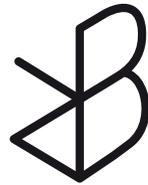




EN

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. 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.

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

*V = vegetarian
Vegan*

All Day Breakfast

Dagen efter: Fried organic eggs, char-grilled freshly made lamb sausages, steak tomato, crispy Black Forest ham, organic salad, organic coffee or tea, organic orange juice (L, G) **20 €**

Frühstück: Croissant, charcuterie, organic salad, house-made Sicilian blood orange marmalade, cheddar gratinated organic egg, grilled vegetables, organic mountain cheese, organic coffee or tea, organic orange juice (L) **21 €**

Frittata: Organic eggs, asparagus, organic parmesan, parsley, dolcita tomatoes, organic salad, organic coffee or tea, organic orange juice (L, G, V) **22 €**

Latte or cappuccino **+ 2,5 €**

Mimosa **+ 7 €**



Starters, salads and soups

Zum Antipasti: A selection of Zum delicacies – includes cheese, meat and vegetables (L, G) **13,5 €**

Crostino al ribes rosso: Crispy organic focaccia crostino, buffalo mozzarella, Malin's forest honey and habanero, redcurrants (L, V) **13,5 €**

Tarifa: Andalusian bell pepper & almond hummus, aubergine steak, olives and pomegranate seeds (L, G, vegan) **12,5 €**

Caesar salad (L) *contains anchovies* **15 €**

Mezze salad (L, G, V) **16 €**

Organic salad, hummus, tzatziki, stuffed vine leaves, grilled bell pepper, zucchini, aubergine, ewe's feta

Salad toppings:

+ char-grilled organic cockerel breast (local meat) **+ 8 €**

+ 2 of Zum's char-grilled organic lamb sausages (local meat) **+ 7 €**

+ slightly smoked salmon **+ 8 €**

+ 5 garlic & chili fried mazzancolle prawns **+ 8 €**

+ grilled vegetables **+ 4 €**

+ fried goat cheese **+ 4 €**

+ organic falafels made from local peas **+ 5 €**

Organic tomato soup, ewe's feta, organic basil oil (L, G, V) **9 / 13 €**

also a vegan version with grilled avocado

Zum's salmon & asparagus soup (L, G) **12 / 16 €**

Asparagus soup and fried ewe's halloumi (L, G, V) **12 / 16 €**

Main courses

Malin på landet:

Organic char-grilled cockerel breast (local meat), Malin's honey, crispy focaccia, fried goat cheese, pecan nuts, pomegranate, grilled vegetables, organic salad (L) **25 €**

Salmone: Slightly smoked salmon, asparagus sauce, spring potatoes with herbs, vegetables, organic salad (L, G) **24 €**

Salsicce di agnello: Zum's char-grilled lamb sausages (local organic meat), mint & gooseberry mayonnaise, vegetables, chef's mustard, potato wedges, organic salad (L, G) **23 €**

Galetto: Char-grilled organic cockerel breast (local organic meat), pepper & calvados sauce, vegetables, potatoes with spring herbs, organic salad (L, G) **25 €**

Pluma: Char-grilled Iberico pork pluma steak, vegetables, Sicilian blood orange & fennel mayonnaise, French fries, organic salad (L, G) **26 €**

Torri di zucchini:

Zucchini tournedos filled with herbs, organic falafels made from local peas, fresh tomato & basil sauce, organic parmesan gratinated aubergine, organic salad (L, G, V) *also a vegan version* **22 €**



Risottos

Our risottos are made with organic Roma rice from the 600-year-old Principato di Lucedio estate. All risottos are made with organic wine, butter and organic parmesan. Risottos are also available dairy-free with avocado.

Di Asparagi: Asparagus, dolcita tomatoes, leaf parsley, organic salad (L, G, V) *also a vegan version* **22 €**

Sleeping Beauty:

Organic feta cheese, pomegranate seeds, char-grilled artichoke, organic salad (L, G, V) *also a vegan version* **22 €**

Risotto toppings:

- + char-grilled organic cockerel breast (local meat) **+ 8 €**
- + 2 of Zum's char-grilled organic lamb sausages (local meat) **+ 7 €**
- + slightly smoked salmon **+ 8 €**
- + 5 garlic & chili fried mazzancolle prawns **+ 8 €**
- + grilled vegetables **+ 4 €**
- + fried goat cheese **+ 4 €**
- + organic falafels made from local peas **+ 5 €**

Pasta

Our house-made organic pastas are made from sourdough. Even more delicious than before as well as easily digestible. Pasta dishes are also available gluten-free.

Holy George (medium spicy):

House-made linguine pasta, roasted garlic, chili, 8 mazzancolle prawns, dolcita tomatoes, fermented organic lemon, avocado, leaf parsley, organic parmesan, organic salad (L) *also a vegetarian version* **26 €**

Finocchio: House-made conchiglioni pasta, slightly smoked salmon, fennel & lobster sauce, asparagus, parsley, organic salad (L) **25 €**

Pollo al Limone: House-made spaghetti quadro pasta, char-grilled organic cockerel breast (local meat), spring herb sauce, organic lemon, dolcita tomatoes, organic parmesan, organic salad (L) **24 €**

Fioretti:

House-made zucca pasta, asparagus sauce, zucchini, dolcita tomatoes, leaf parsley, organic parmesan, organic salad (L, V) **23 €**

Bucaneve alla Sorrentina: House-made snowdrop pasta, roasted tomatoes and garlic, buffalo mozzarella, basil, organic salad (L, V) *also a vegan version* **23 €**



Hamburgers

The rolls are chewy, 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) **22 €**

Gent's Burger (medium spicy):
Local organic minced meat steak (200 g), cheddar,
carrot salsa, French fries, organic salad (L) **23 €**

Don Tommasino Burger (spicy):
Local organic minced meat steak (200 g),
agrodolce piccante, cheddar, French fries,
Sicilian fennel & blood orange mayonnaise,
organic salad (L) **24 €**

Kaiser Burger: Local organic minced meat steak
(200 g), grilled asparagus, cheddar, basil mayonnaise,
French fries, organic salad (L) **24 €**

Green Chufa Burger: Chufa steak (organic), cheddar,
grilled bell pepper, mint & gooseberry mayonnaise,
French fries, organic salad
(L, V) also a vegan version **22 €**

Extra dips 1 € / each: Carrot salsa, tzatziki,
house-made organic ketchup, mint & gooseberry
mayonnaise, hummus, basil mayonnaise,
Sicilian fennel & blood orange mayonnaise.
*Hummus, ketchup and mint & gooseberry mayonnaise are
vegan.*

Desserts

Runeberg ice cream, Fredrika granola, raspberry sauce
(L, V) **8,5 €**

Affogato: House-made organic vanilla ice cream
& double espresso (L, G, V) **8 €**

**Toasted coconut flan &
organic vanilla and pear compote** (L, G, vegan) **9,5 €**
*We buy our organic vanilla directly from a small
Madagaskar family business.*

**Warm Death by chocolate cake
and pistachio ice cream** (L, G, V) **9,5 €**

Rhubarb crème brûlée (L, G, V) **9,5 €**

Zum ice cream or sorbet* (L, G, V)
Ask for seasonal flavours

4 € / scoop
6 € / 2 scoops
6 € / 3 small scoops
8 € / 5 small scoops

Zum's adult ice creams and sorbets*
(L, G, V) **5,5 € / scoop**

** We make all our ice creams 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 potato wedges, vegetables, cucumber, tomato, fruit (L, G) **10 €**

House-made organic pasta and butter, cucumber, tomato, fruit (L, V) **6 €**

Organic falafel from local peas, potato wedges, 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 (local meat), organic parmesan, cucumber, tomato, fruit (L) **8,5 €**

Cockerel pasta: House-made organic pasta, creamy 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 organic minced meat steak (local meat), French fries, organic salad, house-made organic ketchup, cucumber, 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



Friends?