

V O V I

vegs and more

Have dinner with us

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Welcome



DINNER MENÙ

18:00 – 21:30

DINNER SUGGESTIONS

- **ESCARGOTS A LA BOURGUIGNONNE* (12) € 15,00**
- **CAPELANTE* (3) AL BRANDY E SUCCO D'ARANCIO, UOVA STRAPAZZATE AL CURRY E INSALATINA DI POMODORINI € 20,00**
(3 jakobsmuscheln in brandy und orangensaft, rührei mit curry und kirschtomatensalat)
(3 scallops in brandy and orange juice, scrambled eggs with curry and cherry tomato salad)
- **FILETTO DI PLATESSA* CON SALSA OLANDESE, PATATE LESSE AL PREZZEMOLO E SPINACI AL BURRO € 16,00**
(schollenfilet mit hollandaise sauce, petersilien-kartoffeln und gebuttertem spinat)
(fillet of plaice with hollandaise sauce, parsley potatoes and buttered spinach)
- **PIATTO TRIESTINO €16,00**
(cevapcici* uova strapazzate al prezzemolo, patate saltate all'erba cipollina - cevapcici*
(rührei mit petersilie, sautierte kartoffeln mit schnittlauch)
(cevapcici* scrambled eggs with parsley, sautéed potatoes with chives)
- **COUS COUS POLLO E VERDURE €13,00**
(couscous-huhn und gemüse)
(cous couse chicken and vegetables)
- **STEAK&EGGS €25,00**
(steak di manzo, patate fritte, uova all'occhio, pomodorini)
(rindersteak, pommes, spiegeleier, kirschtomaten)
(beef steak, fried potatoes, fried eggs, cherry tomatoes)
- **MINISTRONE DI VERDURE €9,00**
(CON WURSTEL + € 1,00 // CON RISO BIANCO + € 1,00)
(gemüseminestrone - vegetable soup)
- **ZUPPA RUSTICA DI LEGUMI E CEREALI €9,00**
(rustikale hülsenfrucht- und getreidesuppe)
(rustic soup of legumes and cereals)



CRÊPE GRATINÉES

CRESPELLE GRATINATE

- **CRÊPE GRATINÉES PROSCIUTTO E SCAMORZA € 9,00**
(Dünner Gratinpfannkuchen mit Schinken und Scamorza-Käse)
(Florentin Crepes gratin with ham and scamorza cheese)
- **CRÊPE GRATINÉES BRIE E FUNGHI € 9,00**
(Dünner Gratinpfannkuchen mit Brie-Käse und Pilzen)
(Florentin Crepes gratin with Brie cheese and mushrooms)
- **CRÊPE GRATINÉES POMODORO E BASILICO € 8,00**
(Dünner Gratinpfannkuchen mit Käse, Tomatensoße und Basilikum)
(Florentin Crepes gratin with cheese, tomato sauce and basil)
- **CRÊPE GRATINÉES GORGONZOLA NOCI E ERBA CIPOLLINA € 11,00**
(Dünner Gratinpfannkuchen mit Gorgonzolakäse, Walnüsse und chnittellauch)
(Florentin Crepes gratin with gorgonzola cheese, walnuts, chives)
- **CRÊPE GRATINÉES BOLOGNESE (RAGÙ) € 9**
- **CRÊPE GRATINÉES GENOVESE (PESTO) € 9**
- **CRÊPE GRATINÉES VERTE (SPINACI) € 9**
- **CRÊPE GRATINÉES FUNGHI E TARTUFO € 9**
(Pilzen und Truffel - Mushrooms and truffle)



DINE AROUND THE WORLD

- **AVOCADO TOAST € 10,00**
(avocado, uovo all'occhio, pomodoro, salmone)
(Avocado, Spiegelei, Tomaten, Räucherlachs)
(avocado, sunny side up egg, tomatoes, smoked salmon)
- **PO'BOY AND FRIES € 14,00**
(Sfilatino con Gamberi fritti, maionese, cipolla, insalata, pomodoro e patate fritte casalinghe)
(Baguette mit gebratenen Garnelen, Mayonnaise, Zwiebeln, Salat, Tomaten und hausgemachten Pommes)
(Roll with fried prawns, mayonnaise, onions, lettuce, tomatoes and homemade fries)
- **BBQ PULLED PORK TORTILLA € 12,00**
(tortilla di frumento con formaggio, cheddar, cavolo cappuccio, cipolla, pomodoro, pulled pork, salsa bbq)
(weizentortilla mit käse, cheddar, kohl, zwiebel, tomate, pulled pork, bbq-sauce)
(wheat tortilla with cheese, cheddar, cabbage, onion, tomato, pulled pork, bbq sauce)
- **NEW YORKER PASTRAMI SANDWICH € 11,00**
(senape, maionese, pomodoro a fette, insalata, pastrami, uovo all'occhio, cheddar, cetriolino)
(senf, mayonnaise, tomatenscheiben, salat, pastrami, spiegelei, cheddar, gewürzgurke)
(mustard, mayonnaise, sliced tomato, salad, pastrami, fried egg, cheddar, gherkin)
- **CHICAGO CHILI DOG & FRIES € 13,00**
(sfilatino con senape, ketchup, wurstel, chili, cipolla, cheddar)
(senf, ketchup, würlstchen, chili, zwiebeln, cheddar)
(mustard, ketchup, frankfurter, chilli, onion, cheddar)
- **QUESADILLA DE ESPINACAS € 10,00**
(Doppia tortilla di frumento, cheddar, spinaci, noce moscata, formaggio)
(Doppelweizentortilla, Cheddar, Spinat, Muskatnuss, Käse)
(Double wheat tortilla, cheddar, spinach, nutmeg, cheese)
- **QUESADILLA DE CHORIZO € 10,00** 🌶️
(Doppia tortilla di frumento, cheddar, chorizo sazonado, formaggio)
(Doppelte Weizentortilla, Cheddar, Chorizo Sazonado, Käse)
(Double wheat tortilla, cheddar, chorizo sazonado, cheese)
- **QUESADILLA DE TOMATE € 10,00**
(Doppia tortilla di frumento, cheddar, pomodoro fresco, origano, fomaggio)
(Doppelte Weizentortilla, Cheddar, frische Tomate, Oregano, Käse)
(Double wheat tortilla, cheddar, fresh tomato, oregano, cheese)



● **PLATO TEXANO € 16,00** 🌶️

(2 hamburger di manzo*, formaggio 2 uova occhio, patate, hot beans)
(2 Rindfleisch Hamburger* Käse, 2 Spiegelei, Kartoffeln, scharfe Bonen)
(2 Beef hamburgers* cheese, 2 sunny side up eggs, potatoes, hot beans)

● **CHICKEN PARMO & FRIES € 14,00**

(Petto di pollo all'aglio gratinato con besciamella, formaggio e cheddar servito con le nostre patate fritte casalinghe)
(Knoblauch-Hähnchenbrust, Bechamel, Käse und Cheddar serviert mit unseren hausgemachten Pommes frites)
(Garlic Chicken Breast, Bechamel, Cheese and Cheddar served with our homemade fries)

● **PITA GYROS STO PIATO € 15,00**

(Piatto con Pita, Kebab di Tacchino, cipolla, pomodori, cavolo cappuccio, insalata, mais, salsa piccante e salsa allo yogurt)
(Platte mit Pita, Truthahn-Kebab, Zwiebeln, Tomaten, Kohl, Salat, Mais, pikanter Sauce und Joghurtsauce)
(Platter of pita, Turkey Kebab, onion, tomato, cabbage, lettuce, corn, spicy sauce and yogurt sauce)

● **TEDESCA € 20,00**

(Pane all'aglio, würstel bianco, patate saltate, uova strapazzate, salame, formaggio, prosciutto, pomodoro)
(Knoblauchbrot-Bratwurst-Rührei-Bratkartoffeln-salami-Käse-Schinken-Tomaten)
(Garlic bread-grilled white sausage-scrambled eggs-stir-fried potatoes-salami-cheese -ham-tomatoes)

● **CARBONARA BREADBOARD €13,00**

(Board di pane, formaggio,uovo strapazzato, bacon, grana, pepe)
(Brotbrett, Käse, Rührei, Bacon, Parmesan, Pfeffer)
(Breadboard cheese, scrambled eggs, bacon, parmesan, pepper)

● **TUNFISK BREADBOARD € 13,00**

(Board di pane, formaggio, pomodoro a fette, rucola, tonno, uovo sodo e glassa di aceto balsamico)
(Brotbrett, Käse, Tomatenscheiben, Rucola, Thunfisch, hart gekochtes Ei und Balsamico-Essig-Glasur)
(Breadboard, cheese, sliced tomato, rocket, tuna, hard-boiled egg and balsamic vinegar glaze)

● **VALTELLINESE BREADBOARD € 13,00**

(Board di pane, fontina, speck, funghi trifolati, rucola)
(Brotbrett, Fontina-Käse, Speck, getrüffelte Pilze, Rucola)
(bread board, fontina cheese, speck, truffled mushrooms, rocket)



POKÈ BOWL

- **LOCO MOCO € 12,00**
(riso basmati, hamburger di manzo* uovo occhio di bue erba cipollina)
(Basmati-Reis, Rindfleisch Hamburger*, Spiegelei, Schnittlauch)
(basmati rice, beef hamburgers*, sunny side up egg, chives)
- **BUDDHA BOWL € 12,00**
(Riso basmati, ceci alla paprika e aglio, germogli di soia, pomodorini, uovo sodo, mais, cavolo cappuccio viola, sesamo)
(Basmati Reis, Paprika- und Knoblauch Kichererbsen, Sojasprossen, Kirschtomaten, gekochtes Ei, Mais, Purpur Kohl, Sesam)
(Basmati rice, pepper and garlic chickpeas, soy sprouts, cherry tomatoes, boiled egg, corn, purple cabbage, sesame seeds)
- **POKÈ FISH € 12,00**
(Riso basmati, avocado, uovo strapazzato, salmone affumicato, sesamo)
(Basmati- Reis, Avocado, Rührei, Räucherlachs, Sesam)
Basmati rice, avocado, scrambled egg, smoked salmon, sesam)
- **POKÈ MAGURO € 10,00**
(Riso basmati, avocado, uovo strapazzato, tonno in scatola, sesamo)
(Basmati-Reis, Avocado, Rührei, Thunfisch in der Dose , Sesam)
(Basmati rice, avocado, scrambled egg, canned tuna, sesam)
- **POKÈ CHICKEN € 11,00**
(Riso basmati, avocado, uovo strapazzato, petto di pollo*, sesamo)
(Basmati-Reis, Avocado, Rührei, Hähnchenbrust* , Sesam)
(Basmati rice, avocado, scrambled egg, chicken*, sesam)
- **POKÈ CANTONESE € 9,00**
(Riso basmati, piselli, uovo strapazzato, prosciutto cotto, germogli di soia, sesamo)
(Basmati-Reis, Erbsen, Rührei, Schinken, Sojasprossen, Sesam)
(Basmati rice, peas, scrambled egg, ham, soy sprouts, sesam)
- **POKÈ VEGGIE € 10,00**
(Riso basmati, avocado, polpette di verdure* 100% veg, pomodorini, mais, sesamo)
(Basmati-Reis, Avocado, Veggies Bällchen*, Tomaten, Mais, Sesam)
(Basmati rice, avocado, veggie balls*, tomatoes, corn, sesam)



POKÈ BOWL

- **UDANG GORENG BOWL € 13,00**
(Riso basmati, avocado, uovo strapazzato, gamberi fritti*, sesamo)
(Basmati-Reis, Avocado, Rührei, gebratene Garnelen, Sesam)
(Basmati rice, avocado, scrambled egg, fried shrimp, sesame)
- **CALIFORNIA BOWL € 12,00**
(Riso basmati, cetriolo, surimi di gambero, uovo strapazzato, avocado, sesamo)
(Basmatireis, Gurke, Garnelen-Surimi, Rührei, Avocado, Sesam)
(Basmati rice, cucumber, prawn surimi, scrambled egg, avocado, sesame)
- **PU'UWAI HAWAI'I BOWL € 12,00**
(Riso basmati, pollo, ananas, uovo all'occhio di bue, pomodorini, sesamo)
(Basmatireis, Hähnchenbrust, Ananas, Spiegelei, Kirschtomaten, Sesam)
(Basmati rice, chicken breast, pineapple, fried egg, cherry tomatoes, sesame)
- **RIO POKÈ € 11,00**
(Riso basmati, fagioli, uovo sodo, olive nere, mais, pomodorini, cipolla, sesamo)
(Basmatireis, Bohnen, gekochtes Ei, schwarze Oliven, Mais, Kirschtomaten, Zwiebeln, Sesam)
(Basmati rice, beans, boiled egg, black olives, corn, cherry tomatoes, onion, sesame)
- **SAN CRISTÒBAL POKÈ € 11,00**
(Riso basmati, chili con carne, uovo sodo, avocado)
(Basmati-Reis, Chili con Carne, gekochtes Ei, Avocado)
(basmati rice, chili con carne, boiled egg, avocado)



OMAS KARTOFFELN

LE PATATE DELLA NONNA

patate intere gratinate al forno con Emmental e Besciamella ripiene di:
Gefüllte Ofenkartoffeln mit:
baked potatoes au gratin with cheese and béchamel sauce stuffed with;

- **PROSCIUTTO E FUNGHI € 9,00**
(Schinken und Pilzen – Ham and Mushrooms)
- **POLLO* E MAIS € 10,00**
(Hähnchenbrust und Mais – chicken breast and sweet-corn)
- **VERDURE € 9,00**
(Gemüse - Vegetables)
- **UOVO E SALAMINO PICCANTE € 8,00 🌶️**
(Ei und würzige Salami – Egg and spicy salami)
- **SALMONE E ERBA CIPOLLINA € 11,00**
(Räucherlachs und Schnittlauch – smoked salmon and chives)
- **PROSCIUTTO E POMODORO € 8,00**
(Schinken und Tomatensoße – ham and tomatosauce)
- **PANCETTA CROCCANTE E SCAMORZA € 9,00**
(Knuspriger Speck und Scamorza-Käse – Crispy bacon and smoked cheese)
- **GORGONZOLA E SALAMINO PICCANTE € 10,00**
(Gorgonzola Käse und scharfe Salami – Gorgonzola cheese and spicy salami)
- **TARTUFO NERO E ZUCCHINE TRIFOLATE € 12,00**
(Schwarzer Trüffel und sautierte Zucchini - Black Truffle and Sautéed Zucchini)
- **FUNGHI E SPECK € 9,00**
(Pilzen und Speck – mushrooms and smoked ham)



CONTORNI

Beilagen-side dishes

- **INSALATA MISTA € 5,00**
(gemischter Salat – mix salad)
- **POMODORO E CIPOLLA € 5,00**
(Tomaten und Zwiebel – tomatoes and onion)
- **INSALATA DI CAPPUCCIO €5,00**
(Krautsalat –Cabbage salad)
- **PATATE AL FORNO € 5,00**
(Ofenkartoffeln-baked potatoes)
- **PATATE SALTATE ALL'ERBA CIPOLLINA € 5,00**
(Bratkartoffeln mit Schnittlauch – fried potatoes with chives)
- **PATATE LESSE AL PREZZEMOLO € 5,00**
(gekochte Kartoffeln mit Petersilie – boiled potatoes with parsley)
- **PATATE FRITTE CASALINGHE € 5,00**
(hausgemachten Pommes - homemade fries)
- **ZUCCHINE TRIFOLATE € 5,00**
(sautierte Zucchini – sautéed zucchini)
- **SPINACI* AL BURRO € 5,00**
(Butter spinat – buttered spinach)
- **FAGIOLI E CIPOLLA € 5,00**
(Bohnen mit Zwiebel – beans and onion)
- **FAGIOLI RUSTICI € 5,00**
(con pancetta – Bohnen mit Bacon – beans with bacon)
- **FAGIOLI ALLA TEXANA € 5,00**
(con tabasco e pomodoro – Bohnen mit Tabasco und Tomatensoße - Beans with tabasco and tomato sauce)
- **FUNGHI TRIFOLATI € 5,00**
(Pilzen – Mushrooms)
- **GARLIC BREAD € 4,00**



INSALATE

● **GRECA € 11,00**

Cetrioli, Pomodori, Peperoni, Olive Nere, Feta Greca, Origano e Cipolla
Gurken, Tomaten, Paprika, Oliven, Feta-käse, Oregano und Zwiebel
Cucumbers, tomatoes, peppers, olives, feta cheese, origan and onion

● **NIZZARDA € 12,00**

Patate lesse, Fagioli, Olive Nere, Uova Sode, Pomodori, Tonno, Peperone, Cipolla
Gekochte Kartoffel, Bohnen, Oliven, hart gekochte Ei, Tomaten, Thunfisch, Paprika, Zwiebel
Potatoes, beans, olives, boiled egg, tomatoes, tuna, peppers, onion

● **PANTESCA € 11,00**

Pomodorini, Olive Verdi, Patate lesse, Cipolla Rossa, Capperi, Basilico e Origano
Cherry Tomaten, Oliven, gekochte Kartoffel, Zwiebel, Kapern, Basilikum, Oregano
Cherry tomatoes, olives, potatoes, onion, capers, basil, origan

● **CAESAR SALAD € 13,00**

Insalata, Crostini di Pane, Petto di Pollo*, Grana a Scaglie, Pomodorini e Salsa Caesar, Uovo sodo
Salat, Brotwürfel, Hähnchenbrust, Parmesan, Cherrytomaten, hart gekochte Ei und Caesar soße
Salad, bread croutons, chicken breast, parmesan, small tomatoes, boiled egg and caesar sauce

● **ELIA € 12,00**

Insalata, Uova Sode, Tonno, Gamberetti e Pomodorini
Salat, hart gekochte Ei, Thunfisch, Garnelen, Cherry Tomaten
Salad, boiled egg, tuna, shrimps

● **FLORIDA € 11,00**

Insalata, Prosciutto, Mozzarella, Uova Sode, Mais e Cuori di Palma
Salat, Schinken, Mozzarella Käse, hart gekochte Ei, Mais, Palmito
Salad, ham, mozzarella, boiled egg, corn, Palmito

● **BRANDO € 13,00**

Insalata, Avocado, Uova Sode, carote e Salmone
Salat, Avocado, hart gekochte Ei, Karotte, Räucherlachs
Salad, Avocado, boiled egg, carrots, smoked salmon

● **CAPRESE € 10,00 - CAPRESE AL TONNO € 11,00**

Tomaten, Mozzarella Käse – Tomatoes and mozzarella
Tomaten, Mozzarella, Thunfisch – Tomatoes, mozzarella, tuna

● **FITNESS SALAD € 10,00**

Insalata, Sedano, Finocchio, Mela, Uovo Sodo, Semi di Girasole, Chia e Semi di Lino
Salat, Sellerie, Fenchel, Apfel, hart gekochte Ei, Sonnenblumenkernen, Chia, Leinsamen
Salad, celery, fennel, apple, boiled egg, sunflower seeds, chia seeds, flax seeds



● **PENELOPE'S SALAD € 13,00**

Rucola, melone, speck, mozzarella
Rucolasalat, Melone, Speck, Mozzarella
Rucolasalad, melon, speck, mozzarella

● **CHICKENSALAD € 12,00**

Pollo*, sedano, carote, peperone, uovo sodo, cetriolo, olive nere, mais, salsa tartara
Hänchen*, Sellerie, Karotte, Paprika, Ei, Gurken, Oliven, mais, Tartar Soße
Chicken*, celery, carrots, peppers, egg, cucumber, olives, corn, tartar sauce

● **SICILIANA € 10,00**

Finocchi, arance, pinoli, uvetta, semi di zucca
Fenchel, Orangen, Pinienkerne, Rosinen, Kürbiskerne
Fennel, oranges, pine nuts, raisins, pumpkin seeds

● **COLESLAW € 8,00**

Cavolo cappuccio bianco e viola, carote, maionese, succo di lime, zucchero e aceto balsamico
Weiß und Purpurkohl, Karotten, Mayonnaise, Limettensaft, Zucker und Balsamico-Essig
White and purple cabbage, carrots, mayonnaise, lime juice, sugar and balsamic vinegar

● **LA CECIOSA € 12,00**

Ceci, zucchine, peperone giallo, pomodorini, cetriolo, feta, foglie di menta
Kichererbsen, Zucchini, gelber Pfeffer, Kirschtomaten, Gurke, Feta, Minzblätter
Chickpeas, zucchini, yellow pepper, cherry tomatoes, cucumber, feta, mint leaves

● **YOGURT SALAD € 13,00**

Yogurt, gamberetti, salmone affumicato, insalata iceberg, radicchio, erba cipollina, succo di limone, sale pepe
Joghurt, Garnelen, Räucherlachs, Eisbergsalat, Radicchio, Schnittlauch, Zitronensaft, Salz und Pfeffer
Yogurt, shrimps, smoked salmon, iceberg salad, radicchio, chives, lemon juice, salt and pepper

● **PIÑA ENSALADA € 15,00**

Ananas, Gamberetti, pomodorini, cuore di palma, rucola, mais, anacardi
Ananas, Garnelen, Kirschtomaten, Palmenherz, Rucola, Mais, Cashewnüsse
Pineapple, Shrimps, cherry tomatoes, palmito, rocket, corn, cashews

● **DEL CONTADINO € 12,00**

Rucola, pere, grana, noci, glassa di aceto balsamico
Rucola, Birnen, Parmesan, Walnüsse, Balsamico-Essig-Glasur
Rocket, pears, parmesan, walnuts, balsamic vinegar glaze

● **KIWI SALAD € 11,00**

Kiwi, peperoni gialli e rossi, pomodorini, mais, formaggio
Kiwi, gelbe und rote Paprika, Kirschtomaten, Mais, Käse
Kiwi, yellow and red peppers, cherry tomatoes, corn, cheese





* Alcuni prodotti, per esigenze di preparazione e reperibilità, potrebbero essere surgelati.

Caro ospite/cliente, se hai delle allergie e/o intolleranze alimentari chiedi pure informazioni sul nostro cibo e sulle nostre bevande. Siamo preparati per consigliarti nel migliore dei modi;

Dear customer, our staff will be happy to help you choose the best dish related to any specific food allergy or intolerance issue. Our staff is well trained and we hope we will find the best way to satisfy our customers and also meet your specific needs.

Lieber Besucher/Kunden, wenn Sie Allergien und oder Unverträglichkeiten haben, bitte fragen Sie nach unseren Lebensmitteln und unsere Getränke. Wir sind bereit, Sie in der besten Weise zu beraten.

Cher visiteur/client, si vous avez des allergies et/ou d'intolérances, ne hésitez pas à nous poser toute question sur notre nourriture et nos boissons. Nous sommes prêts à vous conseiller de la meilleure façon.



... and Good Night

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