



GLUTEN FREE & 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 is 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

GF/VEGAN MENU *to a higher level*

Artisan GF/VEGAN BEGINNINGS

GF/Vegan Homemade Vegan Mozzarella Sticks 16
** contains almonds*

GF/Vegan Appetizer Eggplant Parm 16
Topped with marinara sauce & dairy free mozzarella cheese

GF/Vegan Parmesan Flatbread 17

GF/Vegan Seared Vegan Scallops 16
Trumpet mushrooms over mixed greens, tomatoes, onions with citrus vinaigrette

GF/Vegan Fried Calamari mild or spicy 18

GF/Vegan Two Stuffed Portabella 22
Filled with zucchini, mushrooms, capers, black olives topped with dairy free cheese over crispy fried spinach

GF/Vegan Fresh Mozzarella, Tomato & Basil 16
topped with sun-dried tomatoes, roasted peppers, drizzled with a balsamic reduction, over crispy fried spinach
** contains almonds*

GF/Vegan Onion Rings 11

GF/Vegan Homemade Soup 7
Always Homemade, Always Delicious!



Classic GF/VEGAN APPETIZERS

GF/Vegan Garlic Bread w/Mozzarella Cheese 15

GF/Vegan Homemade Fried Zucchini 12
roasted pepper dressing

GF/Vegan Sampler Trio 19
*Mozzarella Sticks * Fried Zucchini * Onion Rings*
** contains almonds*

Freshly Crafted GF/VEGAN SALADS

GF/Vegan Garden-Fresh House (Small or Large) 6/9
Romaine, iceberg, mixed greens, tomatoes, olives, red onions

GF/Vegan Pecan & Blue Cheese Garden Salad 16
Romaine, iceberg, mixed greens, tomatoes, red onions, candied pecans, vegan blue cheese dressing

GF/Vegan Moresca 16
Mixed field greens, dried cranberries, walnuts, tomatoes, red onions, chianti basil dressing

GF/Vegan Insalata 22
Vegan fresh mozzarella, mixed field greens, roasted red peppers, sun-dried tomatoes, balsamic vinaigrette
** contains almonds*

GF/Vegan 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 GF/VEGAN PASTAS

GF/Vegan Compagna penne 31
Broccoli, artichokes, sun-dried tomatoes, sweet sherry wine sauce, topped with dairy free mozzarella

GF/Vegan Champagne Palma penne 31
Sun-dried tomatoes, spinach, artichokes, creamy white champagne sauce

GF/Vegan Rustica spaghetti 31
Fresh mushrooms, tomatoes, capers, onions, homemade piccata sauce (lemon-garlic wine)

GF/Vegan Primavera spaghetti 28
Roasted red peppers, broccoli, zucchini, tomatoes, garlic & olive oil

GF/Vegan Penne Vodka 29

GF/Vegan Serafina penne 31
Mushrooms, peas, creamy rosa sauce

Timeless Classic GF/VEGAN PASTAS

GF/Vegan Classic Pasta tomato-basil 18
Spaghetti or penne

GF/Vegan Aglio Olio spaghetti 22
Garlic, oil, fresh basil, cherry tomatoes
*Enhance with vegan fresh mozzarella: add 5 *contains almonds*

GF/Vegan Alfredo & Broccoli spaghetti 29

GF/Vegan Homemade Vegan Lasagna tomato-basil 31
Layered with beyond meat, vegan ricotta, baked with dairy free mozzarella

PASTA GF/VEGAN SELECTIONS:

Spaghetti & Penne

Delectably Made GF/VEGAN SIDES

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

GF/Vegan Spinach Vezzo 13
sautéed garlic & oil, zucchini, hot peppers

GF/Vegan Broccoli sautéed garlic & oil or steamed 8

GF/Vegan Broccoli Rabe sautéed in garlic & olive oil 14

GF/Vegan French Fries 6
Parmesan-style- add 3



ADD TO YOUR SALAD/ENTRÉE/PASTA

Vegan Creamy Pink Rosa/Alfredo Sauce: 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*

GF/VEGAN Summer Inspirations

GF/Vegan Eggplant Cacio e Pepe 33
GF Spaghetti tossed in butter, cracked black pepper, parmesan, topped with a golden parmesan-crusted vegan eggplant

GF/Vegan Cranberry Basil Cream Penne 29
A luxurious vegan creamy parmesan sauce enhanced with cranberries & fresh basil

GF/Vegan Cinnamon Spice Penne 29
Cinnamon-infused cream sauce, a delicate hint of sherry wine, topped with candied pecans

Bold & Savory GF/VEGAN EGGPLANT ENTREES

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

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

M GF/Vegan Eggplant Rosario penne 32
Eggplant, roasted peppers, sun-dried tomatoes, artichokes, creamy rosa sauce

GF/Vegan Eggplant Francese spaghetti 32
White wine & lemon sauce

M GF/Vegan Eggplant Amato penne 32
Breaded eggplant, portobello mushroom, spinach, roasted red peppers, artichokes, balsamic reduction

GF/Vegan Eggplant Siena penne 32
Breaded eggplant, spinach, garlic, tomato-basil sauce, dairy free mozzarella cheese

GF/Vegan Eggplant Rollatini spaghetti 32
Filled with vegan ricotta cheese

DUET ENTREES CAN BE SERVED INDIVIDUALLY A' LA CARTE

M Indicates Mama's Signatures

Create your Own GF/VEGAN PIZZA

PERSONAL (10 inch crust)

(Prepared with Dairy-Free Mozzarella Cheese & Red Sauce)
Gluten Free/Vegan...19

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

Add: Homemade Vegan Ricotta Cheese: 6

Add: Homemade Fresh Mozzarella Cheese: *CONTAINS ALMOND 6
GOURMET VEGAN SAUCES: 5

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

Gourmet GF/VEGAN PERSONAL PIZZAS

PERSONAL PIZZA: 10 inch crust

GF/Vegan Eggplant Palermo 29
Eggplant, Spinach, Roasted Peppers, Artichokes & Portabella Mushrooms drizzled with Balsamic Reduction

GF/Vegan Grandma Pizza 26
*A thin & crispy, Square Crust, Vegan Fresh Mozzarella Cheese, Tomato & Basil, a touch olive oil * contains almonds*

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

GF/Vegan Primavera 26
Broccoli, Spinach, Tomatoes, touch of garlic

GF/Vegan Vodka Pizza 26
Penne, Vegan Vodka Sauce

GF/Vegan Veggie Delight 27
Spinach, Broccoli, Mushrooms, Onions, Peppers, Black Olives

GF/Vegan Siena 27
Eggplant, Spinach & Garlic, tomato-basil sauce

GF/Vegan Romanese 26
Vegan Alfredo Sauce, Broccoli, Dairy-free Cheese

GF/Vegan Pizza Valentino 16
Fresh Tomato & Basil, a touch of garlic & oil (No Chees

Catering to Today's Lifestyle