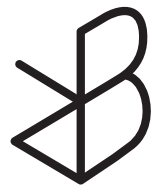




EN

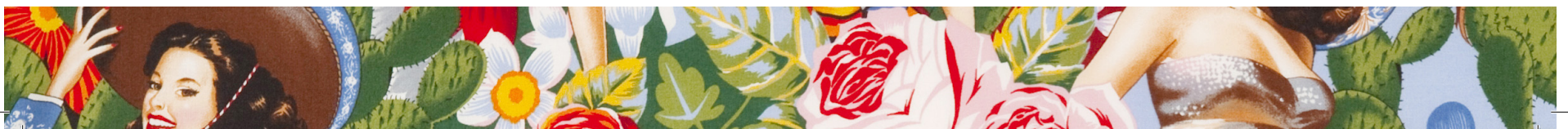
Menu



— *ZUM* —
BEISPIEL

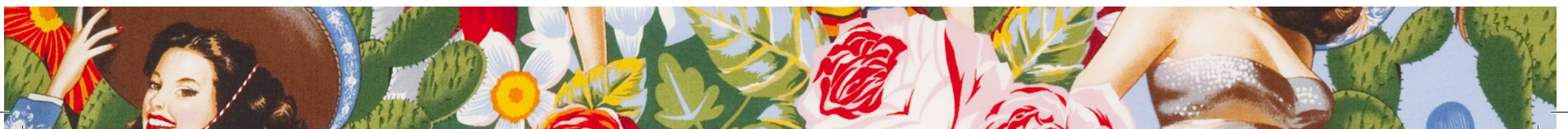


CAFE
RESTAURANT
BAR





*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.*





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

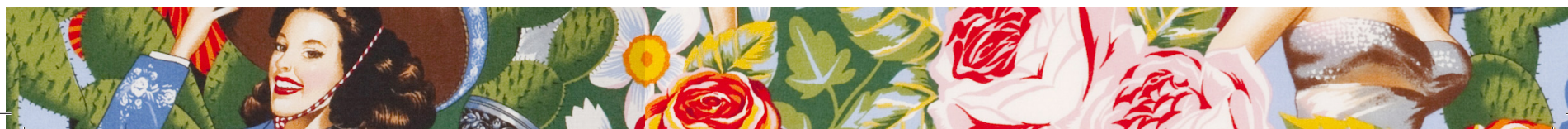
Breakfast includes a selection of organic sourdough bread. Bread is also available gluten-free.

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

Latte or cappuccino **+ 3 €**

Mimosa **+ 7 €**



Starters, salads and soups

Zum Antipasti: A selection of Zum delicacies – includes cheese, meat and vegetables (L, G) **14 €**
also a vegetarian/vegan version

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

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

Zum Erdbeer salad: Local organic salad, strawberries, fried goat cheese, grilled aubergine, bell pepper, zucchini, taggiasca olives, organic basil, balsamico, roasted pumpkin seeds (L, G, V) **23 €**
also a vegan version with Zum's organic golden pea falafel

Salmone salad: Local organic salad, slightly smoked salmon, broccolini, organic lemon & avocado fresca, grilled aubergine, bell pepper, zucchini, corn tostada (L, G) **26 €**

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 steak **+ 7 €**

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

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

Main courses

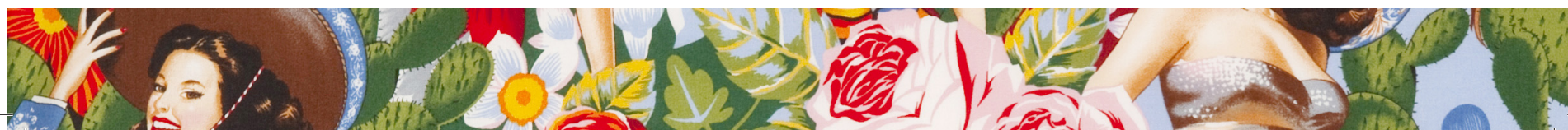
Malin på semester: Organic char-grilled cockerel breast (local meat), Malin's honey, crispy focaccia, fried goat cheese, pecan nuts, avocado, strawberry, grilled vegetables, organic salad (L) **28 €**

Salmone: Slightly smoked salmon, organic spinach sauce, summer potatoes, colourful vegetables, organic salad (L, G) **28 €**

Galetto: Char-grilled organic cockerel breast (local meat), madeira sauce, colourful vegetables, summer potatoes, organic salad (L, G) **28 €**

Secreto: Char-grilled Iberico pork secreto steak, colourful vegetables, Pantelleria dip sauce, crispy summer potatoes, organic salad (L, G) **32 €**

Barca Nera: Aubergine boat filled with organic spinach and buffalo mozzarella, Portofino sauce, Zum's organic golden pea falafel steak, colourful vegetables, organic salad (L, G, V, also a vegan version) **26 €**



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.

Risotto alla Madonna: 8 mazzancolle prawns, chili, zucchini, dolcita tomatoes, organic parmesan, organic salad (L, G) **27 €**

also a vegetarian version with ewe's halloumi and avocado or vegan with taggiasca olives, avocado, artichokes and grilled bell pepper

Sleeping beauty: Ewe's halloumi, pomegranate seeds, char-grilled artichokes, organic salad **25 €**

also a vegan version with house-made motsarølla cheese

Risotto toppings:

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

+ slightly smoked salmon **+ 8 €**

+ 3 of Zum's char-grilled lamb sausages (100 % local meat) **+ 8 €**

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

+ grilled vegetables **+ 4 €**

+ fried goat cheese **+ 4 €**

+ Zum's organic golden pea falafel steak **+ 7 €**

Pasta

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

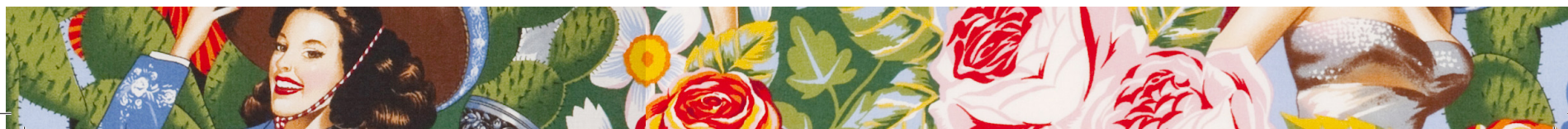
Holy George (medium spicy): House-made linguine pasta, roasted garlic, chili, 8 mazzancolle prawns, dolcita tomatoes, fermented organic lemon, avocado, leaf parsley, organic parmesan, organic salad (L) **27 €**
also a vegetarian version

Le Campane di Santa Maria: House-made campanelle pasta, slightly smoked salmon, organic sparkling wine sauce, dolcita tomatoes, leaf parsley, organic salad (L) **25 €**

Alfredo: House-made radiatore pasta, char-grilled organic cockerel breast (local meat), organic parmesan sauce, leaf parsley, dolcita tomatoes, organic salad (L) **25 €**

Fioretti allo Scarpariello: House-made zucca pasta, roasted cherry tomatoes, buffalo mozzarella, garlic, basil, organic parmesan, organic salad (L, V) **23 €**
also a vegan version with house-made motsarølla cheese

Boscaiola: House-made trifoglio pasta, porcini mushrooms, chanterelles, oven baked tomatoes, cream, garlic, onion, leaf parsley, organic parmesan, organic salad (L, V) **24 €**
also a vegan version



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 chargrilled organic cockerel breast or freshly made lamb sausages.

Lady Burger (open burger, medium spicy):

Organic minced meat steak (Heimola farm, Finland, 200 g), cheddar, carrot salsa, Mediterranean salad (L) **23 €**

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

Surfer Burger (spicy): Organic minced meat steak (Heimola farm, Finland, 200 g), cheddar, char grilled bell pepper, organic lemon & avocado fresca, coriander mayonnaise, organic salad (L) **26 €**

Noce de Tigre Burger:

Tigernut steak (organic), cheddar, char grilled zucchini, crema of fermented bell peppers, french fries, organic salad (L, V) **24 €**
also a vegan version

Extra dips 1.5 € / each: Carrot salsa, tzatziki, coriander mayonnaise, house-made organic ketchup, Pantelleria dip, hummus. *Hummus and ketchup are vegan.*

Desserts

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 €**

Organic vanilla crème brûlée with fresh berries (L, G, V) **10 €**

We buy our organic vanilla directly from a small Madagaskar family business.

Sicilian Brontë pistachio ice cream

small portion 7 €

big portion 9 €

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

5 € / small portion

7 € / big portion

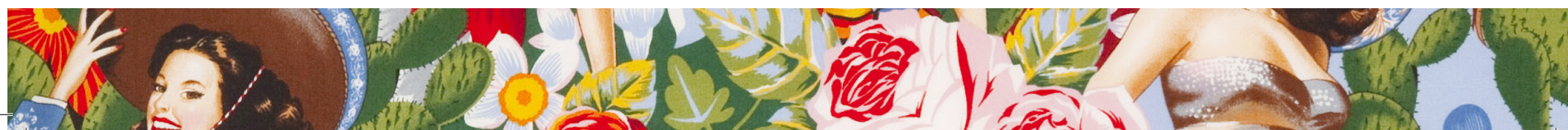
9 € / 5 small scoops

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, gardener's sorbet.

Zum's adult ice creams and sorbets*

(L, G, V) **7 € / scoop**

Piña colada, campari & raspberry



* 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.

Children's menu (for children under 12 years)

Slightly smoked salmon and summer potatoes, vegetables, cucumber, tomato, fruit (L, G) **12 €**

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

Salmon pasta: House made organic pasta, cream sauce, slightly smoked salmon, 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) **10 €**

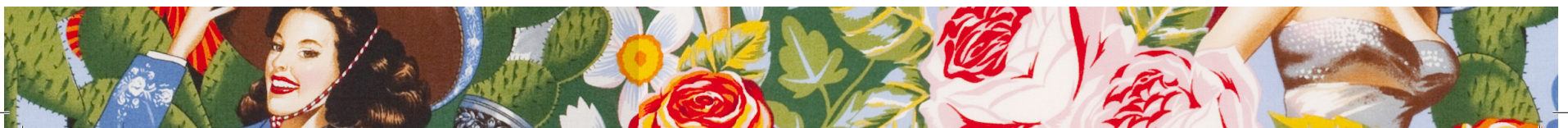
Cockerel pasta: House-made organic pasta, organic cockerel, cream sauce, organic parmesan, cucumber, tomato, fruit (L) **11 €**

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, French fries, organic salad, house-made organic ketchup, cucumber, tomato, fruit (L) **13 €**

Meatball pasta: House-made organic pasta, Malin's organic meatballs, creamy tomato sauce, organic salad, cucumber, tomato, fruit (L) **13 €**

Organic bread and butter are included in the meals.





— *ZUM* —
BEISPIEL



EAT > LOVE > REPEAT

Tel. +358 50 439 6066
www.zum.fi



Friends?

