



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

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

MPHomemade 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

MShrimp 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

MSeafood 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

MAppetizer 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

MSMoresca 16

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

MSInsalata 18

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

MEggplant 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, pepperoni, provolone, shredded mozzarella



ADD CANDIED PECANS

Sweet, crunchy pecans to enhance any salad: \$3

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

MSBaked 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



Parmesan Crusted 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

Winter Inspiratons

Burrata & Blush Tortellini 29
Gluten free cheese tortellini tossed in a pink champagne cream sauce, topped with a creamy burrata

Shrimp Brandy Cream 29
Sautéed shrimp with garlic, finished in a silky brandy cream sauce, tossed with spaghetti

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

Winter Spice Ravioli 28
Cheese Ravioli enhance with a cinnamon-infused cream sauce, a delicate hint of sherry wine, topped with candied pecans

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 GF 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

<div><div><div><div><div></div><div>M</div></div><div><div>Small</div><div>4.6</div></div></div><div><div>Margarita</div><div>Fresh mozzarella, tomato, basil, olive oil, garlic, red sauce</div></div></div></div>	21
<div><div><div><div><div></div><div>M</div></div><div><div>Small</div><div>4.6</div></div></div><div><div>Penne Vodka Pizza</div><div>with mozzarella cheese</div></div></div></div>	22
<div><div><div><div><div></div><div>M</div></div><div><div>Small</div><div>4.6</div></div></div><div><div>Hawaiian</div><div>Pineapple, ham, red sauce, mozzarella cheese</div></div></div></div>	20
<div><div><div><div><div></div><div>M</div></div><div><div>Small</div><div>4.6</div></div></div><div><div>Mamas Combo</div><div>Sausage, mushroom, pepperoni, sweet pepper, onion, red sauce, mozzarella cheese</div></div></div></div>	23
<div><div><div><div><div></div><div>M</div></div><div><div>Small</div><div>4.6</div></div></div><div><div>Double Deluxe</div><div>Sausage, pepperoni, ham, meatball, onion, mushroom, sweet pepper, black olive, red sauce, mozzarella cheese</div></div></div></div>	24
<div><div><div><div><div></div><div>M</div></div><div><div>Small</div><div>4.6</div></div></div><div><div>Meat Supreme</div><div>Meatball, pepperoni, ham, sausage, red sauce, mozzarella cheese</div></div></div></div>	23
<div><div><div><div><div></div><div>M</div></div><div><div>Small</div><div>4.6</div></div></div><div><div>4 Season Sampler</div><div>¼ Buffalo Chicken, ¼ Meat Combo, ¼ Primavera, ¼ White Pizza</div></div></div></div>	24
<div><div><div><div><div></div><div>M</div></div><div><div>Small</div><div>4.6</div></div></div><div><div>Lo Bianco</div><div>Bruschetta, white champagne sauce, mozzarella cheese</div></div></div></div>	23
<div><div><div><div><div></div><div>M</div></div><div><div>Small</div><div>4.6</div></div></div><div><div>Eggplant Pisa</div><div>Breaded eggplant, portobello shrimp mushroom, spinach, roasted red pepper, artichoke, gorgonzola, sauce, balsamic reduction, mozzarella cheese</div></div></div></div>	25
<div><div><div><div><div></div><div>M</div></div><div><div>Small</div><div>4.6</div></div></div><div><div>Primavera</div><div>Broccoli, spinach, tomato, garlic, red sauce, mozzarella cheese</div></div></div></div>	23
<div><div><div><div><div></div><div>M</div></div><div><div>Small</div><div>4.6</div></div></div><div><div>Vegetable Combo</div><div>Broccoli, black olives, spinach, onions, pepper, mushroom, red sauce, mozzarella cheese</div></div></div></div>	23
<div><div><div><div><div></div><div>M</div></div><div><div>Small</div><div>4.6</div></div></div><div><div>Tomasso Pizza</div><div>Meatball, sausage, ricotta, red sauce, mozzarella cheese</div></div></div></div>	22
<div><div><div><div><div></div><div>M</div></div><div><div>Small</div><div>4.6</div></div></div><div><div>Buffalo Chicken</div><div>Breaded chicken, buffalo sauce, ranch, mozzarella cheese</div></div></div></div>	23
<div><div><div><div><div></div><div>M</div></div><div><div>Small</div><div>4.6</div></div></div><div><div>Chicken Parmigiana</div><div>Breaded chicken, garlic, parsley, red sauce, mozzarella cheese</div></div></div></div>	22
<div><div><div><div><div></div><div>M</div></div><div><div>Small</div><div>4.6</div></div></div><div><div>BBQ Chicken</div><div>Breaded chicken, barbeque sauce, mozzarella cheese</div></div></div></div>	22
<div><div><div><div><div></div><div>M</div></div><div><div>Small</div><div>4.6</div></div></div><div><div>Chicken, Bacon, Ranch</div><div>with Mozzarella cheese</div></div></div></div>	23
<div><div><div><div><div></div><div>M</div></div><div><div>Small</div><div>4.6</div></div></div><div><div>Seafood Combo</div><div>Shrimp, clams, mussels, garlic, red sauce, mozzarella cheese</div></div></div></div>	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