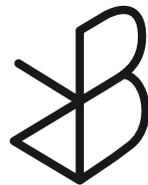




EN

Menu



— *ZUM* —

BEISPIEL



CAFE
RESTAURANT
BAR







*Love is an ingredient.
You can taste it in our house-made bread,
pasta and ice-cream and in the flavours we
have brought to you from all over the world.
Eat, love, repeat.*



We take great care in choosing the ingredients for your food. As one of the few restaurants in Finland we have reached the highest three star level in an official programme that focuses on increasing the amount of organic produce in professional kitchens.

The meals include house-made organic bread and churned butter.

The breads are baked with different sourdoughs, some also include a small amount of yeast. Our sourdoughs are Italian biga, French poolish and a traditional German sourdough, Anstellgut.

Zum's house-made pasta is freshly-made with sourdough and from organic durum wheat.

L = lactose-free

V = vegetarian

G = gluten-free

Vegan

All Day Breakfast

Bread is also available gluten-free.

Dagen efter: Organic eggs, fresh sausages, crispy Black Forest ham, fried tomatoes, organic salad, organic bread, organic coffee or tea, organic orange juice (L, G) **18 €**

Frühstück: Organic bread, croissant, charcuterie, house-made pomegranate & raspberry jam, cheddar gratinated organic egg, grilled vegetables, organic mountain cheese, organic salad, organic coffee or tea, organic orange juice (L) **20 €**

Shakshuka: Organic San Marzano tomatoes, organic eggs, organic spinach, ewe's feta, garlic, onion, chili, cumin, parsley, organic salad, organic coffee or tea, organic orange juice (L, G, V) **20 €**

Latte or cappuccino **+ 2 €**

Mimosa **+ 6 €**

Starters, salads and soups

Zum Antipasti: A selection of Zum delicacies – includes cheese, meat and vegetables (L, G) **12 €**

Vegan Heaven: Fried lampascioni (wild hyacinth bulbs), pumpkin seed hummus, sunflower seed & roasted pumpkin hummus, Apulian olives and artichokes, corn tostadas (L, G, vegan) **12 €**



Caesar salad (L) contains anchovies **14 €**
 + char-grilled organic cockerel breast **+ 6 €**
 + slightly smoked salmon **+ 6 €**
 + 5 garlic & chili fried mazzancolle prawns **+ 7 €**
 + grilled vegetables **+ 4 €**
 + fried goat cheese **+ 4 €**
 + organic falafels made from local peas **+ 4 €**

Mezze salad (L, G, V) **15 €**
 Organic salad, hummus, tzatziki, stuffed vine leaves, grilled pepper, zucchini, aubergine, ewe's feta
 + char-grilled organic cockerel breast **+ 6 €**
 + slightly smoked salmon **+ 6 €**
 + 5 garlic & chili fried mazzancolle prawns **+ 7 €**
 + fried goat cheese **+ 4 €**
 + organic falafels made from local peas **+ 4 €**

Zum Kürbis salad: Colourful organic salad, roasted organic pumpkin, aubergine and organic orange, colourful cauliflower, roasted pumpkin seeds, thyme, taggiasca olives (L, G, vegan) **20 €**

Organic tomato soup, ewe's feta, basil oil
 (L, G, V) **8,5 / 12,5 €**
also a vegan version with organic tofu

Zuppa alla Gallipolina: Lobster bisque, salmon, mazzancolle prawns, octopus, cockles, fennel, onion (L, G) **13 / 16 €**

Main courses

Malin i solen: Organic char-grilled cockerel breast, Malin's honey, crispy focaccia, sun-dried tomato & sunflower seed pesto, fried goat cheese, pomegranate, pecan nuts, organic salad (L) **22 €**

Lobster risotto: Organic Roma rice, organic wine, lobster bisque, mazzancolle prawns, organic parmesan, organic salad (L, G) **24 €**

Risotto del giorno:
 Organic risotto from fresh, seasonal produce (L, G, V) *also a vegan version* **21 €**

Salmoriglio: Butterfly salmon, local potatoes, Sicilian Salmoriglio sauce, autumn vegetables, organic salad (L, G) **22 €**

Galetto: Char-grilled local organic cockerel breast, rosemary & garlic sauce, pumpkin polenta, autumn vegetables, organic salad (L, G) **24 €**

Moorish falafel: Organic falafels from local peas, stuffed pepper (cauliflower, fermented kumquat, apricot, sunflower seeds, chili, organic parmesan), colourful vegetables, red zhug salsa, organic salad (L, G, V) *also a vegan version* **19 €**



Pasta

Our house-made organic pastas are made from sourdough.

Holy George: House-made linguine pasta, chili, 8 mazzancolle prawns, roasted garlic, leaf parsley, fermented organic lemon, avocado, dolcita tomatoes, organic parmesan, organic salad (L) **24 €**
also a gluten-free or a vegetarian version

Spinaci e salmone: House-made trivoglio pasta, organic spinach sauce, salmon, roasted garlic, beetroot crisps, organic salad (L) *also a gluten-free or a vegetarian version* **21 €**

Polpette di agnello: House-made pappardelle pasta, herb & organic lamb meatballs, organic parmesan, peperoncino & organic tomato sauce, organic salad (L) **22 €**

Bergamoto: House-made radiatore pasta, char-grilled local organic cockerel breast, fermented kumquat and bergamot orange, cream, roasted garlic, chili, parsley, dolcita tomatoes, organic salad (L) **22 €**
also a gluten-free or a vegetarian version

Barchette: House-made anelletti pasta, aubergine boat, organic San Marzano tomatoes, garlic, herbs, fermented organic lemon, primo sale ewe's cheese, organic parmesan, organic salad (L, V) **18 €**
also a gluten-free version

Hamburgers

The rolls are house-made organic muffulettas baked with biga sourdough. All our hamburgers are also available gluten-free. The sauces can be swapped according to taste. Burger steaks are grilled medium unless requested otherwise. Meat burgers are also available with grilled organic cockerel breast.

Lady Burger (open burger, medium spicy):
Local organic minced meat steak (200 g), cheddar, carrot salsa, Mediterranean salad (L) **20 €**

Gent's Burger (medium spicy):
Local organic minced meat steak (200 g), cheddar, carrot salsa, French fries, organic salad (L) **20 €**

Havana Burger (medium spicy):
Local organic minced meat steak (200 g), cheddar, mariquita salsa, Havana pepper mayonnaise, grilled ramiro pepper, French fries, organic salad (L) **23 €**

Waldo Burger: Local organic minced meat steak (200 g), crispy Black forest ham, cheddar, yellowfoot mayonnaise, parsley & garlic dip, French fries, organic salad (L) **23 €**

Lebanese Burger: Beetroot & organic pumpkin steak, cheddar, kumquat & mango salsa, French fries, red zhug mayonnaise, organic salad (L, V) *also a vegan version* **20 €**

Extra dips 1 € / each: Carrot salsa, tzatziki, house-made organic ketchup, basil mayonnaise, hummus, parsley & garlic mayonnaise, red zhug mayonnaise, yellowfoot mayonnaise, Havana pepper mayonnaise.
All dips are vegan apart from tzatziki



Desserts

Runeberg ice-cream, Fredrika granola,
raspberry sauce (L, V) **7,5 €**

Affogato: House-made vanilla ice-cream
& double espresso (L, G, V) **7 €**

Warm German apple tart & a choice of an ice-cream
(L, V) **8,5 €**
with Calvados & salty caramel ice-cream* **10 €**

Warm Death by chocolate cake & pistachio ice-cream
8,5 €

Organic vanilla crème brûlée **8,5 €**

House-made ice-cream or sorbet (L, G, V) *
Ask for the selection of the day. **4 € / scoop**
6 € / 2 scoops
6 € / 3 small scoops
8 € / 5 small scoops

Adult ice-creams (L, V) and adult sorbets
(L, G, V) * **5,5 € / scoop**

** We make all our Eis Screams ourselves without
emulsifiers or ice-cream mixtures. Ask for the ice-cream
selection of the day. Adult ice-creams contain alcohol and
cannot be sold or served for under 18-year-olds.*

All our ice-creams are lactose-free.

Children's menu (for children under 12 years)

Fried salmon and local potatoes, autumn vegetables,
cucumber, tomato, fruit (L, G) **10 €**

House-made organic pasta and butter, cucumber,
tomato, fruit (L, V) **5 €**

Organic falafel from local peas, local potatoes,
freshly made organic tomato sauce, cucumber,
tomato, fruit (L, G, V) **7,5 €**

House-made organic pasta and organic tomato sauce,
organic parmesan, cucumber, tomato, fruit
(L, V) **7,5 €**

Organic bolognese: House-made organic pasta,
organic bolognese sauce, organic parmesan,
cucumber, tomato, fruit (L) **8,5 €**

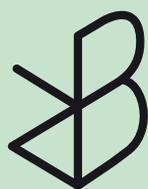
Cockerel pasta: House-made organic pasta,
creamy organic cockerel sauce, organic parmesan,
cucumber, tomato, fruit (L) **10 €**

Fried nitrite-free sausages, French fries,
house-made organic ketchup, cucumber,
tomato, fruit (L, G) **9 €**

Hamburger: Char-grilled local organic minced meat
steak, French fries, house-made organic ketchup,
organic salad, cucumber, tomato, fruit (L) **11 €**

Organic bread and butter included in the meals.





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BEISPIEL



EAT > LOVE > REPEAT

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www.zum.fi



Friends?