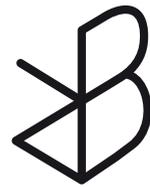




EN

# 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.*

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We take great care in choosing the ingredients for your food. Our olive oils rank among the finest in the world. The gourmet salts are carefully selected and include Zum's own blends. The restaurant's sourdough pasta and house-made ice creams have been perfected over time. The ice creams are full of flavour and free from emulsifiers and additives. The sourdough pasta is freshly-made from organic durum wheat and easily digestible. To our knowledge, no other restaurant in Finland serves sourdough pasta.

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! Lamb, beef and chicken are from Finland.

Our organic sourdough bread buffet and a selection of olive oils and gourmet salts is included in the main courses. If you prefer to eat a starter only, an additional cost of **5,80 €** will automatically be added to your bill. The breads are baked with different sourdoughs, some also include a small amount of yeast. They contain no nuts, dairy or eggs, and only 0,55 % salt. Our sourdoughs are Italian biga, French poolish and a traditional German sourdough, Anstellgut. We also offer our own house-made gluten-free bread.

L = lactose-free  
G = gluten-free

V = vegetarian  
Vegan

## All Day Breakfast

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

**Dagen efter:** Char-grilled freshly made sausages and beef tomato, fried organic eggs, crispy Black Forest ham, Zum salad, organic coffee or tea, organic orange juice (L, G) **22 €**

**Frühstück:** Croissant, charcuterie, grilled vegetables, house-made organic blood orange marmalade, cheddar gratinated organic egg, Zum salad, organic mountain cheese, organic coffee or tea, organic orange juice (L) **22 €**

**Latte or cappuccino** **+ 3 €**

**Mimosa** **+ 7 €**



## Starters, salads and soups

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Our organic sourdough bread buffet and oil bar is included in the main courses. If you prefer to eat a starter only, an additional cost **5,80 €** will automatically be added to your bill.

**Zum Antipasti:** A selection of Zum delicacies – includes cheese, meat and vegetables (L, G) **15 €**  
*also a vegetarian version*

**Sunshine:** Hummus with sunflower seeds, curcuma and green Szechuan pepper, fermented red cabbage leaf (L, G, V) **11 €**

**Pomodoro di manzo:** Beef tomato carpaccio, burrata, taggiasca olives, basil (G, V) **14 €**  
*also a vegan version with house-made motsarølla*

**Bruschetta:** Crispy focaccia crostino, avocado, fermented lemon, char-grilled asparagus, pomegranate seeds (L, vegan) **12 €**

**Caesar salad:** Romaine salad, Zum's caesar sauce, organic parmesan, organic focaccia croutons (L) *contains anchovies*  
Starter **12€** Main course **16 €**

**Mezze salad:** Organic salad, hummus, tzatziki, stuffed vine leaves, grilled bell pepper, zucchini, aubergine, ewe's feta (L, G, V)  
Starter **13€** Main course **17 €**  
*also a vegan version with avocado and pumpkin seeds*

## Salad toppings:

+ char-grilled organic cockerel breast (local meat) + **8 €**  
+ 3 of Zum's char-grilled lamb sausages (100 % local meat) **+ 8 €**  
+ slightly smoked salmon **+ 8 €**  
+ 5 garlic & chili fried mazzancolle prawns **+ 8 €**  
+ grilled vegetables **+ 4 €**  
+ fried goat cheese **+ 4 €**  
+ Zum's organic golden pea falafel **+ 7 €**

**Organic tomato soup,** ewe's feta, organic basil oil (L, G, V) *also a vegan version with avocado* **10 / 14 €**

**Zum's salmon soup:** Slightly smoked salmon, potatoes, onion, fennel, dill, cream (L, G) **14 / 18 €**

**Zuppa di asparagi:** Fresh asparagus soup, ewe's halloumi, parsley (L, G, V, *also a vegan version*) **12 / 16 €**

## 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, Zum salad (L) **28 €**

**Salmone:** Slightly smoked salmon, organic spinach sauce, herb potato cake, spring vegetables, Zum salad (L, G) **28 €**

**Salsicce di agnello:** Zum's char-grilled lamb sausages (100 % local meat), crispy button potatoes, fermented lemon & honey mayonnaise, spring vegetables, Zum salad (L, G) **26 €**



**Galetto:** Char-grilled organic cockerel breast (local meat), dark Madeira sauce, spring vegetables, herb potato cake, Zum salad (L, G) **28 €**

**Filetto di agnello al rosmarino:** Char-grilled local organic lamb tenderloin, garlic & rosemary sauce, spring vegetables, crispy button potatoes, Zum salad (L, G) **34 €**

**Amalfitane:** Aubergine boat, roasted organic San Marzano tomatoes, buffalo mozzarella, garlic, basil, sea of vegetables, Zum salad (L, G, V) **25 €**  
*also a vegan version with house-made motsarølla*

**Falafel:** Zum's organic golden pea falafel, organic spinach sauce, herb potato cake, spring vegetables, Zum salad (L, G) **25 €**

## Risottos

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*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.*

**Finocchio:** 8 mazzancolle prawns, saffron broth, fennel, leaf parsley, organic parmesan, Zum salad (L, G) **28 €**

**King Thrushbeard:** Berberis, pomegranate seeds, avocado, fresh chili, buffalo mozzarella, Zum salad (L, G, V) **25 €**  
*also a vegan version with house-made motsarølla cheese*

**L'asparago:** Fresh asparagus, leaf parsley, dolcita tomatoes, organic parmesan, Zum salad (L, G, V) **25 €**  
*also a vegan version with house-made motsarølla*

## Risotto toppings:

+ char-grilled organic cockerel breast (local meat) **+ 8 €**  
+ 3 of Zum's char-grilled lamb sausages (100 %local meat) **+ 8 €**  
+ slightly smoked salmon **+ 8 €**  
+ 5 garlic & chili fried mazzancolle prawns **+ 8 €**  
+ grilled vegetables **+ 4 €**  
+ fried goat cheese **+ 4 €**  
+ Zum's organic golden pea falafel **+ 7 €**

## 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. Our organic parmesan has been cured for 24 months. The rind does not contain egg unlike the rind in most other parmesan wheels.*

**Holy George** (medium spicy): House-made linguine pasta, roasted garlic, chili, 8 mazzancolle prawns, dolcita tomatoes, fermented organic lemon, avocado, leaf parsley, organic parmesan, Zum salad (L) **27 €**  
*also a vegetarian version*

**Luccio:** House-made campanelle pasta made with whole grain rye (100% rye), cold smoked pike, organic prosecco sauce, fennel, dolcita tomatoes, leaf parsley, Zum salad (L) **25 €**

**Alfredo:** House-made radiatore pasta, char-grilled organic cockerel breast (local meat), garlic sauce, dolcita tomatoes, organic parmesan, Zum salad (L) **25 €**  
*also available with slightly smoked salmon*



**Crema di peperoni:** House-made spaghetti pasta, grilled bell pepper crema, organic spinach & ewe's halloumi, gratinated pepper, organic parmesan, Zum salad (L, V) **23 €**  
*also a vegan version with house-made motsarølla cheese*

**Sorrentina:** House-made conchiglioni pasta, organic San Marzano tomatoes, buffalo mozzarella, garlic, basil, organic parmesan, Zum 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 or grilled lamb sausages.*

**Lady Burger** (open burger, medium spicy):  
Local organic minced meat steak (200 g), cheddar, carrot salsa, Mediterranean salad (L) **23 €**

**Gent's Burger** (medium spicy):  
Local organic minced meat steak (200 g), cheddar, carrot salsa, French fries, Zum salad (L) **24 €**

**Kaiser Burger:** Local organic minced meat steak (200 g), grilled asparagus, cheddar, basil mayonnaise, French fries, Zum salad (L) **25 €**

**Tijuana Burger:** Fermented black bean and corn steak, grilled bell pepper, avocado crema, cheddar, french fries, Zum salad (L, K) **23 €**  
*also as a vegan version available*

**Red Inca Burger:** Red Quinoa & seed steak, incaberry salsa, spicy fig & orange mayonnaise, cheddar, french fries, Zum salad (L, K) **23 €**  
*also as a vegan version available*

**Extra dips 1.5 € / each:** Carrot salsa, basil mayonnaise, spicy fig & orange mayonnaise, tzatziki, house-made organic ketchup, hummus.  
*Hummus, spicy fig & orange mayonnaise and ketchup are vegan.*

## 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 €**

**Licorice crème caramel with local raspberries** (L, G, vegan) **10 €**

**Warm Death by chocolate cake with pistachio ice cream** (L, G, V) **11 €**

**Organic vanilla crème brûlée** (L, G, V) **10 €**  
*We buy our organic vanilla directly from a small Madagaskar family business.*

**Organic lemon tartelette with organic vanilla ice cream** (L, V) **9,5 €**



Zum ice cream or sorbet\* (L, G, V)

**5 € / small portion**

**7 € / big portion**

**9 € / 5 small scoops**

**Seasonal flavours:** *Organic vanilla, chocolate, strawberry, mint chocolate chip, blueberry bun, mocha, organic lemon, salted caramel, Tyrkisk peber, Runeberg, nougat (vegan), organic ginger & banana (vegan), maracuja sorbet, sorbet of the day*

**Brontë-pistachio ice cream**

**7 € / small portion**

**9 € / big portion**

**Zum's adult ice creams**

(L, G, V)

**7 € / portion**

*Mint liqueur & chocolate, campari & raspberry, Zum Bond*

*\* We make all our Zum ice creams ourselves without emulsifiers or ice cream mixtures.*

*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.*

Children's menu (for children under 12 years)

**Slightly smoked salmon and button potatoes,**  
vegetables, cucumber, tomato, fruit (L, G)

**12 €**

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

**7 €**

**Salmon pasta:** House-made organic pasta, slightly  
smoked salmon, cream sauce, cucumber, tomato, fruit.  
(L),

**12 €**

**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)

**11 €**

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

**12 €**

**Meatball pasta:** House-made organic pasta,  
Malin's organic meatballs (local meat), cucumber,  
creamy tomato sauce, salad, tomato, fruit (L)

**12 €**

*The portions can be changed according to taste.*





— *ZUM* —

**BEISPIEL**



EAT > LOVE > REPEAT

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



Friends?