



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

GF APPETIZERS

Homemade Soup 7

M Polpetta 16

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

M Homemade Mozzarella Sticks 15

M Chicken Parm Bites 16

Topped with red sauce & melted mozzarella cheese

Seared Scallops 22

Over mixed greens, tomatoes, onions with citrus vinaigrette

Fried Calamari *mild or spicy* 16

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

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

Homemade Fried Zucchini *roasted pepper dressing* 12

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

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

Classic 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

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.

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

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

M **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

Gamberi Bruschetta 29
 GF cheese ravioli, shrimp, vodka sauce, bruschetta, chilled fresh mozzarella

M **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

GF 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

M **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

M **DUET: 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

GF EGGPLANT ENTREES

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

M **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

M **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



M INDICATES GUEST FAVORITES

GF PASTA SELECTIONS

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



Summer Inspirations

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

Shrimp Toscana spaghetti 32
Sautéed shrimp with spinach, prosciutto, roasted peppers, delicate white wine sauce, melted mozzarella cheese

M **Chicken Cacio e Pepe spaghetti 29**
Tossed in butter, cracked black pepper, parmesan, topped with a golden parmesan-crust breaded chicken

Citrus Blossom Cheese Ravioli 29
Orange-infused cream sauce topped with baby greens, candied pecans, shaved parmesan

GF SIGNATURE PASTAS

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

M **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

M **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

M **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

M **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 *Barbeque Sauce *Creamy Rosa *Gorgonzola *Pesto *Pink Champagne *Scampi *Vodka *White Champagne	Artichokes Asparagus Black Olives Broccoli Bruschetta Eggplant Garlic Green Peppers (Fresh or Sweet) Mushroom (Fresh or Canned) Onions Pineapple Roasted Peppers Spinach Sun-Dried Tomatoes Tomatoes Zucchini	*Bacon *Breaded Chicken *Grilled Chicken *Ham *Meatballs *Pepperoni *Prosciutto *Sausage *Steak *Salami <hr style="width: 50%; margin: auto;"/> <u>Pasta</u> Penne *Cheese Tortellini- \$6	Dairy Free Cheese \$5 *Extra Mozzarella *Feta *Fresh Mozzarella *Ricotta <hr style="width: 50%; margin: auto;"/> <u>Seafood</u> Anchovies *Clams *Fresh Calamari *Mussels *Shrimp

GOURMET GLUTEN-FREE PIZZA

10' PERSONAL

M	Grandma Pizza <i>A thin & crispy square crust, fresh mozzarella cheese, tomato, basil, red sauce, drizzled with olive oil, Parmesan cheese</i>	21
M	Margarita <i>Fresh mozzarella, tomato, basil, olive oil, garlic, red sauce</i>	21
M	Penne Vodka Pizza <i>with mozzarella cheese</i>	23
	Hawaiian <i>Pineapple, ham, red sauce, mozzarella cheese</i>	21
	Mamas Combo <i>Sausage, mushroom, pepperoni, sweet pepper, onion, red sauce, mozzarella cheese</i>	23
	Double Deluxe <i>Sausage, pepperoni, ham, meatball, onion, mushroom, sweet pepper, black olive, red sauce, mozzarella cheese</i>	25
	Meat Supreme <i>Meatball, pepperoni, ham, sausage, red sauce, mozzarella cheese</i>	23
M	4 Season Sampler <i>¼ Buffalo Chicken, ¼ Meat Combo, ¼ Primavera, ¼ White Pizza</i>	25
M	Lo Bianco <i>Bruschetta, white champagne sauce, mozzarella cheese</i>	23
M	Eggplant Pisano <i>Breaded eggplant, portobello shrimp mushroom, spinach, roasted red pepper, artichoke, gorgonzola, sauce, balsamic reduction, mozzarella cheese</i>	26
	Primavera <i>Broccoli, spinach, tomato, garlic, red sauce, mozzarella cheese</i>	23
	Vegetable Combo <i>Broccoli, black olives, spinach, onions, pepper, mushroom, red sauce, mozzarella cheese</i>	23
M	Tomassino Pizza <i>Meatball, sausage, ricotta, red sauce, mozzarella cheese</i>	23
	Buffalo Chicken <i>Breaded chicken, buffalo sauce, ranch, mozzarella cheese</i>	23
	Chicken Parmigiana <i>Breaded chicken, garlic, parsley, red sauce, mozzarella cheese</i>	22
	BBQ Chicken <i>Breaded chicken, barbeque sauce, mozzarella cheese</i>	23
	Chicken, Bacon, Ranch <i>with Mozzarella cheese</i>	23
	Seafood Combo <i>Shrimp, clams, mussels, garlic, red sauce, mozzarella cheese</i>	26

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