWLS

8 euro

**SUPER GREEN** 1, 8  
avocado and banana smoothie served with granola, raspberries, coconut and chia seeds

**SUPER RED** 1, 8  
wildberries and banana smoothie served with granola, almond, strawberries, blueberries, chia seeds and maple syrup

**SUPER PINK** 1, 8  
strawberries and banana smoothie served with granola, raspberries, banana, walnuts and pollen

**TROPICAL** 1, 8  
mango and banana smoothie served with granola, pineapple, banana and sundried coconut flakes

◊ frozen organic fruit ◊◊ frozen fruit

## FLUFFY™ COFFEE

coffee and milk, hot or cold, with organic ingredients for a pleasure perfect and vicious (also with soy milk)  
**5,90 euro**



**FLUFFYPISTACHIO** 7, 8  
coffee, milk, pure pistachio paste, whipped cream and chopped pistachios

**FLUFFYMONTBLANC** 1, 3, 7  
coffee, milk, chestnut cream, whipped cream and meringue

**FLUFFYNOUGAT** 1, 3, 7, 8  
coffee, milk, pure hazelnut paste, whipped cream and crumbled amaretto cookies

**FLUFFYCOCONUT** 1, 3, 7, 8  
coffee, milk, coconut cream, whipped cream, coconut flakes and crumbled amarettos

## HOT VIVI CHOCOLATE

hot chocolate with wipped cream 7  
MILK OR SOY MILK 6 ◊ 7  
**5,90 euro**

**PURE**

**CINNAMON**

**CHILI PEPPER**

**ORANGE**

**PISTACHIO**

**HAZELNUT**

## HOT SPICY TEA'S

MILK OR SOY MILK  
**5,90 euro**

**CHAI TEA** 6, 7  
tea chai concentrate and hot milk

**MATCHA TEA** 6, 7  
matcha tea, hot milk and agave syrup

**MINT TEA**  
with mint leaves and slices of fresh ginger