

ORGANIC JUICE BAR

COLD 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

pineapple, fennel, celery, lime, ginger
6 euro

DETOX 9

green apple, celery, cucumber, daikon, kiwi, lemon and ginger
6 euro

ANTIOXIDANT

baby spinach, pineapple, carrot and ginger
6 euro

HEALER 9

baby spinach, celery, melon and lemon
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



SUPER FOODS

add them to smoothie and smoothie bowl

BAOBAB

2 euro

POLLEN

2 euro

SPIRULINA

1,50 euro

CHIA SEEDS

1 euro

YOGURT BOWLS HOMEMADE GRANOLA

YOGURT 7, 11
honey and flax seeds
4 euro

YOGURT 7, 8
strawberries, honey and almonds
6 euro

YOGURT 7,8,1,6,11
granola, blueberries and walnuts
7 euro

YOGURT 7,8,1,6,11
granola, banana and raspberries
7 euro

SMOOTHIES

organic fruit and apple juice 6 euro

BERRY[◊] BANANA

STRAWBERRY[◊] BANANA

MANGO^{◊◊} BANANA

AVOCADO BANANA

with agave syrup

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

SMOOTHIE BOWLS HOMEMADE GRANOLA

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

SUPER RED 1, 8
wildberries[◊] and banana smoothie served with granola, almond, strawberries, blueberries, chia seeds and maple syrup
7 euro

SUPER PINK 1, 8
strawberries[◊] and banana smoothie served with granola, raspberries, banana, walnuts and pollen
7 euro

TROPICAL 1, 8
mango[◊] and banana smoothie served with granola, pineapple, banana and sundried coconut flakes
7 euro

discover all our locations in Rome



Via Vitellia, 102 - Roma



Piazza Navona, 2 - Roma



Via della Mercede, 50 - Roma



Via del Tritone, 61 - Roma



Piazzale Scipione Borghese, 5 - Roma

#vivibistrot #bioviziosi #vivimomenti



vivibistrot.com

List of 14 Allergens

- | | | |
|--|---|---|
| 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 (<i>Corylus avellana</i>), walnuts (<i>Juglans regia</i>), cashews (<i>Anacardium occidentale</i>), pecan nuts (<i>Carya illinoensis</i> (Wangenh.) K. Koch), Brazil nuts (<i>Bertholletia excelsa</i>), pistachio nuts (<i>Pistacia vera</i>), macadamia or Queensland nuts (<i>Macadamia ternifolia</i>), 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 SO ₂ 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 (<i>Amygdalus</i> | | |

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



MENÚ

autumn/winter



ViVi Bistrot cares about organic food!

All our seasonal fruits and vegetables are organic, as much as our extra vergin olive oil, chicken, hamburgers, legumes, cereals, rice, eggs, coffee, milk, soy milk, flour, brown sugar.

Make the world a better place together with us!

autunno/inverno 18/19

Italian organic wonderland.

ENGLISH

ORGANIC KITCHEN

Be Healthy. Eat Healthy.

APPETIZER

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

EGGPLANTS BABAGANOUSH 1, 11
with pita bread
5 euro **VEGAN**

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

HAMBURGERS

180 grams of top Italian ground beef in a soft bread bun with poppy seeds

VIVI HAMBURGER 1, 10
served with green salad, tomato, fresh red onion, roasted potatoes, mayo with herbs and ketchup
14 euro **DAIRY FREE**

BRIE&BACON HAMBURGER 1, 10
served with green salad, tomato, fresh red onion, roasted potatoes, mayo with herbs and ketchup
15 euro

HAMBURGER CHEDDAR, BACON AND CARAMELIZED ONION 1, 10
served with green salad, tomato, fresh red onion, roasted potatoes, mayo with herbs and ketchup
15 euro

VEGGIE BURGER 1, 10, 6
grilled marinated tofu, sesame seeds, arugula, tomato, grilled vegetables, alfa alfa sprouts, served with roasted potatoes, green salad and mayo
14 euro **VEGAN**

GLUTEN FREE CLASSIC LASAGNA* 7
12 euro

AUBERGINE PARMIGIANA* 7,9
12 euro **VEGGY**

CEREAL SOUP 1, 9
with seasonal organic vegetables served with croûton
10 euro **VEGAN**

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

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

IL MORO 5, 7, 8
black rice sauteed with chickpeas, carrots and tomato-turmeric sauce
12 euro **VEGAN**

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

ORGANIC PASTA OF THE DAY 1
14 euro

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

PAN-SEARED TUNA
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 mix seeds bread
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**

ORGANIC GREEN SALAD 10
5 euro **VEGAN**

ROASTED ORGANIC VEGETABLES
5 euro **VEGAN**

BAKED POTATO
5 euro **VEGAN**

SALADS

VEGANA 1, 6, 8, 11
mixed salad, marinated tofu with turmeric, roasted fennel and pumpkin, croûton, flax seeds, oriental vinaigrette
11 euro **VEGAN**

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

PANTESCA 4, 10
mixed salad, tuna, potatoes, sundried tomatoes, chickpeas, capers, olives, croûtons and french vinaigrette
11 euro

VIVI CAESAR 1, 6, 4, 7
mixed salad, grilled chicken, fennel, croûtons, parmesan cheese and caesar sauce
12 euro

bread basket 1, 11 2 euro

VICIOUS BRUNCH

organic scrambled eggs with crispy bacon and grilled tomatoes served with toasted bread pancakes with organic maple syrup + yogurt with organic granola + american coffee
18 euro (10-14)

COFFEE & CO.

ESPRESSO
2 euro

DECAF
2,50 euro

BARLEY COFFEE
2,50 euro

AMERICAN COFFEE
2,50 euro

GINSENG
3 euro

GOLDEN SHOT
2,50 euro

GOLDEN MILK
3 euro

MARIAGE FRÈRES HOT TEA
(see menu selection)
4,50 euro

BITTER LIQUORS
4,50 euro

SOFT DRINKS

WATER
small 2,20 euro
large 3,20 euro

COCA COLA/CEDRATA/SCHWEPES
3,50 euro

BEERS **MENABREA HEINEKEN**
0,33 - 4 euro
CORONA
0,41 - 6 euro

ITALIAN ORGANIC WINE

CHECK OUR OFFER OF THE DAY
6 euro per glass

FLUFFY COFFEE™

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
coffee, milk, coconut cream, whipped cream, coconut flakes and crumbled amarettos

FLUFFY TEA

4.90 euro

+POWER
green tea, spirulina, fresh mint leaves, agave nectar and ice

+ENERGY
green tea, chia seeds, coconut flakes, agave nectar and ice

+SHIELD
black tea, pollen, cinnamon, honey and ice

HOTSPICY CHOCOLATE

MILK OR SOY MILK
CINNAMON 6 o 7
hot chocolate with cinnamon and whipped cream

PEPERONCINO 6 o 7
hot chocolate with chili pepper and whipped cream

GINGER 6 o 7
hot chocolate with ginger and whipped cream

HOT SPICY TEAS

MILK OR SOY MILK

CHAI TEA 6, 7
black tea, spices, hot milk and honey

MATCHA TEA
matcha tea, hot milk and agave nectar

MINT TEA
hot water with a handful of fresh mint leaves and ginger slices

HOMEMADE CAKES & DESSERTS

with organic ingredients

VEGAN APPLE CRUMBLE
with custard sauce
5 euro **VEGAN**

CARROT CAKE
with cheese frosting
6 euro

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

HOMEMADE SCONES
served with whipped cream and strawberry jam
5 euro

CHEESE CAKE
with raspberry sauce
6 euro

SOUR CHERRY TART
wholemeal shortcrust
4 euro

BROWNIES
with whipped cream
4 euro

CARROT PLUMCAKE
with orange and almonds
4 euro **VEGAN GLUTEN FREE**

PANCAKES
served with maple syrup
5 euro

HOME MADE COOKIES
5 euro **SENZA LATTOSIO**

FRESH ORGANIC FRUIT SALAD
5,50 euro

ADDITIONAL MAPLE SYRUP, OR WHIPPED CREAM
1 euro

