



VEGAN MENU

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

Est 1970

Celebrating our  Anniversary

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

260 Mountain Ave. Hackettstown - (908) 852-2820

VEGAN MENU *to a higher level*

Artisan **VEGAN BEGINNINGS**

Vegan Polpette 16

Three plant-based meatballs topped with tomato-basil sauce, side ricotta cheese for dipping

M Boneless Hot Wings 18

Plant based chicken tossed in buffalo sauce over fried spinach, side of Bleu Cheese dressing

M Homemade Mozzarella Sticks 16

** contains almonds*

Appetizer Vegan Chicken Parm 16

Topped with marinara sauce & dairy free mozzarella cheese

M Flatbread Choice of Parmesan or Roni & Sausage 15/17

Vegan ricotta, vegan mozzarella, olive oil, basil

Seared Vegan Scallops 16

Trumpet mushrooms over mixed greens, tomatoes, onions with citrus vinaigrette

M Vegan Fried Calamari mild or spicy 18

Two Stuffed Portabella 20

Filled with zucchini, mushrooms, capers, black olives topped with dairy free cheese over crispy fried spinach

M Vegan Fresh Mozzarella, Tomato & Basil 16

topped with sun-dried tomatoes, roasted peppers, drizzled with a balsamic reduction, over crispy fried spinach

** contains almonds*

Homemade Soup 7

Always Homemade, Always Delicious!

Classic **VEGAN APPETIZERS**

Garlic Bread with Vegan Mozzarella Cheese 14

Garlic Knots with Vegan Mozzarella Cheese 8

Homemade Fried Zucchini roasted pepper dressing 12

M Vegan Trio Medley 19

Mozzarella Sticks *Hot Wings *Garlic Knots Mozzarella

Freshly Crafted **VEGAN SALADS**

Garden Fresh House (Small or Large) 6/9

Romaine, iceberg, mixed greens, tomatoes, olives, red onions

M Vegan Charcuterie Salad 22

Vegan sausage, vegan pepperoni, marinated olives, roasted peppers, romaine, iceberg, tomatoes, red onions, red wine vinegar & oil

M Harvest Chicken Salad 18

Breaded plant-based chicken romaine, iceberg, tomatoes, mixed greens, red onions, black olives, vegan blue cheese dressing

M Caldo Freddo 20

Vegan sausage & fried spinach, romaine, iceberg, tomatoes, red onions, black olives, chianti basil dressing

Moresca 16

Mixed field greens, dried cranberries, walnuts, tomatoes, red onions, chianti basil dressing

Insalata 22

Vegan fresh mozzarella, mixed field greens, roasted red peppers, sun-dried tomatoes, balsamic vinaigrette

** contains almonds*

Eggplant Pisa Salad 19

Breaded eggplant, portobello mushroom, spinach, roasted red peppers, artichokes, mixed field greens, balsamic reduction

Delightful Vegan Dressings

Chianti Basil, Oil & Vinegar, Balsamic Vinaigrette, Light Italian, Citrus Vinaigrette, Olive Oil & Lemon

Signature **VEGAN PASTAS**

Sausage Fra Diavolo rigatoni 29

Vegan sausage medallions in our homemade spicy fra diavolo sauce

M Compagna rigatoni 28

Broccoli, artichokes, sun-dried tomatoes, sweet sherry wine sauce, topped with dairy free mozzarella

M Champagne Palma penne 28

Sun-dried tomatoes, spinach, artichokes, creamy white champagne sauce

M Rustica linguini 28

Fresh mushrooms, tomatoes, capers, onions, homemade piccata sauce (lemon-garlic wine)

Sausage & Broccoli Rabe rigatoni 29

Sauteed garlic & oil

Luigi “Old School” rigatoni 29

Vegan meatball, vegan sausage, ricotta, red sauce, baked mozzarella cheese

Primavera spaghetti 26

Roasted red peppers, broccoli, zucchini, tomatoes, garlic & olive oil- Enhance with plant-based chicken: add 6

Penne Vodka 24

M Emiliana penne 28

Mushrooms, peas, crumbled vegan pepperoni, creamy rosa sauce

Timeless Classic **VEGAN PASTAS**

Classic Pasta tomato-basil 16

Spaghetti, ziti, linguini, penne, angel hair, rigatoni

Aglia Olio spaghetti 20

Garlic, oil, fresh basil, cherry tomatoes

Enhance with vegan fresh mozzarella: add 5 **contains almonds*

Spaghetti Vegan Meatball or Sausage tomato-basil 26

Spinach Ravioli tomato-basil 28

Topped with chilled vegan ricotta

M Signature Alfredo & Broccoli rigatoni 28

Homemade Vegan Lasagna tomato-basil 29

Layered with beyond meat, vegan ricotta, baked with dairy free mozzarella

Delectably Made **VEGAN SIDES**

Side of Vegan Ricotta with a touch of olive oil, basil 12

Spinach Vizzo sautéed garlic & oil, zucchini, hot peppers 13

Broccoli sautéed garlic & oil or steamed 8

Broccoli Rabe sautéed in garlic & olive oil 14

Enhance with vegan sausage 5

Vegan Meatballs & Sausage tomato-basil 15

French Fries 6

Parmesan-style- add 3

ADD TO YOUR SALAD/ENTRÉE/PASTA

Plant-based Chicken: 6

Vegan Meatballs: 5

Vegan Sausage: 5

Vegan Creamy Pink Rosa/Alfredo Sauce: 3

Wheat Penne: 3

Vegan Fresh Mozzarella Cheese: 5

Parties of 6 or more, 20% gratuity is added.

3.5% credit card fee will be added to the check.

A DUET: 2 Tastes, 1 Plate –*designed for 1 guest*

Taste of Fall

Autumn Creamy Parm rigatoni 26
Rich vegan Creamy Parmesan Sauce, sweet Cranberries, Basil

Creamy Chicken & Linguini Pot Pie 26
Linguini tossed in a vegan cream sauce, plant-based chicken, sweet corn, peas, carrots -a twist on a comfort-food classic

Cinnamon Harvest Spice penne 24
Cinnamon-infused cream sauce, a delicate hint of sherry wine

Bold & Savory VEGAN EGGPLANT ENTREES

DUET: Eggplant Parmigiana/ Penne Creamy Pesto 34
Creamy Pesto: Served with sun-dried tomatoes

M DUET: Eggplant Pisa/ Penne Palma 34
Pisa: Breaded eggplant, portobello mushroom, spinach, roasted red pepper, artichokes, balsamic reduction
Palma: Sun-dried tomatoes, spinach, artichokes, creamy white champagne sauce

DUET: Eggplant Fresco/ Aglio Olio 34
Fresco: Breaded eggplant, bruschetta, vegan fresh mozzarella, balsamic reduction
Aglio Olio: Garlic, oil, fresh basil, cherry tomatoes

M Eggplant Rosario rigatoni 28
Eggplant, roasted peppers, sun-dried tomatoes, artichokes, creamy rosa sauce

Eggplant Francese rigatoni 28
White wine & lemon sauce

M Eggplant Amato penne 28
Breaded eggplant, portobello mushroom, spinach, roasted red peppers, artichokes, balsamic reduction

Eggplant Siena rigatoni 28
Breaded eggplant, spinach, garlic, tomato-basil sauce, dairy free mozzarella cheese

Eggplant Rollatini spaghetti 28
Filled with vegan ricotta cheese

DUET ENTREES CAN BE SERVED INDIVIDUALLY A' LA CARTE

Plant- based VEGAN CHICKEN ENTREES

M DUET: White Champagne Chicken/sauteed Spinach 34
Creamy white champagne sauce tossed with bruschetta

DUET: Chicken Parmigiana/ Penne Vodka 34

DUET: Chicken Francese/ Penne Lo Bianco 34
Lo Bianco: Creamy white champagne sauce, bruschetta

DUET: Chicken Primavera/ Moresca Salad 34
Primavera: Roasted red peppers, broccoli, zucchini, tomatoes, garlic & olive oil (served without pasta)
Moresca: Mesclun mix, dried cranberries, walnuts, tomatoes, red onions, balsamic vinaigrette.

DUET: Chicken Melanzana/Rigatoni Creamy Parm 34
Melanzana: Plant-based chicken layered with breaded eggplant, fresh mozzarella, balsamic reduction, mixed greens
Rigatoni: in a creamy parmesan sauce with cranberries & fresh basil

Chicken Tuscany angel hair 29
Plant-based chicken, roasted peppers, spinach in white wine sauce, melted dairy free mozzarella cheese

Chicken Marsala spaghetti 26

Dedicated Vegan Catering Menu.

M Indicates Mama's Signatures

Create your Own VEGAN PIZZA

PERSONAL (10 inch crust)

(Prepared with Dairy-Free Mozzarella Cheese & Red Sauce)
Traditional...16 Whole Wheat.... 19 Gluten Free...21

TOPPINGS: 2 per topping

Broccoli, Spinach, Zucchini, Artichokes, Roasted Peppers, Cherry Tomatoes, Capers, Black Olives, Garlic, Eggplant, Spinach, Portabella Mushrooms, Asparagus, Onions, Peppers, Basil, Bruschetta

VEGAN MEATBALL or SAUSAGE: 5

GOURMET VEGAN SAUCES: 5

Alfredo, Vodka, Rosa, Creamy Champagne (White or Pink), Fra Diavolo

Add: Homemade Vegan Ricotta Cheese: 6

Add: Homemade Fresh Mozzarella Cheese: *CONTAINS ALMOND 6

VEGAN Pizza, Stromboli, Calzones

PERSONAL PIZZA: 10 inch crust

STROMBOLI: Vegan mozzarella cheese & red sauce

CALZONE: Vegan ricotta & vegan mozzarella cheese

Vegan Marcello
Vegan Meatballs, Vegan Sausage, Ricotta

Personal Pizza: 23 Stromboli: 18 Calzone: 20

Vegan Meat Combo
Vegan Meatballs, Sausage, Pepperoni

Personal Pizza: 24 Stromboli: 18 Calzone:20

Vegan Grandma Pizza
*A thin & crispy, Square Crust, Vegan Fresh Mozzarella Cheese, Tomato & Basil, a touch olive oil * contains almonds*

Personal Pizza: 20

Vegan Margarita
*A traditional crust, Vegan Fresh Mozzarella Cheese, Tomato, Basil, touch of garlic & oil * contains almonds*

Personal Pizza: 22 Stromboli: 18 Calzone: 20

Vegan Primavera
Broccoli, Spinach, Tomatoes, touch of garlic

Personal Pizza: 21 Stromboli: 18 Calzone: 20

Vegan Vodka Pizza
Penne, Vegan Vodka Sauce

Personal Pizza: 21 Stromboli: 18 Calzone: 20

Vegan Veggie Delight
Spinach, Broccoli, Mushrooms, Onions, Peppers, Black Olives,

Personal Pizza: 22 Stromboli: 18 Calzone: 20

Vegan Siena
Eggplant, Spinach & Garlic, tomato-basil sauce

Personal Pizza: 22 Stromboli: 18 Calzone: 20

Vegan Romanese
Vegan Alfredo Sauce, Broccoli, Dairy-free Cheese

Personal Pizza: 21 Stromboli: 18 Calzone: 20

Vegan Eggplant Palermo
Eggplant, Spinach, Roasted Peppers, Artichokes & Portabella Mushrooms drizzled with Balsamic Reduction

Personal Pizza: 24 Stromboli: 18 Calzone: 20

Pizza Valentino
Fresh Tomato & Basil, a touch of garlic & oil (No Cheese)

Personal Pizza: 12



Catering to Today's Lifestyle

Dedicated

Vegan Catering Menu

to a higher level

