



VEGAN MENU

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

Est 1970

Celebrating our  Anniversary

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

Boneless Hot Wings 18
Plant based chicken tossed in buffalo sauce over fried spinach, side of Bleu Cheese dressing

Homemade Mozzarella Sticks 16
** contains almonds*

Appetizer Vegan Chicken Parm 16
Topped with marinara sauce & dairy free mozzarella cheese

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

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

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

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

Vegan Charcuterie Salad 22
Vegan sausage, vegan pepperoni, marinated olives, roasted peppers, romaine, iceberg, tomatoes, red onions, red wine vinegar & oil

Harvest Chicken Salad 18
Breaded plant-based chicken romaine, iceberg, tomatoes, mixed greens, red onions, black olives, vegan blue cheese dressing

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

Compagna rigatoni 28
Broccoli, artichokes, sun-dried tomatoes, sweet sherry wine sauce, topped with dairy free mozzarella

Champagne Palma penne 28
Sun-dried tomatoes, spinach, artichokes, creamy white champagne sauce

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

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

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 Vezzo 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
Sweet, crunchy Candied Pecans: 3

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*

Winter Inspirations

- Vegan Chicken Cacio e Pepe 29

Linguini tossed in butter, cracked black pepper& parmesan, topped with a golden parmesan-crust ed vegan chicken
- Cranberry Basil Cream Penne 26

A luxurious vegan creamy parmesan sauce enhanced with cranberries & fresh basil
- Winter Spice Penne 26

Cinnamon-infused cream sauce, a delicate hint of sherry wine, topped with candied pecans

Bold & Savory VEGAN EGGPLANT ENTREES

- DUET: Eggplant Parmigiana/ Penne Creamy Pesto 34

Creamy Pesto: Served with sun-dried tomatoes
- 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
- Eggplant Rosario rigatoni 28

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

White wine & lemon sauce
- 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

- DUET: White Champagne Chicken/sauteed Spinach 34

Creamy white champagne sauce tossed with bruschetta
- DUET: Chicken Parmigiana/ Penne Vodka 34

A guest favorite, celebrated for its rich flavors!
- 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 32

Plant-based chicken, roasted peppers, spinach in white wine sauce, melted dairy free mozzarella cheese
- Chicken Marsala spaghetti 29

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

