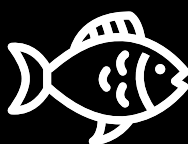
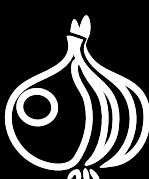
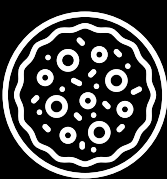


# mezzometro

## PIZZA&FOOD

There are some new changes at Mezzome-tro's. If you are reading this, it means that our menu is pretty much about twenty centimetres from your nose, give or take depending on whether you are near - or short-sighted) and so you are already appreciating small changes (if a 50-cm menu is a little change ...) that we decided to introduce on a menu. Of course, we did not change the principles that have always distinguished Mezzometro's philosophy. The same that have allowed us to attract numerous national awards and appreciation of our returning customers. The quality has always been our leitmotif. The choice of flour, raw ingredients and seasonality that we use for the preparation of pizzas and other dishes have always been one of our mania. It's what took us years to select excellent products of our beloved Marche. The wild Mussels of Portonovo, the Cicerchia di Serra de' Conti, the Pecorino dei Sibillini, (places that are granted important recognition by Slow Food) as well as the fava beans of Fratte Rosa (precious bio-diversity grown in our region), the cold meats of the Abbazia, the extra virgin olive oil by Petrini and the brewery Bach, are just a few examples of attention to that



**The Mezzometro's Philosophy**  
**FOOD AS**  
**HEALTHY POWER SUPPLY**  
**RESPECT OF NATURE**  
**SEASONALITY**  
**REGIONALITY**  
**IDENTITY**

*Alessandro e Alessio Coppari*

incredible food field represented by our territory. But we live in a time of globalization and food and there is no room for parochialism, so after years of testing and tasting, we have chosen for you also what in our taste represent the Italian food culture: the Colatura di alici from Cetara, Pantelleria's oregano, the yellow Tomato of Vesuvius, the buffalo mozzarella from Campania, the hot 'Nduja from Calabria... A controlled supply chain whose list would be too long and that we prefer to find yourself going through our menu. By the way, we like to think of it a little more than a list of foods and drinks. A kind of manual for Mezzometro's customers where there's room for descriptions and information on our suppliers. People, before companies, that we believe in and with whom we share the same passion for work and quality. A network of relations, woven in time, of which we are particularly proud. So if you decide to take home our menu for later re-read it calmly, it would make us great pleasure. Now, undoubtedly we would like you to try in the field, or better on the plate, our proposals and maybe tell us your experience and your impressions. We assure you that we will treasure them.

# OUR SPECIAL DOUGHS

## Gold Fibre Mixture

Flour obtained from fine grains that get cold-pressed wheat germ flakes and ground in stone. The result is a flour that exalts the aroma, fragrance and digestibility, an important difference from normal flour. 1-type high in fiber, minerals and wheat germ.

A traditional taste ideal for our metre pizzas with toppings or vegetables.

## Senatore Cappelli Dough

The “Senatore Cappelli” is a durum wheat, with awns, typical filaments of tall grasses.

The flour made from these grains, strictly stone ground, is naturally low in gluten, rich instead of mineral salts and vitamins, a flour extremely healthy and good. The Senatore Cappelli wheat, now became a gourmet common symbol, was at one time the everyday pasta wheat. A classic for Mezzometro’s round pizzas.

## Allergies and informed choice

When it comes to health, we do not admit mistakes. For this our gluten-free products, we prepare following all the required protocols, are marked in the menu with the symbol of the wheat, instantly recognizable. In addition, gluten-free main dishes are served on plates of different shape and color. To avoid disappointment or dissatisfaction it is always good to ensure that staff understand the celiac customer’s requirements and do not recommend that who doesn’t need it orders gluten-free products.

## Mezzometro is part of the Slow Food cooks Alliance

*The Alliance is an international network of chefs who are committed to enhancing the Ark of taste Presidia products of small local “good, clean and fair” productions, protecting agrifood biodiversity at risk of extinction and giving visibility and value to producers from who they get supplies.*

[www.fondazione Slow Food.it/alleanza](http://www.fondazione Slow Food.it/alleanza)

*The Presidia are Slow Food projects that protect small quality products to be protected, made according to traditional practice.*

[www.fondazione Slow Food.it/presidi](http://www.fondazione Slow Food.it/presidi)

*The Ark of taste is a catalog of products that belong to the culture and traditions from around the world and at risk of disappearing.*

[www.fondazione Slow Food.it/arca](http://www.fondazione Slow Food.it/arca)

## Manufacturers

MONTI SIBILLINI PECORINO CHEESE

Luca Angeli - Pieve Torina (Mc)

SALINA CAPERS

Daniela Virgona - Malfa (Me) - Salina Island

PORTONOVO MUSSELS


Cooperative of fishermen of Portonovo - Ancona - Contrada di Portonovo

CETARA ANCHOVIES

Seafood products Vincenzo Giordano-Cetara (Sa)

SERRA DEI CONTI CICERCHIA AND FIG LONZINO

La Bona Usanza Cooperative - Serra dei Conti (An)

Follow the symbol  if you want to taste Slow food presidials selected by us



Alleanza Slow Food  
dei Cuochi



Presidio Slow Food®



Arca del Gusto



45  
40  
35  
30  
25  
20  
15  
10  
5

# PIZZAS



half a metre pizza  
2 people - 2 different tastes



1 meter pizza  
4 persons - 4 different tastes

**GARLIC OIL AND FATALII** ..... € 5,50

Petrini Organic Extra Virgin olive oil, garlic and chilli Fatalii of Peperleo

**MARGHERITA WITH MOZZARELLA**..... € 6,50

San Marzano DOP tomatoes, mozzarella and Basil

**MARGHERITA DOP**..... € 8,50

Tomato San Marzano DOP, DOP Buffalo mozzarella of CASOLARE, Basil and 36 months Parmigiano Reggiano DOP, organic Extra Virgin olive oil from Farm Petrini

**YELLOW MARGHERITA** ..... € 8,50

Fior di latte of the Casolare, yellow chopped peeled tomatoes of Vesuvius, Basil and 36 months Parmigiano Reggiano PDO, organic Extra Virgin olive oil from Farm Petrini

**THE THREE TOMATOES** ..... € 9,00

Fior di latte of the Casolare, cherry tomato of Piennolo del Vesuvio DOP 🍅 yellow tomatoes of Vesuvius, tomato confit, Basil and Extra Virgin olive oil Farm Petrini

**SUMMER** ..... € 8,50

San Marzano DOP tomatoes, buffalo mozzarella DOP of the farmhouse, organic Extra Virgin olive oil from Farm Petrini and oregano di Pantelleria

**MARINARA** ..... € 6,50

San Marzano DOP tomatoes, tomato Piennolo del Vesuvio DOP 🍅 garlic, basil, Pantelleria oregano and Extra Virgin olive oil BIO Farm Petrini

**NAPOLETANA** ..... € 7,50

Pomodoro San Marzano DOP, milk mozzarella of the Casolare, Cetara anchovies, Pantelleria oregano and Extra Virgin Olive Oil BIO Fattoria Petrini

**SAUSAGE** ..... € 8,00

San Marzano DOP tomatoes, mozzarella and sausage Of the Salumerie of the Abbey

**CAPRICCIOSA** ..... € 8,00

Pomodoro San Marzano DOP, Casolare Milk mozzarella, champignon mushrooms, artichokes and cooked ham Granbiscotto Rovagnati

**ROMAN** ..... € 8,00

San Marzano DOP tomatoes, milk mozzarella of the Casolare, Cetara anchovies, 🍷 Salina capers Taggiasche olives, oregano from Pantelleria oregano and Extra Virgin Olive Oil BIO Fattoria Petrini

**VEGETARIAN** ..... € 8,00

Milk mozzarella del Casolare, Vegetables and herbs

**ALE** ..... € 8,50

Pomodoro San Marzano, aubergines, milk mozzarella of the Casolare, Casolare buffalo ricotta, basil and extra virgin olive oil BIO Fattoria Petrini

**BALSAMICA** ..... € 8,50

Casolare milk mozzarella, DOP Gorgonzola, Radicchio, Parmigiano Reggiano DOP Flakes 36 Months, Reduction of Balsamic Vinegar of Modena IGT

**STRACCHINO AND RUCOLA** ..... € 7,00

Milk mozzarella of the Casolare, Stracchino and rocket salad

**HERBS**..... € 8,50

Milk Flower of the Casolare, Sausage of the Abbazia, Field Herbs and Parmigiano Reggiano DOP 36 months

**PORCINA**..... € 9,00

Casolare milk mozzarella, Porcini Mushrooms, Abbey Sausage and Parmigiano Reggiano Flakes DOP 36 months

**NOCINA** ..... € 9,00

Milk mozzarella of Casolare, Walnut Cream, DOP Gorgonzola, Abbazia Sausage and Nuts

**PARMIGIANA** ..... € 8,50

Casolare milk mozzarella, Pomegranate Tomato, Aubergines, Abbazia Sausage and Parmigiano Reggiano DOP 36 months

**COLATURA DI CETARA** ..... € 9,00

Bufala DOP Mozzarella of Casolare, yellow pomegranate of Vesuvius, basil, garlic and Traditional Cetara anchovies 🍷

**CALABRESE** ..... € 8,50

Pomodoro San Marzano PDO, Casolare milk mozzarella, Nduja di Spilinga 🍅 and basil

**DIAVOLA** ..... € 8,00

Casolare milk mozzarella, Tomato San Marzano PDO, Spicy sausage of Secondigliano

**PECORINO AND FAVE** ..... € 9,50

Casolare milk mozzarella, Pecorino of the Sibillini Mountains 🍷 fava beans Of Fratterosa by The Lubachi, wild fennel, goletta from the Abbey and Extra Virgin Olive Oil BIO Fattoria Petrini

**CICERCHIA, GAMBERI E GOLETTA** ..... € 9,50

Cicerchia of Serra de 'Conti 🍷 Prawns, goletta of the Abbey and rosemary

## ADDITIONAL CHARGES

Raw Parma ham 18 months Reserve ..... € 1,50

Additional topping ..... € 1/2,00

Dough with Senatore Cappelli flour ..... € 1,00

Gluten-free dough ..... € 1,00

## THE SECRET INGREDIENTS



Long yeast dough (48h)  
Made only with first quality raw



materials: water



Wheat flour



nature yeast

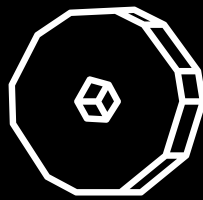


extra virgin olive oil



sea salt

## MOLINO VIGEVANO



Since 1936, Molino Vigevano has been the market leader in the blend of sweet and salty flour mixtures, as well as the first to create specialized lines for both professional and home-made use. Thanks to a patented exclusive process involving cold extraction and stone milling, Molino Vigevano flours retain the vitality and active ingredients of wheat germ. In this way, contrary to the competing products, the germ is not toasted by the extraction process, obtaining a golden powder that, added to a selection of the best flours, makes it easier to work.



All pizzas  
are also available  
GLUTEN FREE

# APPETIZE



## SEA

- SQUID WITH CRUNCHY VEGETABLES € 8,00
- COUSCOUS WITH VEGETABLES WITH ORANGE PRAWNS ..... € 8,00
- MUSSELS OF PORTONOVO IMPEPATI ..... € 9,00
- CUTTLEFISH AND PEAS ..... € 9,00
- TASTING OF TWO COLD APPETIZERS ..... € 10,00
- 4 TASTING APPETIZERS ..... € 14,00



## EARTH

- COUS COUS WITH VEGETABLE ..... € 6,00
- RAW PARMA HAM 18 MONTHS RESERVE AND BUFFALO MOZZARELLA DOP (125 G).....€ 7,00
- THREE CHEESE WITH COMBINATIONS OF JAMS.....€ 8,00

### CASEIFICIO IL CASOLARE

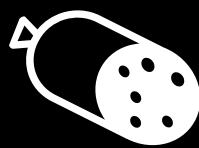


The dairy farm of Caserta uses only local milk from buffalos within 12 hours after it is milked. Carries out the processing of mozzarella with the first operation of coagulation with serum natural graft. Thus, it passes to manual curling and spinning. Makes cutting and melting of pasta in wooden barrels. The paste is handled with great care and experience by performing characteristic movements.



Which end with mozzarella and salting of mozzarella.

### CHARCUTERIE OF THE ABBEY



Pacifico Chiaravalle Lucaioli, heiress of his grandfather's art, transforms meat cuts of certified Italian pig meat into precious salami, all without colorant, lactose and gluten derivatives. Natural salami seasoned strictly with salt and pepper, including ciauscolo, lean salami and Fabriano salami, fresh sausage, lonza, lonzino, shoulder cup and the award-winning guanciale.

### OUR CHILLIES



Ask the pizzaiolo the fresh chili of the day!

# FIRST COURSES



## SEA

- VODKA PENNE ..... € 9,00
- SPAGHETTI ALLA CHITARRA WITH SEAFOOD..... € 10,00
- PADELLATA DI MEZZI PACCHERI ALLA MEDITERRANEA (MIN. 2 PEOPLE)..... € 13,00
- SPAGHETTI ALLA CARBONARA OF SEA ..... € 10,00

Gluten-free alternative: gnocchi



## EARTH

- SPAGHETTI ALLA CHITARRA WITH PENDOLINI AND FOSSA CHEESE..... € 8,00
- GRICIA MEZZI PACCHERI ..... € 8,50

A choice between durum wheat variety, over 600, ancient durum wheats such as the Senator Cappelli and the Taganrog. The processing of semolina with the classic bronze trafile. Attentive low-temperature drying takes place according to the sizes to protect the nutritional, organoleptic and protein character of hard grains which, with their toughness, guarantee an elegant tooth and a strong baking trap. These are the "secrets" of the top Italian quality pasta.

### LA PASTA OF CARLA LATINI



All the pasta is from Carla Latini

# MAIN DISHES

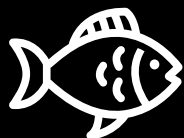


## SEA

- MIXED ADRIATIC GRILL ..... € 16,00
- DEEP FRIED SQUID AND PRAWN  
AND VEGETABLES..... € 14,00
- SPIEDINI DI CALAMARI E GAMBERI..... € 13,00

## FRESH FISH

*In the absence of fresh fish,  
high quality frozen fish  
will be served.*



## EARTH

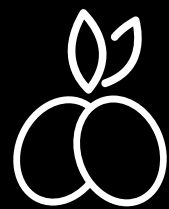
- SCHNITZEL  
WITH POTATO CHIPS..... € 10,00
- BEEF FILLET TAGLIATA  
WITH ROCKET AND GRANA..... € 14,00
- GRILLED CHICKEN MEDALS  
WITH BACON AND LAURE..... € 12,00
- BEEF BURGER..... € 9,00

## SIDE DISHES

- OLIVE ASCOLANA ..... € 4,50
- MEZZOMETRO POTATO CHIPS ..... € 4,00
- FRENCH FRIES..... € 4,00
- MIXED FRY ..... € 10,00
- PIZZIMONIO WITH SALSA ..... € 5,00
- ERBE STRASCINATE ..... € 4,00
- MIXED SALAD..... € 3,50

## LARGE SALADS

- CLASSIC SALAD ..... € 7,50  
*Mixed salad, mozzarella, tuna, corn and carrots*
- INSALATONA RUSPANTE ..... € 7,50  
*Mixed salad, chicken, pendulums, champignon and grana*



## THE FARM PETRINI

*A family-run company that produces premium organic olive oils with olives from the olive groves owned by Monte San Vito. The olives, harvested at the right degree of ripening, are processed within the next 24 hours in the company crusher. The milling is carried out with stone mills while the extraction of the oil is guaranteed by a centrifugal decanter. Storage takes place in stainless steel tanks, sheltered from sources of light and heat.*



An exclusive creation of Mezzometro.  
Tasty fried pizza sticks  
to dip into sauces and seasonings.  
Yum... good !!!

# DESSERT






*All the cakes and desserts of Mezzometro are strictly homemade: creams, cakes and spoon cakes are made by selecting only high quality ingredients and fresh ingredients.*








- SORBET ..... € 3,50
- ANANAS..... € 3,50
- SEMIFREDDO WITH HAZELNUT CRUNCH  
AND ALMONDS WITH MOU SALSA ..... € 5,00
- TIRAMISU ALLE DUE DELIZIE, COFFEE AND  
MARSALA WITH MOKA SALSA ..... € 5,00
- SEMIFREDDO WITH FIG LONZINO AND  
NUTS SABLÉ AND SAPA ..... € 5,00
- PANNA COTTA WITH BOURBON VANILLA  
AND SAUCE ..... € 5,00  
*chocolate, berries and caramel*
- CHOCOLATE TRUFFLE WITH HEART OF  
HAZELNUTS IGP ..... € 5,00
- DOUBLE CREAM TRUFFLE  
WITH COFFEE HEART ..... € 5,00
- CHEF'S DESSERT..... € 5,00

The main dishes  
With this symbol  
Contain GLUTEN



## BOTTLED BEERS





- 
**BRITISH** 0,50 l ..... € 6,00  
*Bitter, IPA, Stout, Porter, Brown Ale e Pale Ale*
- BELGIAN** 0,75 l ..... € 13,00  
**BELGIAN** 0,33 l ..... € 5,00  
*Ale, Strong Ale, Saison, Blanche, Triple, Dubbel o Trappiste*
- 
**ITALIAN** 0,75 l ..... € 14,00
- 
**GERMAN** 0,50 l ..... € 5,00  
*Weisse, Helles, Pils, Dunkel e Bock*
- GLUTEN FREE BEER** 0,33 l ..... € 4,00

- 
**MORETTI CHIARA 4,6%** 0,20 l ..... € 2,50
- 
**MORETTI CHIARA 4,6%** 0,40 l ..... € 4,00
- 
**MORETTI CHIARA 4,6%** 1,50 l ..... € 14,00
- 
**MORETTI LA ROSSA** *amber* 7,2% 0,20 l ..... € 3,00
- 
**MORETTI LA ROSSA** *amber* 7,2% 0,40 l ..... € 4,50
- 
**ERDINGER WEISS** *light* 5,3% 0,30 l ..... € 4,00
- 
**ERDINGER WEISS** *light* 5,3% 0,50 l ..... € 5,50



## DRINKS

- PROCESSED WATER SIDA** 0,75 l ..... € 1,50
- CANS AND JUICES** ..... € 2,50
- SMALL COCA COLA** 0,30 l ..... € 3,00
- COCA COLA MEDIUM** 0,4 l ..... € 4,00
- COCA COLA LARGE** 1 l ..... € 8,00
- COFFEE** ..... € 1,00
- NATIONAL DIGESTIVES** ..... € 2,50

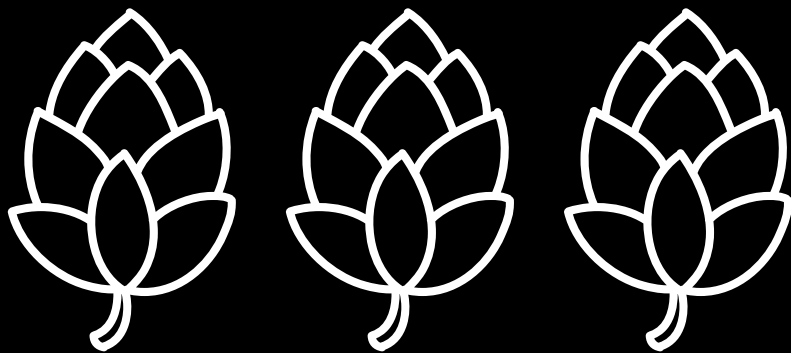
- 
**BENTEMPERATA** *Blonde Ale* 4,8% 0,50 l ..... € 6,00
- 
**ENGLISH SUITE** *Bitter Ale* 5,5% 0,50 l ..... € 6,00
- 
**SONATA IN TRIO** *Tripel* 8% 0,50 l ..... € 6,00
- 
**WEIZEN VARIATIONS** *wheat* 4% 0,50 l ..... € 6,00

The drinks  
With this symbol  
Contain GLUTEN

## AGRICULTURAL BEER, ADDED VALUE EXCELLENCE

That the beer sector in Italy is in strong expansion is in the eyes of everyone. In what traditionally is considered the home of wine, there are many small crafts, artisan microbreweries and, for some years now, also farmers' breweries. As far as the name is pretty intuitive, it is not idle to say what it's about, because this product is first of all a project of value and values. Agricultural brewery began in the 1990s in Le Marche, with policies to addressing the crisis in cereal prices in other extensive crops. The idea, as simple as it is revolutionary, was to make beer barley growers directly. Although it is true that in recent decades, artisan beer has attracted a great number of enthusiasts in Italy and a growing number of enthusiasts, who are still in the knowing and appreciating agricultural beer. A small step back is useful to understand what's going on about the long gestation that has led to the birth of this significant segment of the beer industry. Decades and numerous "battles" of few and enlightened pioneers were necessary to reach the Publication of the de-

cree No.212 of August 5, 2010 which has finally allowed farmers to produce beer using cereals. The ethics of this project is evident when considering that agriculture is considered an area of low profitability and is scarcely attractive for young people who often do not guarantee continuity to family businesses. Phenomenon which has resulted in a whole generations of people from the countryside of eradication in favor of more populated areas, with a consequent loss of heritage of knowledge and values tied to the land. The legislation provides for the production of agricultural beer the obligation to use mainly raw materials from its own farm, in the specific barley. The costs of installation of a malting plants, however, are so high to discourage such economic undertaken for small producers. Why are there no consortium involving local breweries and other barley businesses, allowing you to produce beer as farming capacity. Every company is required to provide an amount of barley enough to get the malt to use in your business brewery.



# SMALL GUIDE TO EXTRA VIRGIN OLIVE OIL

The first written source documenting the production and marketing of olive oil is the code of Hammurabi, the Babylonian King, who ruled from 1792 to 1750 b.c. Its spread in Italy is due to the Etruscans and subsequently to the Phoenicians and the Greeks. The greatest impetus to the cultivation and commerce was given by the Romans who classified the olive trees and five different qualities of different oils. Overwhelmed by the fall of the Roman Empire and the barbarian invasions, oil became rare and precious and survived in the middle ages, especially in Benedictine monasteries, to then learn new fortune with businesses of the maritime republics of Venice and Genoa. In recent centuries, olive oil has covered a central role in the Italian food production as well as that in the gastronomic culture of our country. Italy, in fact, with its many specificities Regional, is undisputed protagonist in the world, even if in times of globalization the market is flooded. From cheap products, almost always obtained from Spanish, Greek and Tunisian olives. A careful comparison of the labels of the oils that are on the shelves of supermarkets, can be a great experience to learn to recognize the quality of what you are about to buy. The simple words “olive oil” can in fact refer to products produced from strong chemical manipulation. The word “Virgin” is already a prime parameter to keep in consideration. But it is good to specify how the law classify the products: virgin olive oil flowing – acidity less than 3.3% but with faults delectable on the palate; Oil Virgin olive oil – acidity less than 2%; Extra virgin Olive oil – acidity less than 0.8% and taste free from faults. These assessments, as can be seen from the previous definitions, only in part refer to measurable analysis (Acidity expressed in oleic acid). The organoleptic analysis is, in fact, carried out by special commissions of tasters (panel) on level-coded parameters C.O.I. (Counsel of European olive cultivation International). The tasting is divided into three phases: Visual, olfactory and gustatory. The first is of minor importance because color and sparkle of the oil depends on various factors which are not necessarily related with quality. To prevent the visual impression conditions other sensory evaluations, examination is performed with special glass pot-bellied shot glasses darkened blue.

## WINES



### WHITES

- Verdicchio classico superiore IL PRIORE**  
Sparapani Frati Bianchi ..... € 14,00
- Verdicchio classico LE VAGLIE**  
Santa Barbara ..... € 14,00
- Verdicchio classico superiore INSOLITO DEL POZZO BUONO**  
Vicari ..... € 14,50
- Verdicchio classico superiore FEDERICO II**  
Montecappone ..... € 15,00
- Verdicchio classico superiore STEFANO ANTONUCCI**  
Santa Barbara ..... € 17,00
- Sauvignon LA BRECCIA**  
Montecappone ..... € 13,50
- Passerina Offida DOCG**  
Villa Imperium BIO ..... € 13,00
- Müller Thurgau IGT**  
Francesco Moser ..... € 15,00
- Ribolla gialla Collio**  
Muzic ..... € 15,00



### DELLA CASA

- Verdicchio FRATI BIANCHI**  
Sparapani 1 l ..... € 8,00
- Trebbiano Rubicone frizzante DAL FIUME**  
Nobilvini 1 l ..... € 8,00
- San Givese**  
Poderi Nespoli 1 l ..... € 8,00



### REDS

- Rosso Conero KRONOS**  
Berluti ..... € 13,50
- Piceno Sangiovese**  
Villa Imperium BIO ..... € 15,00
- Lacrima di Morro d'Alba DA SEMPRE**  
Vicari ..... € 13,50



### SPARKLING WINES

- Prosecco brùt CARMINA**  
La Loggia ..... € 15,00
- Franciacorta brùt BREDASOLE** ..... € 20,00



### DESSERT WINES

- Moscato d'Asti LA CALIERA**  
Borgo Maragliano ..... € 15,00

FIXED CHARGE ..... € 2,00

Dear Guest  
if you have any allergies  
and/or intolerances  
ask our staff a log of food allergens in our food.

il **mezzo**  
con cui facciamo  
il nostro lavoro  
è il **metro**  
della nostra passione

*Alessandro e Alessio Coppari*