



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



menù Rinascente Tritone - spring summer 2019

ORGANIC JUICE BAR & COFFEE

PRESSED JUICES

YUMMY

apple, lemon, ginger and parsley
6 euro

GOURMAND

pineapple, strawberry, apple and cinnamon
6 euro

VIT C

apple, carrot, orange and ginger
6 euro

FRESCA

pineapple, fennel, cucumber, lime, ginger
6 euro

DETOX 9

green apple, celery, cucumber, 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

(organic orange not available in July/August)

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

FLUFFY™ TEA

green or black tea, hot or cold, with organic ingredients and powerful superfoods
5,90 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

SUPERFOODS

an extra nourishment for your health, add them to yogurt, smoothies and bowls

BAOBAB
2 euro

SPIRULINA
1,50 euro

POLLEN
2 euro

CHIA SEEDS
1 euro



ORGANIC SALAD & KITCHEN

SALADS

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

LIGHT 9, 10, 11
mixed salad, carrots, celery, tomatoes, cucumber, sesame seeds and french vinaigrette
8 euro **RAW VEGGY**

GRECA 1, 7
tomatoes, cucumber, feta cheese, chickpeas, onion, pepperoni, kalamata olives, croûtons and oregano
12 euro **VEGGY**

STAGIONALE 7, 8
mixed salad, baby spinach, strawberries, feta cheese, almonds and oriental vinaigrette
12 euro **VEGGY**

ROYAL SALMON 4, 11
mixed salad, smoked Norwegian salmon, avocado, strawberries, sunflower seeds and smoked salt
13 euro

VEGANA 6, 11
mixed salad, marinated tofu with turmeric, roasted carrots, green beans, sesame seeds, croûton, flax seeds, oriental vinaigrette
12 euro **VEGAN**

ZUCCHINI NOODLES 7, 8
crispy zucchini and carrot noodles, cherry tomatoes, rocket, hazelnut chunks and basil pesto
11 euro **RAW VEGAN**

GREEN DETOX 6, 7, 9, 11
baby spinach, celery, daikon, avocado, mix seeds, organic spirulina gomasio, pineapple and yogurt vinaigrette
11 euro **RAW VEGAN**

DELIZIOSA 7, 8, 10
rocket, quinoa, parmesan flakes, cherry tomatoes, kalamata olives, walnuts and French vinaigrette
12 euro **VEGGY**

LUSSUOSA 7, 8
mixed salad, feta cheese, raspberries, green apple, walnuts, eatable flowers, pollen and honey-flavoured vinaigrette
12 euro **VEGGY**

VIVI CAESAR 1, 6, 7, 10
mixed salad, grilled chicken, croûtons, parmesan cheese, cherry tomatoes and caesar sauce
13 euro

PANTESCA 4, 10
mixed salad, tuna, tomato, chickpeas, green beans, kalamata olives, capers, croutons and French vinaigrette
12 euro

FROM THE KITCHEN

IL MORO 7, 8
black rice cherry tomatoes, kalamata olives and basil pesto
11 euro **VEGAN**

SUMMER LASAGNA 1, 3, 7, 9
with double-cooked tomato, béchamel, mozzarella and basil
12 euro **VEGGY**

GRAN PIATTO 1, 7, 11
roasted seasonal vegetables, buffalo mozzarella cheese and organic warm focaccia
12 euro **VEGGY**

VIVI CEREALI 1
boiled oats and spelt served with dried tomatoes, rocket salad, Tropea onion, kalamata olives and hot chili pepper oil
10 euro **VEGAN**

COUS COUS VIVI STYLE 1, 4
served with fresh cherry tomatoes, diced cucumbers, rocket, mint, lime and smoked salmon
13 euro

GASPACHO ESTIVO 1
cold raw soup made with tomato, cucumber, peppers, bread, onion, extravergin olive oil, served with croûtons
8 euro **VEGAN**

SMOKED 4, 7
smoked salmon, black rice and avocado
14 euro

GLUTEN FREE

CLASSIC LASAGNA* WITH RAGÙ 7 (meatsauce) 10 euro
EGGPLANT "PARMIGIANA"* 7 10 euro

QUADROTTI

organic mix seeds bread served with a lot of goodies

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

CAPRICCIOSO 4, 6
tuna, tomato, rocket salad and vegan mayo
6 euro

GODURIOSO 11
hummus, avocado, sunflower seeds and tomato
6 euro **VEGAN**

HEALTHY BOWLS

coloured happy, organic bowls



SUPER VIVI BOWL 11
brown basmati rice, sliced avocado, fresh sprouts, courgette noodles, roasted carrots, chickpeas with paprika and capers, topped with a tahini, coriander and mint dressing
13 euro

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, 11
brown basmati rice, tofu marinated with turmeric, cherry tomatoes, sauteed green beans, sesame seeds, paprika flavoured peanuts, chickpeas hummus with peas and mint dressing
12 euro **VEGAN**

BREAD BASKET 1, 11
2 euro

VICIOUS BRUNCH

organic scrambled eggs with crispy bacon and cheese served on hot bagel
+ yogurt with organic granola, blueberries and walnuts
+ organica american coffee
13 euro (Sunday and Saturday only)

HOMEMADE CAKES & DESSERTS*
with organic ingredients

Allergens have been shown alongside each dish with the symbols to which the allergenic substances listed in the list on the back correspond.