



Dolci

Panna Cotta

our classic vanilla mousse 7,80 €

Crema di Cioccolato

our classic mousse au chocolat 8,50 €

Tiramisu

Tiramisu layered with love 8,50 €

Soufflé al Cioccolato

dark chocolate-soufflé, warm served with vanilla ice 9,20 €

Dolci Tricolore

Panna Cotta, Crema Cioccolato & Tiramisu 17,20 €

Pizza Popolare 400

Focaccia Semplice

pizza bread with olive oil & rosemary, optimally as appetizer 7,80 €

Margherita

Tomato sauce & cheese 11,80 €

Prosciutto Cotto

ham & cheese 13,80 €

Funghi Freschi

fresh mushrooms & cheese 13,80 €

Salame Salare

salami & cheese 13,90 €

Calzone "il Bandito"

mushrooms, ham & cheese, closed 16,80 €

Tonno "alto Mare"

tuna, onions & cheese 17,20 €

Vegetariana Fresca

fresh grilled vegetables & cheese 16,20 €

Salsiccia Piccante

hot salami & cheese 17,20 €

Gorgonzola Bacon

gorgonzola, bacon & cheese 17,80 €

Prosciutto di Parma "la Turista"

mozzarella, parma ham, arugula & parmesan 18,80 €

Caprese Bufala

buffalo mozzarella, tomatoes & basil 18,20 €

Polleria

chicken breast, fresh grilled vegetables & cheese 18,20 €

POPOLare Rivoluzione

Coppa di Parma, tomatoes, arugula, cheese & parmesan 18,20 €

Pizza Salmone

salmon, spinach, onions & cheese 18,20 €

A PIZZA WITH A RADIUS "Z" AND
THE THICKNESS "A" HAS THE VOLUME
PI X Z X Z X A

 vegetarian  vegan



Cantina
POPOLare
PIZZA - GRILL - PASTA - BASTA!

Menu

ENGLISH

Antipasti

Bruschetta 3 pieces

baguette with tomatoes, garlic & basil 7,70 €

Antipasti Misti Piccolo

grilled eggplant, zucchini, mushrooms & paprika
with arugula and parmesan shavings 10,30 €

Caprese Buffalo

tomatoes, italian buffalo mozzarella & basil 14,70 €

Crema di Pomodori

fresh, typical italian tomato soup 8,70 €

Aioli

baguette served with garlic dip 5,80 €

IF YOU WISH,
WE WOULD BE HAPPY TO PREPARE SOME
OF OUR PIZZA, SALAD AND PASTA DISHES
VEGETARIAN OR VEGAN FOR YOU

THE OLDEST OLIVE TREE IN ITALIA IS UPRIGHT IN UMBRIEN AND
SUPPOSEDLY 1.700 YEARS OLD. NEVER FEARI OUR OLIVE OIL IS FRESH ;)

Piccolo

Vitello Tonnato

veal with homemade tuna paste & capers 18,90 €

Antipasti Misti

grilled eggplant, zucchini, mushrooms & paprika
with arugula and parmesan 13,20 €

Antipasti Speciale

grilled eggplant, zucchini, mushrooms & paprika,
parma ham, hot salami, pecorino & parmesan 18,90 €

Calamari alla griglia con insalata Mista

grilled squid tube with a small side salad 18,20 €

Insalate di Mare

calamari, prawns, grilled paprika & garlic 15,90 €

Pasta

Spaghetti and Penne
also available in gluten-free

Spaghetti di Pomodori

with garlic, celery, red onions, leek, cherry tomatoes, 14,50 €
homemade tomato sauce, parmesan & arugula

Linguine al Pesto

with fresh basil pesto, walnut, parmesan & arugula 18,20 €

Penne Gorgonzola e Bacon

pasta with gorgonzola sauce, bacon, parmesan & arugula 19,30 €

Linguine Salmone "fish department"

homemade tomato sauce with grilled salmon, zucchini,
& arugula 21,20 €

Linguine Gamberi

homemade tomato sauce with shrimps & arugula 21,10 €

Penne Di Manzo "carnal lust"

homemade tomato sauce, with gently roast
vegetables, tripes of cattle, parmesan & arugula 23,20 €

Trofie con Pollo e Gamberi

in curry-cream-sauce with stripes from chicken and shrimps. . 20,20 €

Spaghetti aglio olio e Gamberi

olive oil, garlic, pepperoni & shrimps. *extra hot* 21,20 €

Penne al Salmone

with salmon cubes in pink sauce 21,20 €

Linguine con Pollo alla crema di funghi

with chicken, mushrooms, cream 20,20 €

Gnocchi vegan

with salmon cubes in pink sauce 18,20 €

Contorni

Spinaci Aglio e Olio

spinach, garlic & olive oil 4,50 €

Patate Fritte

french fries 4,50 €

Patate Rosmarino

rosemary potatoes 4,50 €

Verdure Grigliata

grilled mediterranean vegetables 4,50 €

Mista - side salad

mixed salad 5,90 €

Griglia

Burger Cesare 200 gr.

gently chicken breast layered with ceasar salad. 14,20 €

Burger "Mezzogiorno" 200 gr.

classic one with cheese, bacon & onions 14,30 €

Burger "Salmone"

salmon with arugula, tomatoe & onions 14,80 €

Saltimbocca alla Romana

3 veal medallions with ham and sage in a fine sauce. 27,20 €

Rumpsteak argentinian rump steak

mediano 220 gr. with herb butter 26,20 €

Piccata Milanese

on arugula, parmesan shavings & olive oil 22,30 €

Pesce del Giorno

Please ask about our offer 18,80€

Insalate

Insalata Cesare

romaine lettuce with garlic-cROUTONS,
gently roast chicken breast, parmesan,
tomatoes & ceasar-dressing 15,20 €/19,80 €

Insalata POPolare "from the chef"

arugula-salat with cherry tomatoes,
mozzarella gently roast in parma ham,
parmesan & balsamico-olive oil-dressing. 15,60 €/20,20 €

Insalata Pesce in Barca

mixed salad in Lemon-olive oil-dressing with
grilled shrimps & grilled salmon fillet 16,40 €/20,80 €

Insalata Di Manzo "carnal lust"

mixed salad with stripes of cattle &
parmesan, mango-fruit-dressing 15,60 €/20,20 €