



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 lunch Villa Pamphili - spring summer 2019

APPETIZERS

HOME-MADE CHICKPEAS

HUMMUS 1, 11
with pita bread
6 euro **VEGAN**

GAUCAMOLE & TORTILLAS

avocado, onion, lime and coriander dip
with crunchy corn tortillas
7 euro **VEGAN**

BABAGANOUSH

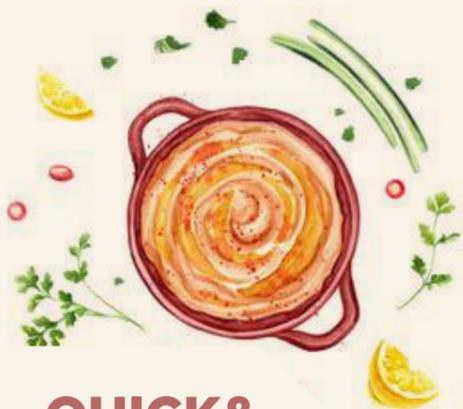
1, 5, 11
Eggplants babaganoush served with
papadam
6 euro **VEGAN**

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" AND WARM FOCACCIA

1, 7
9 euro



QUICK & DELICIOUS

EGG LOVER

1, 3, 7
Creamy, organic scrambled eggs
with crispy bacon, toasted bread and
roasted cherry tomatoes
9 euro

VEGGY LOVER

1, 7
Seasonal roasted vegetables served
with buffalo mozzarella "San Salvatore"
and warm focaccia
12 euro **VEGGY**

VICIOUS BRUNCH

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



TRADITIONAL

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 fresh basil
12 euro **VEGGY**

 **GLUTEN FREE**

GLUTEN FREE CLASSIC LASAGNA* WITH RAGÙ

(meatsauce) 7

GLUTEN FREE EGGPLANT

"PARMIGIANA"* 7

11 euro

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

14 euro **VEGAN**

GLUTEN FREE BUN

+1 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**



FROM THE ORGANIC GARDEN

MIXED BIODYNAMIC SALAD

10
5 euro **VEGAN**

ARUGULA & CHERRY TOMATOES

5 euro **VEGAN**

ROASTED ORGANIC VEGETABLES

5 euro **VEGAN**

SAUTEED GREEN BEANS WITH SESAME SEEDS

11
5 euro **VEGAN**

ESCAROLE COOKED IN A PAN

5 euro **VEGAN**

POTATO CHIPS

5 euro **VEGAN**

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**

SPICY CALAMARI SALAD

4, 6, 5
fresh spinach, herbs, sauteed squids,
cucumbers, cherry tomatoes and
thai dressing

14 euro

ROYAL SALMON

4, 7, 9
mixed salad, celery, Norwegian smoked
salmon, sour cream dressing and
crunchy bread sticks

14 euro

LUSSUOSA

7, 8
mixed salad, rocket salad, feta cheese,
raspberries, green apple, walnuts,
pollen and honey-flavoured 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
french vinaigrette

12 euro

WE COOK AND
SEASON OUR DISHES
EXCLUSIVELY WITH
ORGANIC
EXTRA VIRGIN
OLIVE OIL FROM
COLD-PRESSED OLIVES



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, 8
wholemeal shortcrust

4 euro

BROWNIES

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

5 euro

CARROT PLUMCAKE

6, 8
with orange and almonds

5 euro **VEGAN**

CHOCOLATE PLUMCAKE

6, 7
with raspberries

5 euro

HOMEMADE SCONES

1, 3, 7, 8
served with whipped cream

and strawberry jam

5 euro

FRESH ORGANIC FRUIT SALAD

5,50 euro



from gourmet labs°

APPLE AND WALNUTS CAKE

1, 3, 7, 8
with warm cream

6 euro

TARTE TATIN

1, 3, 7
with cinnamon and warm cream

6 euro

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

ORGANIC ITALIAN WINE

low in sulphites and chemicals.
Tradition and innovation with the
utmost respect for the territory

SPARKLES

MIRAGE Castello Giol

Prosecco Brut Millesimato

Glera (Veneto)

glass 6 euro / bottle 24 euro

SPUMANTE METODO CLASSICO

Chardonnay, Spergola

(Emilia Romagna)

glass 7 euro / bottle 28 euro

WHITE

AMYCLANO Monti Cecubi

Vermentino (Latium)

glass 4,50 euro / bottle 18 euro

MUNIR Valdibella

Catarratto (Sicily)

glass 5 euro / bottle 20 euro

THYMOS Monti Cecubi

Falanghina (Latium)

glass 5,50 euro / bottle 22 euro

RIBELLA Venchiarezza

Ribolla Gialla, Chardonnay (Veneto)

glass 6 euro / bottle 24 euro

RED

TERRAE D'ITRJ Monti Cecubi

Abbuoto, Cabernet Sauvignon,

Serpe (Latium)

glass 4,50 euro / bottle 18 euro

MORELLINO DI SCANSANO

Montecivoli

Sangiovese, Alicante (Tuscany)

glass 5,50 euro / bottle 21 euro

SCHIOPPETTINO Venchiarezza

Schioppettino (Friuli)

glass 6 euro / bottle 24 euro

ROSÉ

DHYANA Valdibella

Perricone, Nero D'avola (Sicily)

glass 6 euro / bottle 24 euro

WATER

small 2,20 euro

large filtered 2,80

BREAD BASKET

1, 11
organic bread with mother yeast

2 euro

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