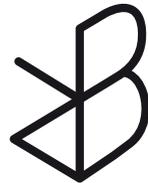




EN

# Menu



— *ZUM* —

# BEISPIEL



CAFE  
RESTAURANT  
BAR







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*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.*

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*We take great care in choosing the ingredients for your food. This autumn we won a championship in a nationwide competition for using organic produce in our kitchen. We are very proud of the achievement! Over 62 % of all our ingredients are organic.*

*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. Bread is also available gluten-free.*

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

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*L = lactose-free  
G = gluten-free*

*V = vegetarian  
Vegan*

## All Day Breakfast

**Dagen efter:** Organic eggs, fresh sausages, crispy Black Forest ham, fried tomatoes, organic salad, 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 €**

**Buenas Dias:** Mexican organic eggroll, cheddar, grilled avocado, bell pepper, aubergine, salsa crudo, corn totopos, organic salad, organic coffee or tea, organic orange juice (L, G, V) **20 €**

**Latte or cappuccino** **+ 2 €**

**Mimosa** **+ 6 €**



## Starters, salads and soups

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

**Bruschetta:** Crispy focaccia crostino, tomato,  
organic basil, organic parmesan (L, V) **8 €**

**Tarocco:** Aubergine, organic orange, taggiasca olives, herbs,  
wild onion, fermented lemon sauce (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 bell 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 €**

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

**Zum salmon soup (L, G)** **10 / 14 €**

**Sicilian crab soup (L, G)** **12 / 16 €**

## Main courses

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**Malin på landet:** Organic char-grilled cockerel breast,  
Malin's honey, crispy focaccia, fried goat cheese,  
pecan nuts, organic pomegranate, grilled vegetables,  
organic salad (L) **23 €**

**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,  
organic salad (L, G, V) *also a vegan version* **21 €**

**Salmone:** Slightly smoked salmon, local potatoes,  
organic spinach sauce, vegetables, organic salad  
(L, G) **22 €**

**Galetto:** Char-grilled organic cockerel breast,  
organic wine sauce, rosemary potato cake,  
vegetables, organic salad (L, G) **24 €**

**San Martino:** Roasted local goose, goose sauce,  
organic red cabbage, chestnuts, rosemary potato cake,  
organic salad (L, G) **27 €**

**Amogghio falafel:** Organic pea falafels,  
Sicilian amogghio sauce, taggiasca olives,  
organic salad, rosemary potato cake  
(L, G, vegan) **19 €**

**Timballo di melanzane:** Aubergine timbale,  
organic San Marzano tomatoes, buffalo mozzarella,  
fermented organic lemon, garlic, herbs,  
organic parmesan, organic salad (L, G, V) **19 €**



## Pasta

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*Our house-made organic pastas are made from sourdough. Even more delicious than before as well as easily digestible.*

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

**Miadora:** House-made radiatore pasta, char-grilled organic cockerel breast, organic chicken broth, grilled aubergine, fermented organic kumquat, dolcita tomatoes, garlic, parsley, chili, organic parmesan, organic salad (L) **23 €**  
*also gluten-free*

**Mafaldine al limone:** House-made Mafaldine pasta, organic lemon sauce, salmon, roasted garlic, dolcita tomatoes, parsley, organic salad (L) **22 €**  
*also a gluten-free or a vegetarian version*

**Sugo di Pomodoro San Marzano:** House-made trivoglio pasta, organic San Marzano tomatoes, organic basil, garlic, organic parmesan, organic salad, buffalo mozzarella (L, V) **21 €**  
*also a gluten-free version*

## Hamburgers

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*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 €**

**Mexican Burger** (medium spicy):  
Local organic minced meat steak (200 g), cheddar, guacamole, grilled red bullet chili, French fries, guajillo mayonnaise with lime, organic salad (L) **23 €**

**Sicilian Burger:**  
Local organic minced meat steak (200 g), French fries, sun-dried tomato mayonnaise, buffalo mozzarella, Sicilian organic lemon dip, organic salad (L) **23 €**

**Maroni Burger:** Organic tigernut & chestnut steak, cheddar, kumquat mayonnaise, French fries, green aioli, organic salad (L, V) *also a vegan version* **20 €**

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**Extra dips 1 € / each:** Carrot salsa, tzatziki, house-made organic ketchup, basil mayonnaise, hummus, kumquat mayonnaise, guajillo mayonnaise with lime, sun-dried tomato mayonnaise, Sicilian organic lemon dip  
*All dips except tzatziki are vegan.*



## Desserts

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

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

**Local apple tartelette & a choice of an ice-cream**  
(L, V) **8 €**  
with Calvados & salty caramel ice-cream\* **9,5 €**

**Death by chocolate cake (warm)**  
& pistachio ice-cream **8,5 €**

**Tropical mousse cake** (ask for the flavour of the day)  
(L, G) **4,5 €**

**Cold brew coffee 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)

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**Fried salmon and local potatoes**, 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, organic salad, cucumber,  
house-made organic ketchup, tomato, fruit (L) **11 €**

*Organic bread and butter are included in the meals.*





— *ZUM* —

**BEISPIEL**



EAT > LOVE > REPEAT

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[www.zum.fi](http://www.zum.fi)



Friends?