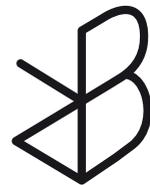




EN

# 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. In 2020 and 2022 we won the championship in a nationwide competition for using organic produce in restaurant kitchens. We are very proud of the achievement! Nearly 70 % 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

*Breakfast includes a selection of organic sourdough bread. Bread is also available gluten-free.*

### **Dagen efter:**

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

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

Latte or cappuccino **+ 3 €**

Mimosa **+ 7 €**



## Starters, salads and soups

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

**Berberitze Bruschetta:** Crispy focaccia crostino, avocado, berberis & pomegranate salsa (L, vegan) **9,5 €**

**Caprese calda:** Buffalo mozzarella, oven baked tomato, basil, taggiasca olives (L, G, V) **12 €**

**Caesar salad:** Romaine salad, Zum's Caesar sauce, organic parmesan, organic focaccia croutons (L) *contains anchovies* **15 €**

**Mezze salad:** Organic salad, hummus, tzatziki, stuffed vine leaves, grilled bell pepper, zucchini, aubergine, ewe's feta (L, G, V) **15 €**

### Salad toppings:

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

+ 2 of Zum's char-grilled goat 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 €**

**Zuppa di pesce:** Lobster bisque, mazzancolle prawns, salmon, baby octopuses, leaf parsley (L, G) **14 / 18 €**

**Zuppa di Saluggia:** Saluggia beans, vegetables, herbs (L, G, vegan) **9 / 13 €**

## Main courses

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**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) **26 €**

**Salmone:** Slightly smoked salmon, organic spinach sauce, potato wedges, colourful vegetables, organic salad (L, G) **26 €**

**Salsicce di capra:** Zum's char-grilled goat sausages (local meat), potato wedges, Pantelleria dip sauce, colourful vegetables, organic salad (L, G) **25 €**

**Galetto:** Char-grilled organic cockerel breast (local meat), dark Madeira sauce, colourful vegetables, potato wedges, organic salad (L, G) **25 €**

**Secreto:** Char-grilled Iberico pork secreto steak, colourful vegetables, Pantelleria dip sauce, potato wedges, organic salad (L, G) **29 €**

**Ligurian Hunks:** Motsarølla tiger nut balls, smashed sweet potato, salsa verde, colourful vegetables, organic salad (L, G, vegan) **22 €**

**Bistecca di melanzane:** Char-grilled aubergine bistecca, potato wedges, red cabbage salad with inca berries & mango, garlic dip (L, G, vegan) **23 €**



## Risottos

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Our risottos are made with organic Roma rice or black 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.

**Risotto Nero:** Black rice, grilled bell pepper, avocado, onion, garlic, organic salad (L, G, V) **24 €**  
*also a vegan version with Violife cheese*

**Abundantia:** 8 mazzancolle prawns, lobster bisque, leaf parsley, dolcita tomatoes, organic parmesan, organic salad (L, G) **28 €**

**Sleeping Beauty:** Ewe's halloumi, pomegranate seeds, char-grilled artichoke, organic salad (L, G, V) **25 €**  
*also a vegan version with house-made motsarølla cheese*

### Risotto toppings:

+ char-grilled organic cockerel breast (local meat) **+ 8 €**  
+ 2 of Zum's char-grilled goat 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

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Our house-made organic pastas are made from sourdough - delicious 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* **27 €**

**Polipetti:** House-made zucca pasta, baby octopuses, freshly made tomato sauce, chili, leaf parsley, organic salad (L) **26 €**

### Aragosta:

House-made spaghetti, slightly smoked salmon, lobster bisque, dolcita tomatoes, leaf parsley, organic salad (L) **27 €**

**Green Alfredo:** House-made radiatore pasta, char-grilled organic cockerel breast (local meat), garlic sauce, chives, leaf parsley, dolcita tomatoes, organic parmesan, organic salad (L) **24 €**

**Portofino:** House-made conchiglioni pasta, Portofino sauce, organic spinach, organic feta, taggiasca olives, organic salad (L, V) **23 €**  
*also a vegan version with house-made motsarølla cheese*



## Hamburgers

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*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 €**

**Colonel Mustard Burger:**  
Local organic minced meat steak (200 g), cheddar, crispy Black Forest ham, honey & mustard mayonnaise, beef tomato, French fries, organic salad (L) **25 €**

**Piña Colada Burger:** Coconut & tiger nut steak, cheddar, char-grilled pineapple, French fries, roasted garlic & tomato dip, organic salad (L, V) **23 €**

**Extra dips 1,5 € / each:**  
Carrot salsa, tzatziki, house-made organic ketchup, honey & mustard mayonnaise, Pantelleria dip sauce, garlic & tomato dip sauce, hummus.

## Desserts

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

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

**Blackcurrant mousse & chocolate oat granola** (L, G, vegan) **9,5 €**

**Warm Death by chocolate cake and pistachio ice cream** (L, G, V) **8,5 €**

**Organic vanilla crème brûlée** (L, G, V) **9,5 €**  
*We buy our organic vanilla directly from a small Madagascar family business.*

**Organic lemon tartelette & organic vanilla ice cream** (L, 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\*

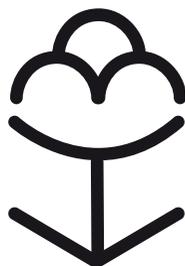
(L, G, V)

5,5 € / scoop

*\* We make all our Zum 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, gluten-free and egg-free. Ask for our delicious vegan ice creams.*



# Zum Ice Cream

*Local Artisan Ice Cream  
for the Soul*

EAT ICE CREAM > *love* > REPEAT

## Children's menu (for children under 12 years)

**Roasted salmon and potato wedges**, vegetables, cucumber, tomato, fruit (L, G) **11 €**

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

**Organic pea falafel**, potato wedges, organic tomato sauce, cucumber, tomato, fruit (L, G, V) **8 €**

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

**Organic Bolognese:** House-made organic pasta, organic Bolognese sauce (local beef), organic parmesan, cucumber, tomato, fruit (L) **9 €**

**Cockerel pasta:** House-made organic pasta, organic cockerel (local meat), cream sauce, organic parmesan, cucumber, tomato, fruit (L) **11 €**

**Fried nitrite-free sausages** (local meat), French fries, house-made organic ketchup, cucumber, tomato, fruit (L, G) **10 €**

**Hamburger:** Char-grilled organic minced meat steak (local meat), French fries, organic salad, house-made organic ketchup, cucumber, tomato, fruit (L) **12 €**

**Meatballs:** Malin's organic meatballs (local meat), French fries, organic salad, house-made organic ketchup, cucumber, tomato, fruit (L) **12 €**





— *ZUM* —  
**BEISPIEL**



EAT > LOVE > REPEAT

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



Friends?