



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

[GF APPETIZERS](#)

Homemade Soup 7

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

Meatballs Homemade Mozzarella Sticks 15

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* 16
Kiwi mussels sautéed in our plum tomato-basil sauce

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

Crab & Shrimp 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 12

Breadsticks with Mozzarella *red sauce for dipping* 12

Perogies *sautéed onions, sour cream* 14

Homemade Fried Zucchini *roasted pepper dressing* 12

[GF SHARING APPETIZERS](#)

Meatballs 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**

Meatballs 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

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

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

Meatballs 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 Salad 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

Stuffed Shells *tomato-basil* 24

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

Cheese Tortellini Alfredo 26

Meatballs 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.

*3.5% credit card fee will be added to the check.
If paying cash or check the fee will be waived.*

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

MDUET: 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 & bacon in a creamy rosa sauce, penne
Fra Diavolo: Spicy marinara sauce, penne

MD 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

MD 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

MDUET: 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

MDUET: Pork Chop/Penne Vesuvio 36
Prime Pork Chop grilled & seared served over sauteed spinach
Vesuvio: Mushrooms, peas & bacon in a creamy rosa sauce

Veal Parmigiana GF penne 32

EGGPLANT ENTREES

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

MDUET: 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

MD 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

INDICATES GUEST FAVORITES

GF PASTA SELECTIONS

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

Taste of Fall

Harvest Cheese Ravioli 26
Rich Creamy Parmesan Sauce, sweet Cranberries, Basil

Creamy Chicken & Penne Pot Pie 28
Fettuccine tossed in a cream sauce, shredded chicken, bacon, sweet corn, peas, carrots -a twist on a comfort-food classic

Short Rib Spaghetti 29
Braised Short Rib in a savory Tomato Ragu Sauce

Autumn Cheese Tortellini 26
Cinnamon-infused cream sauce, a delicate hint of sherry wine

GF SIGNATURE PASTAS

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

MD 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

Vesuvio penne 29
Mushrooms, peas & bacon in a creamy rosa sauce
Enhance with chicken or shrimp

GF CHICKEN ENTREES

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

DUET: Chicken Parmigiana/ Penne Vodka 32

MDUET: 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

MDUET: 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

MD 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

**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

M Small 14.6 M Small 14.6 <td>Margarita Fresh mozzarella, tomato, basil, olive oil, garlic, red sauce</td> <td>21</td>	Margarita Fresh mozzarella, tomato, basil, olive oil, garlic, red sauce	21
M Small 14.6 M Small 14.6 <td>Penne Vodka Pizza with mozzarella cheese</td> <td>22</td>	Penne Vodka Pizza with mozzarella cheese	22
M Small 14.6 M Small 14.6 <td>Hawaiian Pineapple, ham, red sauce, mozzarella cheese</td> <td>20</td>	Hawaiian Pineapple, ham, red sauce, mozzarella cheese	20
M Small 14.6 M Small 14.6 <td>Mamas Combo Sausage, mushroom, pepperoni, sweet pepper, onion, red sauce, mozzarella cheese</td> <td>23</td>	Mamas Combo Sausage, mushroom, pepperoni, sweet pepper, onion, red sauce, mozzarella cheese	23
M Small 14.6 M Small 14.6 <td>Double Deluxe Sausage, pepperoni, ham, meatball, onion, mushroom, sweet pepper, black olive, red sauce, mozzarella cheese</td> <td>24</td>	Double Deluxe Sausage, pepperoni, ham, meatball, onion, mushroom, sweet pepper, black olive, red sauce, mozzarella cheese	24
M Small 14.6 M Small 14.6 <td>Meat Supreme Meatball, pepperoni, ham, sausage, red sauce, mozzarella cheese</td> <td>23</td>	Meat Supreme Meatball, pepperoni, ham, sausage, red sauce, mozzarella cheese	23
M Small 14.6 M Small 14.6 <td>4 Season Sampler ¼ Buffalo Chicken, ¼ Meat Combo, ¼ Primavera, ¼ White Pizza</td> <td>24</td>	4 Season Sampler ¼ Buffalo Chicken, ¼ Meat Combo, ¼ Primavera, ¼ White Pizza	24
M Small 14.6 M Small 14.6 <td>Lo Bianco Bruschetta, white champagne sauce, mozzarella cheese</td> <td>23</td>	Lo Bianco Bruschetta, white champagne sauce, mozzarella cheese	23
M Small 14.6 M Small 14.6 <td>Eggplant Pisa Breaded eggplant, portobello shrimp mushroom, spinach, roasted red pepper, artichoke, gorgonzola, sauce, balsamic reduction, mozzarella cheese</td> <td>25</td>	Eggplant Pisa Breaded eggplant, portobello shrimp mushroom, spinach, roasted red pepper, artichoke, gorgonzola, sauce, balsamic reduction, mozzarella cheese	25
M Small 14.6 M Small 14.6 <td>Primavera Broccoli, spinach, tomato, garlic, red sauce, mozzarella cheese</td> <td>23</td>	Primavera Broccoli, spinach, tomato, garlic, red sauce, mozzarella cheese	23
M Small 14.6 M Small 14.6 <td>Vegetable Combo Broccoli, black olives, spinach, onions, pepper, mushroom, red sauce, mozzarella cheese</td> <td>23</td>	Vegetable Combo Broccoli, black olives, spinach, onions, pepper, mushroom, red sauce, mozzarella cheese	23
M Small 14.6 M Small 14.6 <td>Tomasso Pizza Meatball, sausage, ricotta, red sauce, mozzarella cheese</td> <td>22</td>	Tomasso Pizza Meatball, sausage, ricotta, red sauce, mozzarella cheese	22
M Small 14.6 M Small 14.6 <td>Buffalo Chicken Breaded chicken, buffalo sauce, ranch, mozzarella cheese</td> <td>23</td>	Buffalo Chicken Breaded chicken, buffalo sauce, ranch, mozzarella cheese	23
M Small 14.6 M Small 14.6 <td>Chicken Parmigiana Breaded chicken, garlic, parsley, red sauce, mozzarella cheese</td> <td>22</td>	Chicken Parmigiana Breaded chicken, garlic, parsley, red sauce, mozzarella cheese	22
M Small 14.6 M Small 14.6 <td>BBQ Chicken Breaded chicken, barbeque sauce, mozzarella cheese</td> <td>22</td>	BBQ Chicken Breaded chicken, barbeque sauce, mozzarella cheese	22
M Small 14.6 M Small 14.6 <td>Chicken, Bacon, Ranch with Mozzarella cheese</td> <td>23</td>	Chicken, Bacon, Ranch with Mozzarella cheese	23
M Small 14.6 M Small 14.6 <td>Seafood Combo Shrimp, clams, mussels, garlic, red sauce, mozzarella cheese</td> <td>25</td>	Seafood Combo Shrimp, clams, mussels, garlic, red sauce, mozzarella cheese	25

GF SANDWICHES

CHOICE OF BREAD:

7-inch Baguette \$15 or Focaccia Bread \$16

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 chips & dip & nutellini
- Decadent Chocolate Cake 8.5
Rich dark chocolate
- Crème Brulee 10
Sweet thick custard covered with caramelized sugar
- Cannoli Chips & Dip 8.5
Made fresh to order, garnished with chocolate chips
- New York Cheesecake 8.75
Topped with caramel sauce
- Homemade Chocolate Cupcake 6.5
with vanilla icing
- Lemon Sorbet 7.5
- Cinnamon, Apple Cider Donut 8.75
A sweet baked donut, 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 5.5
Cannoli cream layered with Nutella topped with whipped cream & chocolate chips
- Tartuffo 9
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 8.50

Espresso

Single 4, Double 5, Chocolate 5

Flavored Cappuccino 8.75

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

Gourmet Hot Chocolate (prepared with milk) 7

Latte 8.5

Flavored Latte 8.75

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

Chai 8

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