



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**

GAZPACHO ESTIVO 1

cold raw soup made with tomato, cucumber, peppers, bread, Tropea onion, extra virgin olive oil and vinegar, served with croutons
7 euro **VEGAN**

PINZIMONIO

crispy organic seasonal vegetables with organic extra virgin olive oil
7 euro **VEGAN**

FRISELLA 1, 7

traditional bread from Puglia served with cherry tomatoes, buffalo stracciatella "San Salvatore" and fried capers
7 euro **VEGGY**

PARMA HAM AND BUFFALO MOZZARELLA "SAN SALVATORE"
with warm focaccia
9 euro

HEALTHY BOWLS

coloured
happy,
organic
bowls

NEW



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**

TRADITIONAL

RAVIOLI

"PASTIFICIO PICA" 1, 3, 7
14 euro **VEGGY**

LASAGNA

'HOMEMADE WITH LOVE' 1, 3, 7
organic tomato sauce, mozzarella cheese, bechamel, parmesan cheese and basil
12 euro **VEGGY**

SINLESS PARMIGIANA 7

roasted eggplants, tomato sauce, buffalo mozzarella "San Salvatore", parmesan cheese and basil
12 euro **VEGGY**

PASTA OF THE DAY

ask what's cooking in the pan today!
14 euro

 **GLUTEN FREE**

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

IL MORO

black rice sauteed with roasted cherry tomatoes, olives and basil pesto
14 euro

SPECIAL OF THE DAY

ask what's cooking in the pan today!
14 euro

GRILLED SALMON 1, 4, 7

with seasonal grilled vegetables and baked potatoes
15 euro

GRILLED ORGANIC CHICKEN 1

with seasonal grilled vegetables and baked potatoes
14 euro

THAI NOODLES 1, 5, 6

buckwheat noodles with sauteed seasonal vegetables and pad thai sauce with lemongrass
12 euro **VEGAN**

VEGGY LOVER 1, 7

Seasonal roasted vegetables served with buffalo mozzarella "San Salvatore" and and warm sourdough focaccia
12 euro **VEGGY**

TEGAMINO 1, 3, 7

organic fried eggs served with brie cheese and crispy bacon, accompanied by warm sourdough focaccia
9 euro

PERFUMED BASMATI RICE

5 euro **VEGAN**

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

homemade burger made with tofu, quinoa, zucchini, chickpea flour and shallot, served with rocket salad, alfa sprouts and tomato
15 euro **VEGAN**

GLUTEN FREE BUN

+1 euro

OUR SALADS

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

DELIZIOSA 7, 8, 10

rocket salad, quinoa, parmesan cheese, tomatoes, olives, walnuts and french vinaigrette
12 euro **VEGGY**

VEGAN SALAD 6, 11

mixed salad, tofu marinated with turmeric, roasted carrots, sauteed green beans, sesame seeds, 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, green beans, tomatoes, chickpeas, olives and a tasty mustard dressing
12 euro

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**

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

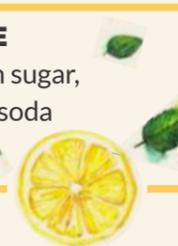
apple, celery, orange and melon

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

SMOOTHIES

7 euro

BERRY° BANANA

STRAWBERRY° BANANA

MANGO 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 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

COFFEE & CO.

ESPRESSO ILLY

2 euro

AMERICAN COFFEE

2,50 euro

GOLDEN SHOT

2,50 euro

BITTER LIQUORS

4,50 euro

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

WATER

small - 2,20 euro

large filtered - 2,80 euro

BEERS

MENABREA HEINEKEN

CORONA

bottle 0,33l - 4 euro

ALLA SPINA

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

ITALIAN ORGANIC WINES

CHECK OUR OFFER OF THE DAY
6 euro per glass