

Little Mama's Allergy Guide

? = CAN BE MODIFIED

	Gluten	Plant-based	Tree nuts	Seafood	Eggs	Dairy	Allium	Soy
STARTERS								
Goat Cheese Dip	?							
Wagyu Meatball								
Beans & Greens	?							
Crab Cake								
SALADS								
Caesar	?							
Tuscan								
Mama's								
Chopped								
Chicken Chef								
Broiled Salmon								
MOZZBAR								
Fior di Latte								
Stracciatella								
Tomatoes & Basil								
Peppadews								
White Bean Salad								
Pickled Eggplant								
Roasted Tomatoes								
Sicilian Peppers								
Artichoke Hearts								
Calabrian Salami								
Prosciutto								
'Nduja								
SIDES								
Mashed Potatoes								
Brussels Sprouts								
Polenta								
Beans & Greens								
Spinach & Kale								
Steak Fries		?				?		
Quinoa Salad								
Potatoes Gratinat								
Italian Sausage								

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	Gluten	Plant-based	Tree nuts	Seafood	Eggs	Dairy	Allium	Soy
PASTAS								
Chicken Parm								
Eggplant Parm								
Pappardelle								
Ziti								
Fettucine								
Radiatore								
Cavatelli								
Spaghetti								
Ravioli								
Penne Broccoli								
Penne alla Vodka								
Lasagna								
ENTRÉES								
Shrimp Oreganata								
Broiled Chicken								
Carciofi								
Broiled Branzino								
Big Ribeye								
Marsala Steak								
Broiled Salmon								
BRUNCH								
Quiche								
Louis' Handheld								
3 Egg Plate								
Cinnamon Roll								
Crab Benedict								
Steak & Eggs								
SANDWICHES								
Mama's Chicken								
Chicken Parm								
Eggplant Parm								
Zucchini Panini								
Mozz Handheld								