



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

260 Mountain Ave. Hackettstown - (908) 852-2820

VEGAN CREATIONS *to a higher level*

Artisan VEGAN BEGINNINGS

- M** **Vegan Polpette** 18
Three plant-based meatballs topped with tomato-basil sauce, side ricotta cheese for dipping
- M** **Boneless Hot Wings** 18
Plant based chicken tossed in buffalo sauce over fried spinach, side of Bleu Cheese dressing
- M** **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
- M** **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
- M** **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
- M** **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
- M** **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*
- M** **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* 29
Broccoli, artichokes, sun-dried tomatoes, sweet sherry wine sauce, topped with dairy free mozzarella
- M** **Champagne Palma** *penne* 29
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
- M** **Luigi “Old School”** *rigatoni* 31
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** 26
- M** **Emiliana** *penne* 29
Mushrooms, peas, crumbled vegan pepperoni, creamy rosa sauce

Timeless Classic VEGAN PASTAS

- Classic Pasta** *tomato-basil* 16
Spaghetti, ziti, linguini, penne, angel hair, rigatoni
- Baked Ziti** *tomato-basil* 27
Tossed with DF ricotta, melted DF mozzarella cheese
- 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
- M** **Signature Alfredo & Broccoli** *rigatoni* 28

Delectably Made VEGAN SIDES

- Side of Vegan Ricotta** *with a touch of olive oil, basil* 12
- Spinach Vizzo** *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: 7
Vegan Meatballs: 5
Vegan Sausage: 5
Vegan Creamy Pink Rosa/Alfredo Sauce: 5
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

VEGAN DUET: 2 Tastes, 1 Plate designed for 1 Guest

Summer Inspirations

Vegan Chicken Cacio e Pepe 29

Linguini tossed in butter, cracked black pepper & parmesan, topped with a golden parmesan-crusted vegan chicken

M Cranberry Basil Cream Penne 26

A luxurious vegan creamy parmesan sauce enhanced with cranberries & fresh basil

M Spring Citrus Kissed Rigatoni 26

Orange-infused cream sauce topped with baby greens, candied pecans, drizzle of olive oil

Bold & Savory VEGAN EGGPLANT ENTREES

DUET: Eggplant Parmigiana/ Penne Creamy Pesto 34

Creamy Pesto: Served with sun-dried tomatoes

M 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

M Eggplant Rosario rigatoni 29

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

DUET: Eggplant Francese/Rigatoni Primavera 34

Francese: White wine & lemon sauce

Primavera: Roasted red peppers, broccoli, zucchini, tomatoes, garlic & olive oil

M 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 29

Filled with vegan ricotta cheese

DUET ENTREES CAN BE SERVED INDIVIDUALLY A' LA CARTE

Plant-based VEGAN CHICKEN ENTREES

M 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.

M 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

M 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: 6 *CONTAINS ALMOND

VEGAN Pizza, Stromboli, Calzones

PERSONAL PIZZA: 10-inch crust

STROMBOLI: Vegan mozzarella cheese & red sauce

CALZONE: Vegan ricotta & vegan mozzarella cheese

M Vegan Marcello

Vegan Meatballs, Vegan Sausage, Ricotta

Personal Pizza: 23 Stromboli: 18 Calzone: 20

M 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

M 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

M 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

VEGAN CREATIONS *to a higher level*

Artisan VEGAN SANDWICHES

SELECT YOUR BREAD:

Italian Sub Roll (6" or 10") \$14/\$16
Garlic-herb Wrap \$16 ~ Wheat Focaccia \$16

VEGAN CHIK'N

Plant Based Chik'n - add \$3

CHIK'N CAPRI

Breaded plant-based chik'n, roasted peppers, baby greens, fresh mozzarella, balsamic reduction

CHIK'N SORRENTO

Breaded plant-based chik'n, pesto, sun-dried tomatoes, fresh mozzarella

BUFFALO CHIK'N

Breaded plant-based chik'n, lettuce, tomato, buffalo sauce, vegan bleu cheese

CHIK'N MEDITEREAN

Breaded plant-based chik'n, zucchini, sun-dried tomatoes, basil, spinach, red onion, olive oil, melted mozzarella cheese

CHIK'N PARMESAN

Homemade tomato-basil or creamy rosa sauce

VEGAN TRADITIONAL

SAUSAGE, PEPPERS, MUSHROOMS, ONIONS

Homemade tomato-basil or creamy rosa sauce

SAUSAGE OR MEATBALL PARMIGIANA

Homemade tomato-basil or creamy rosa sauce

VEGAN VEGGIE

EGGPLANT, SPINACH & GARLIC

Breaded eggplant, mozzarella cheese, spinach, garlic, red sauce

EGGPLANT PARMIGIANA

Breaded eggplant, homemade tomato-basil or creamy rosa sauce

EGGPLANT & ROASTED PEPPERS

Breaded eggplant, fresh mozzarella, roasted peppers, balsamic vinegar, red onions, garlic

VEGGIE MELT

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

VILLA

Artichokes, roasted peppers, broccoli, pesto sauce, melted mozzarella cheese

FRESH MOZZARELLA & ROASTED PEPPERS

Fresh basil, roasted peppers, fresh mozzarella, tomatoes, olive oil

Delicious VEGAN DESSERTS

Vegan Cannoli 11

Made fresh to order, garnished with chocolate chips

Zeppoles 13

Dusted with confectioner's sugar, chocolate sauce for dipping

Vegan Molten Chocolate 13

Warm chocolate cake filled with fudge alla mode- add 3

Chocolate Brownie Sundae 12

Served with dairy free vanilla ice cream, caramel, fudge

Peanut Butter Cup 7.75

Rich Chocolate Medallions filled with peanut butter Mama's version of a PB Cup

Apple Crumb 10.75

Warm apple crisp with dairy free vanilla ice cream, caramel, cinnamon

Cookie Dough Cheesecake Cupcake 9.5

Chocolate Cupcake vanilla icing 8

Chocolate Chip Cookie Chipwich 12

Chocolate Peanut Butter Mousse 11

Chocolate Cake topped with silky Peanut Butter Mousse

Mini Sweet Shooters- 7

A small indulgence

Choice of: Brownie Sundae w/dairy free vanilla ice cream or Apple Crisp with dairy free vanilla ice cream