



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 | 9. Celery 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 | | |
| 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



APPETIZERS

HOME-MADE CHICKPEAS HUMMUS 1, 11
with pita bread
5 euro **VEGAN**

HOME-MADE GUACAMOLE 1, 11
with pita bread
6 euro **VEGAN**

HARISSA LENTILS 1, 7
slow cooked lentil served with harissa yogurt creamy sauce and warm pita
5 euro **VEGGY**

HAMBURGERS

180gr organic Italian beef, served with an organic fragrant bun, tomatoe, salad, onion, chips, homemade vegan mayo and ketchup

VIVI HAMBURGER 1, 5, 6
14 euro **LACTOSE FREE**

BRIE & BACON 1, 5, 6, 7
15 euro

CHEDDAR & BACON BURGER WITH CARAMELIZED 1, 5, 6, 7
15 euro

VEGGY BURGER 1, 5, 6, 11
with marinated and grilled sesame organic tofu stuffed, grilled seasonal vegetables, served with rocket, alpha alfa sprouts, tomato, baked potatoes and mayo
15 euro **VEGAN**

GLUTEN FREE BUN
+1 euro

OUR SALADS

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

VEGAN SALAD 6, 8, 9
mixed salad, tofu marinated with turmeric, roasted fennel and pumpkin, flax seeds and oriental vinaigrette
12 euro **VEGAN**

CAESAR SALAD 1, 6, 7, 10
mixed salad, grilled organic chicken, fresh tomatoes, croutons, parmesan cheese and caesar sauce
14 euro

PANTESCA 4, 10
green salad, tuna, potatoes, dried tomatoes, chickpeas, capers, olives and French vinaigrette
12 euro

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

TRADITIONAL

VIVI SOUP 1, 9
with organic vegetables and cereals served with crunchy bread
10 euro **VEGAN**

CREAMY SOUP OF THE DAY 1, 9
served with crunchy bread leaves and organic extravergin olive oil
10 euro **VEGAN**

HOMEMADE RAVIOLI 1, 3, 7
14 euro **VEGGY**

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

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

PASTA OF THE DAY
ask what's cooking in the pan today!
14 euro

TODAY'S SPECIAL
ask what's cooking in the pan today
14 euro

PAN-SEARED TUNA 4
with rocket salad and cherry tomatoes
15 euro

GRILLED SALMON 1, 4, 7
served with green salad and roasted potatoes
15 euro

GRILLED ORGANIC CHICKEN 1
served with roasted seasonal vegetables
14 euro

VEGGY LOVER 1, 7
roasted seasonal vegetables, buffalo mozzarella cheese and organic focaccia
12 euro **VEGGY**

ORGANIC SCRAMBLED EGGS 1, 3, 7
with crunchy bacon, toasted bread and grilled cherry tomatoes
9 euro

BASMATI RICE
5 euro **VEGAN**

 **GLUTEN FREE**

GLUTEN FREE CLASSIC LASAGNA* WITH RAGÙ (meatsauce) 7
12 euro
GLUTEN FREE EGGPLANT "PARMIGIANA"** 7
12 euro

HEALTHY BOWLS

coloured happy, organic bowls



SUPER VIVI BOWL 5, 6
brown basmati rice, sliced avocado, fresh sprouts, carrot noodles, purple cabbage, stuffed endive, chickpeas with paprika and capers, topped with a tahini, coriander and mint dressing
13 euro **VEGAN**

SALMON CHIRASHI 4, 5, 6, 11
brown basmati rice, smoked salmon, avocado, alfalfa sprouts, pink turnip cream, served 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**

FROM THE ORGANIC GARDEN

- mixed salad 10
- baked seasonal vegetables green beans sautéed in the wok with toasted sesame 11
- seasonal vegetables passed back with garlic and oil
- baked rustic potatoes

5 euro **VEGAN**

WATER

small filtered 2,20 euro
large filtered 2,80

BEERS

MENABREA HEINEKEN CORONA
bottle 0,33 - 4 euro

ALLA SPINA
0,4l - 6 euro // 0,20 - 4 euro

ORGANIC WINES

CHECK OUR OFFER OF THE DAY
6 euro per glass

VICIOUS BRUNCH

1, 3, 7, 8
Organic scrambled eggs with crispy bacon, whole wheat toasted bread and roasted cherry tomatoes
+ pancakes with organic maple syrup
+ yogurt with organic granola
+ American coffee
18 euro



HOMEMADE CAKES & DESSERTS



with organic ingredients

VEGAN APPLE CRUMBLE 1, 8
with custard sauce
6 euro **VEGAN**

CARROT CAKE MADE WITH BUCKWHEAT 3, 6, 7, 8
with sugar icing
6 euro

CHOCOLATE CAKE 1, 6
with raspberry and dark chocolate sauce
6 euro **VEGAN**

CHEESE CAKE 1, 3, 7, 8
with raspberry sauce
6 euro

SOUR CHERRY TART 1, 3, 7
wholemeal shortcrust
4 euro

BROWNIES 1, 3, 5, 7, 8
with whipped cream
5 euro

CARROT PLUMCAKE 6, 8
with orange and almond
5 euro **VEGAN**

CHOCOLATE PLUMCAKE 6, 7
with raspberries
5 euro

HOMEMADE SCONES 1, 3, 7
served with whipped cream and strawberry jam
5 euro

FRESH ORGANIC FRUIT SALAD
5,50 euro

from gourmet labs°

CUORE CALDO DI CIOCCOLATO 1, 3, 7, 8
with whipped cream
5 euro

PANCAKES 1, 3, 7
served with maple syrup
5 euro

YUMMY COOKIES 1, 3
5 euro **DAIRY FREE**

ADDITIONAL MAPLE SYRUP, OR WHIPPED CREAM 7
1 euro

PRESSED JUICES

6 euro
YUMMY
apple, lemon, ginger and parsley
GOURMAND
pumpkin, carrot, orange and cinnamon
VIT C
apple, carrot, orange and ginger

FRESCA
pineapple, fennel, celery, lime, ginger
DETOX 9
green apple, celery, cucumber, daikon, kiwi, lemon and ginger

ANTIOXIDANT
baby spinach, pineapple, carrot and ginger

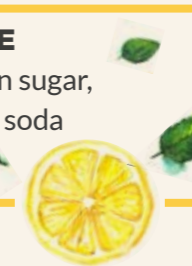
HEALER 9
baby spinach, celery, melon and lemon

DOLCE VITA 9
apple, celery, orange and melon

PURA
orange, grapefruit, pineapple and lemon
(organic orange not available in July/August)

VIVI LEMONADE

fresh lemon, brown sugar,
fresh mint, ice and soda
6 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

COFFEE & CO.

ESPRESSO
2 euro

AMERICANO
2,50 euro

GINSENG
3 euro

HOT TEA / HERBAL TEA
(see menu selection)) 4,50 euro

FLUFFY™ COFFEE

HOT OR COLD
4,90 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 SPICY TEAS

MILK OR SOY MILK
4,90 euro

CHAI TEA 6, 7

MATCHA TEA

MINT TEA

HOT VIVI CHOCOLATE

MILK OR SOY MILK 6 o 7

PURE
4 euro

CINNAMON
4,90 euro

CHILI PEPPER
4,90 euro

ORANGE
4,90 euro

PISTACHIO
4,90 euro

HAZELNUT
4,90 euro

with wipped cream 7
+ 1 euro

GOLDEN SHOT
ginger, lemon, turmeric and honey
2,50 euro

GOLDEN MILK 7
milk (or soy milk), turmeric, almond oil and honey
3 euro

BITTER LIQUORS
4,50 euro

take care of yourself with taste