



GLUTEN-FREE

& DAIRY FREE

MENU

Welcome Home to Mama's

You enter as a Guest and leave as Family!

Celebrating our  **Anniversary**

The logo for the 50th anniversary, featuring a large, stylized "50" in a gold, serif font. The word "Years" is written in a smaller, gold, cursive font, positioned below the "0".

ARTISAN GF/DAIRY FREE APPETIZERS

Homemade Soup 7

M Polpette 18
Two homemade meatballs, tomato-basil sauce, served with DF ricotta cheese for dipping

M Homemade DF Mozzarella Sticks 16 *contains nuts

M Chicken Parm Bites 18
Tomato basil sauce, topped with DF mozzarella cheese

Seared Scallops 22
Over mixed greens, tomatoes, onions with citrus vinaigrette

Fried Calamari mild or spicy 16

Clams Casino 22
Fresh clams filled with bacon, onion, seasoning, DF 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

M Shrimp Crostini 18
GF Garlic bread topped with shrimp, creamy DF white champagne sauce, bruschetta

Shrimp Romano 16
An old classic- tender shrimp sautéed in butter, fresh lemon, rosemary

DF Fresh Mozzarella, Tomato, Prosciutto & Basil 19
With sun-dried tomatoes, roasted peppers, balsamic reduction over fried spinach *contains nuts

CLASSIC GF/DAIRY FREE APPETIZERS

Chicken Fingers 12

Breadsticks w/DF Mozzarella red sauce for dipping 14

Perogies sautéed onions, roasted red pepper dressing 14

Homemade Fried Zucchini roasted pepper dressing 12

SHARING GF/DAIRY FREE APPETIZERS

Seafood Misto
Shrimp, mussels, clams & fried calamari prepared scampi-style
For 2/3/4 guests: 22/29/38

Imported Meat, Cheese & Olive Board (2-3 guests) 29
A combination of Italian imported meats; DF fresh mozzarella, tomato & basil and marinated olives *contains nuts

M Appetizer Medley 22 *contains nuts
DF Mozzarella Sticks, Onion Rings, Zucchini Medallions

TASTY GF/DAIRY FREE 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
DF Parmesan-style- add 3

Onion Rings roasted pepper dressing 11

GLUTEN-FREE & DAIRY FREE

Your dietary needs are important to YOU therefore; they are equally important to us! Every precaution is taken to ensure your trust and peace of mind. Mamas welcomes you to your home away from home.

FRESH CRAFTED GF/DAIRY FREE SALADS

ADD: Chicken (Breaded or Grilled) 6

ADD::Salmon Filet 15 **ADD:** Grilled Shrimp 7

ADD: Filet Mignon Tips 18

GF/DF Autumn Orchard Salad 18
Dehydrated cinnamon apples, cranberries, candied pecans, mixed greens, maple balsamic vinaigrette

House (Small or Large) 6/9
Romaine, iceberg, mixed greens, tomatoes, olives, red onions

M Moresca 16
Mixed greens, dried cranberries, walnuts, tomatoes, red onions, balsamic vinaigrette dressing

M Insalata 22 *contains nuts
Mixed greens, roasted red peppers, sun-dried tomatoes, DF fresh mozzarella, balsamic vinaigrette dressing

M Eggplant Pisa Salad 19
Mixed greens, breaded eggplant, portobello mushrooms, spinach, roasted red peppers, artichokes, balsamic reduction

Savory Salmon & Crispy Bacon 26
Farm raised organic salmon, bacon, mixed greens, roasted pepper dressing

Classica Antipasto Salad 19
Ham, salami, mushrooms, black olives, pepperoni, DF shredded mozzarella, romaine, iceberg, tomatoes

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

Dressing

Dairy-free Bleu Cheese -Honey Mustard- Light Italian
Chianti Basil - Oil & Vinegar
Balsamic Vinaigrette - Roasted Red Pepper

BELOVED GF/DAIRY FREE PASTA

Classic Pasta tomato-basil 18
Spaghetti or Penne

Spaghetti Meatball or Sausage tomato-basil 22

Baked Penne tomato-basil 26
Tossed with DF ricotta cheese, topped with DF mozzarella cheese

Spaghetti DF Alfredo 28
Carbonara-style with bacon- add 3

ADD TO YOUR ENTRÉE/PASTA

Chicken (Breaded or Grilled): 6
Grilled Shrimp: 7
Fresh Organic Salmon: 15
Filet Mignon Tips: 18
Creamy DF Pink Rosa Sauce:6

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*

SEAFOOD GF/DAIRY FREE ENTREES

M **DUET: Seafood Pescatore/Penne Vesuvio** 38
Pescatore: Shrimp, clams, mussels, fresh calamari sautéed in a plum-tomato basil sauce
Vesuvio: Mushrooms, peas & bacon in a creamy DF rosa sauce

DUET: Shrimp Vesuvio/ Shrimp Fra Diavolo 38
Vesuvio: Mushrooms, peas & bacon in a creamy DF rosa sauce, penne
Fra Diavolo: Spicy marinara sauce, spaghetti

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

M **Cosmopolitan** *GF penne* 34
Shrimp, bacon, spinach, creamy DF 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 GF/DAIRY FREE ENTREES

DUET: Prime Tenderloin/ 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** *DF Alfredo* 38
A braised pork shank- *allow additional time for preparation*

DUET: Veal Toscana/ Penne *DF Rosa* 38
Toscana: Battered veal, prosciutto, roasted peppers, spinach, white wine sauce, melted mozzarella

M **DUET: Pork Chop/Penne Vesuvio** 38
Prime Pork Chop: grilled & seared served over sauteed spinach
Vesuvio: Mushrooms, peas & bacon in a creamy DF rosa sauce

Veal Parmigiana *GF penne* 34

EGGPLANT GF/DAIRY FREE ENTREES

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

M **DUET: Eggplant Pisa/ Penne Palma** 34
Pisa: Breaded eggplant, portobello mushrooms, spinach, roasted red pepper, artichokes, balsamic reduction
Palma: Sun-dried tomatoes, spinach, artichokes, creamy DF white champagne sauce

M **Eggplant Amato** *GF penne* 29
Breaded eggplant, portobello mushrooms, spinach, roasted red peppers, artichokes, balsamic reduction

Eggplant Siena *GF penne* 29
Breaded eggplant, spinach, garlic, tomato-basil sauce, baked DF mozzarella cheese

Eggplant Rollatini *GF penne* 29
Filled with DF ricotta cheese

M INDICATES GUEST FAVORITES

GF/DAIRY FREE PASTA SELECTIONS

* GF Spaghetti * GF Penne

Taste of Fall

M **GF/DF Cinnamon Spice Spaghetti** 29
GF spaghetti tossed in cinnamon-sherry DF cream sauce, finished with candied pecans

GF/DF Seafood Sorrentina 39
GF spaghetti tossed with shrimp, calamari, clams, mussels, light tomato, garlic, white wine, finished with fresh basil

M **GF/DF Chicken Cacio e Pepe spaghetti** 32
Tossed in DF butter, cracked black pepper, DF parmesan, topped with golden DF parmesan-crusted breaded chicken

GF/DF Harvest Maple Penne 29
Maple-infused DF cream sauce, cranberries, fresh basil

SIGNATURE GF/DAIRY FREE PASTAS

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

M **Tomasso Old School** *GF penne* 31
Meatball, sausage, DF ricotta, red sauce, baked DF mozzarella cheese

Primavera *GF penne* 28
Roasted red peppers, broccoli, zucchini, tomatoes, garlic & olive oil- *Enhance with grilled chicken-* add 5

Penne Vodka 26

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

CHICKEN GF/DAIRY FREE ENTREES

M **DUET: White Champagne Chicken/ Spinach & Prosciutto** 34
Chicken: Creamy DF white champagne sauce, bruschetta

DUET: Chicken Parmigiana/ Penne *DF Vodka* 34

M **DUET: Chicken Toscana/ Penne** *DF Rosa* 34
Toscana: Battered chicken, prosciutto, roasted peppers, spinach, white wine sauce, melted DF mozzarella

DUET: Chicken Francese/ Penne *Lo Bianco* 34
Lo Bianco: Creamy DF white champagne sauce, 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, walnuts, tomatoes, red onions, balsamic vinaigrette.

DUET: Balsamic Chicken/ Penne *Aglio Olio* 32
Balsamic Battered chicken, sweet balsamic with garlic, onions & chilled DF fresh mozzarella
Aglio Olio: sautéed garlic & oil, fresh basil, cherry tomatoes

M **DUET: Chicken Di Sorronno/ Penne Creamy Parm** 34
Di Sorronno: Battered chicken layered with prosciutto, breaded eggplant, DF fresh mozzarella, balsamic reduction, mixed greens
Penne: Creamy DF parmesan sauce, cranberries, fresh basil

M **Chicken Toscana** *GF penne* 32
Battered chicken, prosciutto, roasted peppers, spinach in white wine sauce with melted DF mozzarella cheese

Chicken Marsala *GF penne* 29

Chicken Di Sorronno without pasta 34 *contains nuts
Battered chicken layered with prosciutto, breaded eggplant, DF fresh mozzarella, balsamic reduction, mixed greens

Chicken Parmigiana *GF penne* 29
Enhance with creamy DF rosa- add 5

DUET ENTREES MAY BE SERVED
ALLA CARTE

MAMA’S CAFÉ BACI **GLUTEN-FREE** PIZZA MENU

Gluten-Free Crusts (10’ inch)

Traditional 20
Traditional White (DF Ricotta & DF Mozzarella) 23



CREATE YOUR OWN PIZZA

\$2 per topping *\$3 per topping

<u>Gourmet Sauce</u>	<u>Vegetable</u>	<u>Meat</u>	<u>Dairy Free Cheese</u>
*DF Alfredo *Barbeque Sauce *DF Creamy Rosa *Pesto *DF Pink Champagne *Scampi *DF Vodka *DF 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	*DF Extra Mozzarella \$5 *DF Fresh Mozzarella \$6 *DF Ricotta \$4
		<u>Pasta</u> Penne	<u>Seafood</u> Anchovies *Clams *Fresh Calamari *Mussels *Shrimp

GOURMET **GF/DAIRY FREE** PIZZAS

10’ PERSONAL

10 inch Personal

Margarita	25
DF fresh mozzarella, tomato, basil, olive oil, garlic, red sauce	
Penne Vodka Pizza	26
GF penne, DF vodka sauce, mozzarella cheese	
Hawaiian	24
Pineapple, ham, red sauce, DF mozzarella cheese	
Mamas Combo	28
Sausage, mushroom, pepperoni, sweet pepper, onion, red sauce, DF mozzarella cheese	
Double Deluxe	29
Sausage, pepperoni, ham, meatball, onion, mushroom, sweet pepper, black olive, red sauce, DF mozzarella cheese	
Meat Supreme	28
Meatball, pepperoni, ham, sausage, red sauce, DF mozzarella cheese	
4 Season Sampler	29
¼ Buffalo Chicken, ¼ Meat Combo, ¼ Primavera, ¼ White Pizza	
Lo Bianco	26
Bruschetta, DF white champagne sauce, DF mozzarella cheese	
Eggplant Pisano	28
Breaded eggplant, portobello mushroom, spinach, roasted red pepper, artichoke, light red sauce base, balsamic reduction, DF mozzarella cheese	
Primavera	28
Broccoli, spinach, tomato, garlic, red sauce, DF mozzarella cheese	
Vegetable Combo	28
Broccoli, black olives, spinach, onions, pepper, mushroom, red sauce, DF mozzarella cheese	
Tomasino Pizza	26
Meatball, sausage, DF ricotta, red sauce, DF mozzarella cheese	
Buffalo Chicken	28
Breaded chicken, buffalo sauce, DF mozzarella cheese	
Chicken Parmigiana	26
Breaded chicken, garlic, red sauce, DF mozzarella cheese	
BBQ Chicken	26
Breaded chicken, barbeque sauce, DF mozzarella cheese	
Seafood Combo	29
Shrimp, clams, mussels, garlic, red sauce, DF mozzarella cheese	

GF/DAIRY FREE SANDWICHES

CHOICE OF BREAD:

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

CHICKEN

Capri

Grilled chicken, roasted peppers, baby greens, DF fresh mozzarella, balsamic vinaigrette

Sorrento

Grilled chicken, pesto, sun-dried tomatoes, DF fresh mozzarella

Buffalo

Breaded chicken, lettuce, tomato, buffalo sauce, DF bleu cheese dressing

Montesa

Breaded chicken, bacon, lettuce, tomato, mozzarella, mayo dressing

California

Grilled chicken, lettuce, tomato, mayonnaise, melted DF mozzarella cheese

Chicken Parmigiana

Homemade tomato-basil or creamy rosa sauce, DF mozzarella cheese

VEGGIE

Eggplant, Spinach, Garlic

DF mozzarella cheese, a touch of red sauce

Eggplant Parmigiana

Homemade tomato-basil or creamy rosa sauce

Eggplant & Roasted Peppers

DF fresh mozzarella, sautéed in balsamic vinegar, red onions, garlic

Veggie Melt

Portobello mushrooms, black olives, roasted red peppers, onions, tomatoes, lettuce, melted DF mozzarella cheese, oil, vinegar

TRADITIONAL

Mama’s Classic

Salami, pepperoni, prosciutto, lettuce, tomato, oil, vinegar, salt, pepper, oregano

Turkey

Lettuce, tomato, oil, vinegar, salt, pepper, oregano

Italian

Ham, salami, lettuce, tomato, oil, vinegar, salt, pepper, oregano

Hot Turkey BLT

Bacon, lettuce, tomato, provolone, mayo

DF Fresh Mozzarella & Roasted Peppers

Basil, tomatoes, olive oil

Sausage & Peppers

Sausage or Meatball Parmigiana

Homemade tomato-basil or DF creamy rosa sauce, DF mozzarella cheese

Veal Parmigiana- add \$3

DF mozzarella cheese

CHEESESTEAKS

Classic Cheese Steak

DF mozzarella cheese, red sauce

Cheese Steak Combo

DF mozzarella cheese, sautéed onions, mushrooms, sweet peppers, red sauce

California Cheese Steak

DF mozzarella cheese, lettuce, tomato, mayonnaise, ketchup

GF DESSERTS

Molten Chocolate Cake 8.5

Rich dark chocolate

Chocolate Brownie Sundae 9

Served with vanilla ice cream, caramel, fudge, whipped cream

Homemade Chocolate Cupcake

with vanilla icing 6.5

Cookie Dough Cheesecake Cupcake 8.5

Apple Crumb Cake 9

Served with DF vanilla ice cream, caramel

Chocolate Chip Cookie Sandwich 9

Freshly made with DF vanilla ice cream

CAPPUCCINO & ESPRESSO

Cappuccino 8.50

Flavored Cappuccino 8.75

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

Gourmet Hot Chocolate (prepared with milk) 7

Espresso

Single 4, Double 5, Chocolate 5

Latte 8.5

Flavored Latte 8.75

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

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