

# MAMMA ROSA

EL CAJON, CA

EST. 1982



*an italian eatery*

The meal was always an important tradition that our mother and grandmother believed should be shared with friends and family. We welcome you to experience your own family tradition with our authentic italian food.

## APPETIZERS

<b>Fried Calamari</b> with marinara sauce	<b>12</b>
<b>Caprese di Pomodoro</b>	<b>12</b>
Fresh mozzarella cheese, tomatoes, fresh basil, olive oil & balsamic vinegar	
<b>Little White Pizza</b>	<b>12</b>
Fresh tomatoes, two cheeses, olive oil, rosemary & fresh basil	
<b>Bruschetta di Pomodoro</b>	<b>10</b>
Toasted bread, fresh tomatoes, olive oil, garlic & fresh basil	
<b>Fried Zucchini</b> with marinara sauce	<b>10</b>
<b>Baked Meatballs (2)</b> with cheese	<b>10</b>
<b>Mozzarella Sticks</b> with marinara sauce	<b>10</b>
<b>Sauteed Mushrooms</b>	<b>10</b>
<b>Individual Cheese Pizza</b>	<b>10</b>
Extra Item	.75 each
<b>Garlic Cheese Bread</b> with meat sauce	<b>7</b>

## SOUPS & SALADS

<b>Antipasto</b>	<b>sm 10 / lg 15</b>
<b>Caesar Salad</b>	<b>10</b>
With Chicken	<b>15</b>
With Shrimp	<b>18</b>
<b>Garden Salad</b>	<b>5</b>
<b>Minestrone Soup</b>	<b>bowl 5</b>

## SIDE ORDERS

<b>Garlic Bread</b>	<b>3</b>	<b>Meat Balls (2)</b>	<b>6</b>
<b>Garlic Cheese Bread</b> with meat sauce	<b>7</b>	<b>Mixed Steamed Vegetables</b>	<b>8</b>
<b>Italian Sausage (2)</b>	<b>8</b>	<b>Shrimp (6)</b>	<b>8</b>

## BEVERAGES

One free refill on soft drinks

<b>Soft Drinks</b>	<b>3</b>	<b>Milk</b>	<b>3.5</b>
<b>Lemonade</b>	<b>3</b>	<b>Apple Juice</b>	<b>3.5</b>
<b>Coffee/Tea</b>	<b>3</b>	<b>Mineral Water</b>	<b>3.5</b>

## SPECIALTIES

Served with garlic bread. Add a soup or salad for \$3.00

Substitute alfredo or pesto sauce for \$1.50

\* For a lighter side, substitute butter with olive oil

Made with fresh pasta

<b>Eggplant Parmigiana</b>	<b>20</b>
Served with a side order of pasta	
<b>Chicken Cacciatore</b>	<b>20</b>
Boneless chicken breasts, tomato sauce with sauteed mushrooms, bell peppers, onions and olives, served with a side order of pasta	
* <b>Chicken Marsala</b>	<b>20</b>
Boneless chicken breasts, mushroom and marsala sauce, served with a side order of pasta	
* <b>Chicken Piccata</b>	<b>20</b>
Boneless chicken breasts, lemon sauce with capers, served with a side order of pasta	
<b>Chicken Parmigiana</b>	<b>20</b>
Served with side order of pasta	
<b>Gnocchi</b>	<b>18</b>
Homemade potato dumplings, with meat, marinara or pink sauce	
<b>Linguine</b>	<b>20</b>
With white or red clam sauce	
<b>Shrimp Linguine</b>	<b>23</b>
Fresh tomatoes, basil, garlic, olive oil & a splash of marinara	
* <b>Calamari Steak</b>	<b>23</b>
With mushrooms in a butter and wine sauce, served with a side order of fresh pasta	

## FAMILY DINNER

A combination of antipasto salad, pizza (1 topping), spaghetti & meatballs, ravioli, lasagna, and garlic bread.

Dinner For Two **\$38**

Each additional person **\$15**

(no substitutions, except cream or pesto sauce on pastas for \$2.00)

## CHILDREN'S PLATE

(12 years & under)

**Choice of:**


**Spaghetti, ravioli, lasagna, or mini cheese pizza** with one soft drink **\$9.00**

*Children's Plates are Dine In Only*


# PASTA


Served with garlic bread. Add a soup or salad for \$3.00  
Substitute alfredo or pesto sauce for \$1.50


\* For a lighter side, substitute butter with olive oil

 Made with fresh pasta

**Lasagna** with seasoned beef & cheeses **17**  
(Half order - **\$9.50**)

**Vegetable Lasagna**  **19**  
Fresh spinach pasta & sauteed vegetables  
baked in marinara sauce and cheese

**Cannelloni**  **18**  
Seasoned beef, wrapped in fresh pasta,  
baked with meat sauce & cheese

**Manicotti**  **18**  
Ricotta and seasoned cheeses, wrapped in fresh  
pasta, baked in marinara sauce & cheese

**Ravioli** **17**  
(Half order - **\$9.50**)  
Beef or cheese, with meat or marinara sauce

**Ravioli Florentine** **18**  
Spinach & cheese ravioli,  
with marinara, cream or pink sauce

**Shells Florentine** **18**  
Spinach & cheese stuffed shells,  
baked in marinara, cream or pink sauce


**Cheese Tortellini** **17**  
With meat, marinara, cream or pink sauce

**Penne with Pesto Sauce** **18**  
Add Chicken - **\$3**  
Add Shrimp - **\$7**

**Angel Hair Pasta** **17**  
Fresh tomatoes, basil, garlic,  
olive oil & a splash of marinara

**Spaghetti** with Meatball **14.5**  
(Half order - **\$9.00**)

**Spaghetti**  
With Sausage (crumbled or patties) **16.5**  
With Mushroom Sauce **16.5**  
With Garlic & Olive Oil **14**


**Fresh Homemade Spaghetti**  **17.5**  
With Meatball **18**  
With Sausage (crumbled or patties)

**Half & Half** with meat or marinara sauce  
Spaghetti & Ravioli **16**  
Spaghetti & Lasagna **16**  
Lasagna & Ravioli **17**

**Rigatoni** with meat or marinara sauce **14**  
Baked with cheese ~ add **\$3**

**Rigatoni Fra Diavolo** **18.5**  
Spicy pink sauce with sausage, olives and onions

**Fettuccine Alfredo**  **18**  
(Half order - **\$10**)  
Add chicken & broccoli ~ **\$4**  
Add ham & mushroom ~ **\$4**  
Add shrimp ~ **\$7**

\* **Fettuccine Primavera**  **19**  
Fresh carrots, zucchini, broccoli, red bell peppers  
& mushrooms, sauteed in a butter sauce  
Add chicken ~ **\$3**

We now offer **gluten-free** products and do our very best to  
prepare your meal in a safe manner. But please be aware  
that Mamma Rosa's is not a gluten-free establishment.

# GOURMET PIZZA

Our gourmet pizzas are 12 inches with thin crust  
No substitutions, please.

**Margherita** with mozzarella & parmesan **16**  
Sauteed fresh tomatoes with basil, garlic & olive oil  
& a splash of marinara sauce

**Prosciutto & Red Onion** **18**  
With red onion, olive oil, mozzarella & parmesan

**Grilled Chicken** **19**  
With red onion, pine nut, pesto sauce & mozzarella

**Barbeque Chicken** **19**  
Grilled chicken breast, red onion, cilantro,  
mozzarella & barbeque sauce

**Chicken Alfredo** **19**  
Grilled chicken breast, alfredo sauce & mozzarella

**Caprese (on regular crust)** **18**  
Olive oil, fresh mozzarella, parmesan, basil,  
& a splash of tomato sauce

**Quattro Sapori** with mozzarella & parmesan **18**  
Green olives, red bell pepper, red onion & artichokes,  
with tomato sauce or make it a white pizza

**Shrimp** **21**  
With garlic, olive oil, mozzarella & parmesan

# TRADITIONAL PIZZA

Our traditional pizzas are made with real  
mozzarella cheese and special homemade  
seasoned tomato sauce

	<b>Med 12"</b>	<b>Lrg 16"</b>
<b>Cheese</b>	<b>15</b>	<b>18</b>
<b>Vegetarian</b>	<b>19</b>	<b>24</b>
Bell peppers, mushrooms, onions & olives		
<b>Mamma Rosa Special</b>	<b>20</b>	<b>25</b>
Pepperoni, sausage, mushrooms, onions, bell peppers, olives & fresh tomatoes		
<b>Primavera</b>	<b>19</b>	<b>24</b>
Broccoli, zucchini & carrots		
<b>The Works</b>	<b>19</b>	<b>24</b>
Pepperoni, sausage, mushrooms & onions		
<b>Additional Toppings (each)</b>	<b>1</b>	<b>1.5</b>
Pepperoni, sausage, mushrooms, black olives, ham, fresh tomatoes, onions, bell peppers, salami, canadian bacon, pineapple, jalapeno, pepperoncini and meatballs		
<b>Thick Crust</b>	<b>2</b>	<b>2.5</b>
<b>Extra Cheese</b>	<b>2</b>	<b>2.5</b>
<b>Artichokes or Anchovies</b>	<b>2</b>	<b>2.5</b>

# SANDWICHES

**Ham & Cheese** with provolone **10**

**Italian Sub** ham, salami, mortadella, provolone **10**

**Salami** with provolone cheese **10**

**Meat Ball** with mozzarella cheese **11**

**Turkey** with provolone cheese **11**

**Sausage** with mozzarella & bell pepper **11**

**Eggplant Parmigiana** **11**

**Pastrami** with mozzarella cheese **11**

**Capicollo** with mozzarella cheese **11**

**Caprese** w/tomatoes, fresh mozzarella, basil & pesto **13**

**Chicken Parmigiana** **15**

**Chicken Cutlet**  
w/ lettuce, tomato, onion & dressing **15**