



GLUTEN-FREE MENU

*Welcome Home to Mama's
You enter as a Guest and leave as Family!*

Celebrating our  Anniversary

The logo for "50 Years" features a large, stylized number "50" in a gold, metallic font. The word "Years" is written in a smaller, elegant script font, positioned below the "0".

GF APPETIZERS

Homemade Soup 7

M Polpette 16
Two homemade meatballs, shaved parmesan served with ricotta cheese for dipping

M Homemade Mozzarella Sticks 13

Seared Scallops 22
Over mixed greens, tomatoes, onions with citrus vinaigrette

Fried Calamari *mild or spicy* 16

Clams Casino 20
Fresh clams filled with bacon, onion, seasoning, melted mozzarella cheese over mixed greens

Calamari Italiano 16
Sautéed with roasted peppers, capers, garlic & oil
*also available in red sauce upon request

Mussels Marinara *mild or spicy* 15
Kiwi mussels sautéed in our plum tomato-basil sauce

M Shrimp Crostini 16
GF Garlic bread topped with shrimp, creamy white champagne sauce, bruschetta

Crab Stuffed Portobellos (1-\$14 or 2-\$26)
With melted mozzarella over fried spinach

Fresh Mozzarella, Tomato, Prosciutto & Basil 16
With sun-dried tomatoes, roasted peppers, balsamic reduction over fried spinach

GF CLASSIC APPETIZERS

Chicken Fingers 11

Breadsticks with Mozzarella *red sauce for dipping* 11

Perogies *sautéed onions, sour cream* 12

Homemade Fried Zucchini *roasted pepper dressing* 10

GF SHARING APPETIZERS

M Seafood Misto
Shrimp, mussels, clams & fried calamari prepared scampi-style
For 2/3/4 guests: 22/29/38

Cheese, Meat & Olive Board (2-3 guests) 29
A combination of Italian imported meats & cheeses; fresh mozzarella, tomato, & basil and marinated olives *contains nuts

M Appetizer Medley 18
Mozzarella Sticks, Onion Rings, Zucchini Medallions

GF SIDES

Spinach or Broccoli *sautéed or steamed* 8

Broccoli Rabe *sautéed garlic & olive oil* 14
Enhance with grilled sausage- add 5

Meatballs & Sausage *tomato-basil* 11

French Fries 7
Parmesan-style- add 2

Onion Rings *roasted pepper dressing* 11

GLUTEN-FREE

Your dietary needs are important to YOU therefore, they are important to us! Every precaution is taken to ensure your safety and well-being. Mamas welcomes you to your home away from home.

GF FRESH GOURMET SALADS

ADD: Chicken (*Breaded or Grilled*) 6
ADD::Salmon Filet 15 **ADD:** Grilled Shrimp 7
ADD: Filet Mignon Tips 18

House (*Small or Large*) 6/9
Romaine, iceberg, mixed greens, tomatoes, olives, red onions
Caesar (*Small or Large*) 7/10

M Moresca 16
Mixed greens, dried cranberries, feta cheese, walnuts, tomatoes, red onions, balsamic vinaigrette dressing

M Insalata 18
Mixed greens, roasted red peppers, sun-dried tomatoes, fresh mozzarella, balsamic vinaigrette dressing

M Eggplant Pisa Salad 19
Mixed greens, breaded eggplant, portobello, spinach, roasted red peppers, artichokes, gorgonzola sauce, balsamic reduction

Salmon Feta 26
Farm raised organic salmon, feta, bacon, mixed greens, roasted pepper dressing

Classica Antipasto 19
Romaine, iceberg, tomatoes, ham, salami, mushrooms, black olives, peppers, pepperoni, provolone, shredded mozzarella

Dressing

Ranch - Bleu Cheese -Honey Mustard- Light Italian
Creamy Italian - Chianti Basil - Oil & Vinegar
Balsamic Vinaigrette – Roasted Red Pepper

GF CLASSIC PASTA

Classic Pasta *tomato-basil* 18
Spaghetti or Penne

Spaghetti Meatball or Sausage *tomato-basil* 22

Baked Penne *tomato-basil* 24
tossed with ricotta cheese

Cheese Ravioli *tomato-basil* 24
Baked with mozzarella cheese- add 3

M Cheese Tortellini Alfredo 26
M Baked Cheese Tortellini Rosa 28

Spaghetti Alfredo 24
Carbonara-style with bacon- add 3

Lasagna *tomato-basil* 28
Ground beef, sausage, salami, ricotta, baked mozzarella

ADD TO YOUR ENTRÉE/PASTA

Chicken (Breaded or Grilled): 6
Grilled Shrimp: 7
Fresh Organic Salmon: 15
Filet Mignon Tips: 18
Creamy Pink Rosa Sauce: 5

Parties of 6 or more, 20% gratuity is added

Consumption of raw or uncooked meat & shellfish may increase your risk for foodborne illness.

A DUET- 2 Tastes, 1 Plate – *Designed for 1 Guest*

GF SEAFOOD ENTREES

DUET: Seafood Pescatore/Penne Vesuvio 36
Pescatore: Shrimp, clams, mussels, fresh calamari sautéed in a plum-tomato basil sauce
Vesuvio: Mushrooms, peas & bacon in a creamy rosa sauce

DUET: Shrimp Vesuvio/ Shrimp Fra Diavolo 36
Vesuvio: Mushrooms, peas & bason in a creamy rosa sauce, penne
Fra Diavolo: Spicy marinara sauce, penne

Seafood Misto GF penne 38
Shrimp, mussels, clams, fried calamari, scampi-style

Pescatore GF penne 38
Shrimp, clams, fresh calamari, mussels sautéed in a plum-tomato basil sauce

Clam Sauce GF penne 32
Clams sautéed in garlic & oil
Enhance with Shrimp- add 7

Scallops & Shrimp GF penne 39
A light basil pesto sauce infused with lemon

Cheese Ravioli with shrimp 29
Vodka sauce, chilled fresh mozzarella, bruschetta

Cosmopolitan GF penne 32
Shrimp, bacon, spinach, creamy pink champagne sauce

Salmon Rustica rice 36
Farmed raised organic Atlantic salmon, asparagus, grape tomatoes, capers, onions, mushrooms, basil sautéed in white wine

BEEF/PORK/VEAL ENTREES

DUET: Filet Mignon Tips/ Shrimp & Scallops Spaghetti 39
Seared, charred tips, mushrooms, onions paired with shrimp, scallops in a light basil pesto sauce infused with lemon

DUET: Osso Buco/ Spaghetti Alfredo 38
A braised pork shank- *allow additional time for preparation*

DUET: Veal Toscana/ Cheese Tortellini Rosa 38
Battered veal, prosciutto, roasted peppers, spinach, white wine sauce, melted mozzarella

Veal Marsala GF penne 34

Veal Parmigiana GF penne 32

EGGPLANT ENTREES

DUET: Eggplant Parmigiana/ Penne Creamy Pesto 32
Creamy Pesto: Served with sun-dried tomatoes

DUET: Eggplant Pisa/ Penne Palma 32
Pisa: Breaded eggplant, portobello, spinach, roasted red pepper, artichokes, gorgonzola sauce, balsamic reduction
Palma: Sun-dried tomatoes, spinach, artichokes, creamy white champagne sauce

Eggplant Amato GF penne 29
Breaded eggplant, portobello, spinach, roasted red peppers, artichokes, gorgonzola sauce, balsamic reduction

Eggplant Siena GF penne 29
Breaded eggplant, spinach, garlic, tomato-basil sauce, baked mozzarella cheese

Eggplant Rollatini GF penne 29
Filled with ricotta cheese

GF PASTA CHOICE

* GF Spaghetti * GF Penne
*GF Cheese Ravioli * GF Cheese Tortellini

GF SIGNATURE PASTAS

Ravioli Parmesan 28
Cheese ravioli tossed in a creamy parmesan sauce with cranberries & fresh basil

Champagne Palma GF penne 29
Sun-dried tomatoes, spinach, artichokes, creamy white champagne sauce

Tomasso Old School GF penne 29
Meatball, sausage, ricotta, red sauce, baked mozzarella cheese

Primavera GF penne 28
Roasted red peppers, broccoli, zucchini, tomatoes, garlic & olive oil- *Enhance with grilled chicken-* add 5

Penne Vodka 24

DUET: Bolognese /Penne Vesuvio 32
Bolognese: Ground beef, carrots, onions, penne
Vesuvio: Mushrooms, peas & bacon in a creamy rosa sauce

GF CHICKEN ENTREES

DUET: White Champagne Chicken/ Spinach & Prosciutto 32
Chicken: Creamy white champagne sauce tossed with bruschetta

DUET: Chicken Parmigiana/ Penne Vodka 32

DUET: Chicken Toscana/ Cheese Tortellini Rosa 32
Toscana: Battered chicken, prosciutto, roasted peppers, spinach, white wine sauce, melted mozzarella

DUET: Chicken Francese/ Penne Lo Bianco 32
Lo Bianco: Creamy white champagne sauce tossed w/bruschetta

DUET: Chicken Primavera/ Moresca Salad 32
Primavera: Roasted red peppers, broccoli, zucchini, tomatoes, garlic & olive oil (*served without pasta*)
Moresca: Mesclun mix, dried cranberries, feta cheese, walnuts, tomatoes, red onions, balsamic vinaigrette.

DUET: Balsamic Chicken/ Penne Aglio Olio 32
Balsamic Battered chicken, sweet balsamic with garlic, onions & chilled fresh mozzarella
Aglio Olio: sautéed garlic & oil, fresh basil, cherry tomatoes

DUET: Chicken Di Sorronno/ Cheese Ravioli 32
Di Sorronno: Battered chicken layered with prosciutto, breaded eggplant, fresh mozzarella, balsamic reduction, mixed greens
Ravioli: Creamy parmesan sauce with cranberries & fresh basil

Chicken Toscana GF penne 32
Battered chicken, prosciutto, roasted peppers, spinach in white wine sauce with melted mozzarella cheese

Chicken Marsala GF penne 29

Chicken Di Sorronno without pasta 34
Battered chicken layered with prosciutto, breaded eggplant, fresh mozzarella, balsamic reduction, mixed greens

Chicken Parmigiana GF penne 28
Enhance with creamy rosa- add 5

Indicates Guest Favorites

**DUET ENTREES MAY BE SERVED
ALLA CARTE**

MAMA’S CAFÉ BACI **GLUTEN-FREE PIZZA MENU**

Gluten-Free Crusts (10’ inch)

- Traditional 15
- Broccoli & Cheddar (*Thin Crust*) 15
- Cauliflower (*Thin Crust*) 15
- Traditional White (*Ricotta & Mozzarella*) 17

CREATE YOUR OWN PIZZA

\$2 per topping *\$3 per topping

<u>Gourmet Sauce</u>	<u>Vegetable</u>	<u>Meat</u>	<u>Cheese</u>
*Alfredo	Artichokes	*Bacon	Dairy Free Cheese \$5
*Barbeque Sauce	Asparagus	*Breaded Chicken	*Extra Mozzarella
*Creamy Rosa	Black Olives	*Grilled Chicken	*Feta
*Gorgonzola	Broccoli	*Ham	*Fresh Mozzarella
*Pesto	Bruschetta	*Meatballs	*Ricotta
*Pink Champagne	Eggplant	*Pepperoni	
*Scampi	Garlic	*Prosciutto	
*Vodka	Green Peppers (Fresh or Sweet)	*Sausage	
*White Champagne	Mushroom (Fresh or Canned)	*Steak	
	Onions	*Salami	
	Pineapple		<u>Seafood</u>
	Roasted Peppers		Anchovies
	Spinach		*Clams
	Sun-Dried Tomatoes		*Fresh Calamari
	Tomatoes	<u>Pasta</u>	*Mussels
	Zucchini	Penne	*Shrimp

GOURMET GLUTEN-FREE PIZZAS

10’ PERSONAL

Margarita	21
<i>Fresh mozzarella, tomato, basil, olive oil, garlic, red sauce</i>	
M Penne Vodka Pizza	22
<i>with mozzarella cheese</i>	
Hawaiian	20
<i>Pineapple, ham, red sauce, mozzarella cheese</i>	
Mamas Combo	23
<i>Sausage, mushroom, pepperoni, sweet pepper, onion, red sauce, mozzarella cheese</i>	
Double Deluxe	24
<i>Sausage, pepperoni, ham, meatball, onion, mushroom, sweet pepper, black olive, red sauce, mozzarella cheese</i>	
Meat Supreme	23
<i>Meatball, pepperoni, ham, sausage, red sauce, mozzarella cheese</i>	
M 4 Season Sampler	24
<i>¼ Buffalo Chicken, ¼ Meat Combo, ¼ Primavera, ¼ White Pizza</i>	
Lo Bianco	23
<i>Bruschetta, white champagne sauce, mozzarella cheese</i>	
M Eggplant Pisa	25
<i>Breaded eggplant, portobello shrimp mushroom, spinach, roasted red pepper, artichoke, gorgonzola, sauce, balsamic reduction, mozzarella cheese</i>	
Primavera	23
<i>Broccoli, spinach, tomato, garlic, red sauce, mozzarella cheese</i>	
Vegetable Combo	23
<i>Broccoli, black olives, spinach, onions, pepper, mushroom, red sauce, mozzarella cheese</i>	
M Tomasso Pizza	22
<i>Meatball, sausage, ricotta, red sauce, mozzarella cheese</i>	
M Buffalo Chicken	23
<i>Breaded chicken, buffalo sauce, ranch, mozzarella cheese</i>	
Chicken Parmigiana	22
<i>Breaded chicken, garlic, parsley, red sauce, mozzarella cheese</i>	
BBQ Chicken	22
<i>Breaded chicken, barbeque sauce, mozzarella cheese</i>	
Chicken, Bacon, Ranch	23
<i>with Mozzarella cheese</i>	
Seafood Combo	25
<i>Shrimp, clams, mussels, garlic, red sauce, mozzarella cheese</i>	

GF SANDWICHES

CHOICE OF BREAD:

7-inch Baguette \$14 or Focaccia Bread \$15

Dairy Free Cheese- add \$5

CHICKEN

Capri grilled chicken, roasted peppers, baby greens, fresh mozzarella, balsamic vinaigrette

Sorrento grilled chicken, pesto, sun-dried tomatoes, fresh mozzarella

Buffalo breaded chicken, lettuce, tomato, buffalo sauce, bleu cheese dressing

Montesa breaded chicken, bacon, lettuce, tomato, mozzarella, ranch dressing

California grilled chicken, lettuce tomato, mayonnaise, melted mozzarella cheese

Chicken Parmigiana
homemade tomato-basil or creamy rosa sauce

VEGGIE

Eggplant, Spinach, Garlic mozzarella cheese, a touch of red sauce

Eggplant Parmigiana
homemade tomato-basil or creamy rosa sauce

Eggplant & Roasted Peppers fresh mozzarella, sautéed in balsamic vinegar, red onions, garlic

Veggie Melt portobello mushrooms, black olives, roasted red peppers, onions, tomatoes, lettuce, melted mozzarella cheese, oil, vinegar

TRADITIONAL

Mama’s Classic salami, pepperoni, prosciutto, lettuce, tomato, oil, vinegar, salt, pepper, oregano

Turkey & Cheese provolone, lettuce, tomato, oil, vinegar, salt, pepper, oregano

Italian ham, salami, provolone, lettuce, tomato, oil, vinegar, salt, pepper, oregano

Hot Turkey BLT bacon, lettuce, tomato, provolone, ranch dressing

Fresh Mozzarella & Roasted Peppers
basil, tomatoes, olive oil

Sausage & Peppers

Sausage or Meatball Parmigiana
homemade tomato-basil or creamy rosa sauce

Veal Parmigiana- add \$3

CHEESESTEAKS

Classic Cheese Steak American cheese, red sauce

Cheese Steak Combo sautéed onions, mushrooms, sweet peppers, American cheese, red sauce

California Cheese Steak lettuce, tomato, mayonnaise, ketchup, American cheese

GF DESSERTS

Sweet Duet 10
Mini cannoli & nutellini

Decadent Chocolate Cake 8.5
Rich dark chocolate

Crème Brulee 10
Sweet thick custard covered with caramelized sugar

Cannoli large or 2 mini 8.5
Made fresh to order, garnished with chocolate chips

New York Cheesecake 8.75
Topped with caramel sauce

Homemade Chocolate Cupcake 8
with vanilla icing

Lemon Sorbet 7.5

Cinnamon Roll 8.75
A sweet baked dough filled with cinnamon sugar, topped with a sugar glaze

Cookie Dough Cheesecake Cupcake 8.5

Apple Crumb Cake 9
Served with vanilla ice cream, caramel, whipped cream

Chocolate Chip Cookie Sandwich 9
Freshly made with vanilla ice cream, dipped in chocolate chips

Nutellini 5
Cannoli cream layered with Nutella topped with whipped cream & chocolate chips

Tartuffo 8.5
Vanilla & chocolate ice cream in a dark chocolate shell, centered with cherries & almonds

Chocolate Brownie Sundae 9
Served with vanilla ice cream, caramel, fudge, whipped cream

*GF/DAIRY FREE

CAPPUCCINO, ESPRESSO, CHAI

Cappuccino 8

Espresso

Single 4, Double 5, Chocolate 5

Flavored Cappuccino 8.5

Raspberry, Hazelnut, White Chocolate, Mint, Chocolate, Caramel, Vanilla, Mocha

Gourmet Hot Chocolate (prepared with milk) 6

Latte 7.5

Flavored Latte 8

Raspberry, Hazelnut, White Chocolate, Mint, Chocolate, Caramel, Vanilla, Mocha

Chai 7

Latte (with milk) or Tea (with water)
Spiced or Vanilla

COLD BEVERAGES

Fountain Soft Drinks (22oz)

Pepsi, Diet Pepsi, Sierra Mist, Ginger Ale, Root Beer
Unsweetened Iced Tea, Sweetened Tea, Lemonade

20 Oz. Bottle: \$2.85 2-liter Soda \$3.45

Pepsi, Diet Pepsi, Sierra Mist