

MAMA'S

& CAFE BACI

SMART EATING MENU

Enjoy the convenience of dishes featuring lean meats, whole wheat selections and lighter fare.
Now it's easy to find enjoyable and healthful satisfaction.



CATERING TO TODAY'S LIFESTYLES

Smart Eating selections are also available with our catering services.
See our À La Carte Catering Menu in the restaurant or view it [online](#).

SMART EATING APPETIZERS

FRESH MOZZARELLA & ROASTED PEPPERS	9.95
<i>Prepared with fresh tomatoes, sun-dried tomatoes & fresh garlic on a bed of baby greens</i>	
FRESH MOZZARELLA WITH TOMATOES, BASIL & OLIVE OIL	9.95
<i>Served on a bed of baby greens and garnished with sun-dried tomatoes</i>	
WHOLE WHEAT BRUSCHETTA SAMPLER	9.95
<i>Homemade focaccia ~ ½ Bruschetta topped with fresh mozzarella</i>	
<i>½ Our classic pesto topped with sun-dried tomatoes</i>	
SHRIMP OR MUSSELS ROMANO	9.45
<i>Shrimp (8) or mussels (10) sautéed in butter with fresh garlic & lemon</i>	
EGGPLANT PISA	9.95
<i>Layered eggplant, mushrooms, spinach, artichokes & roasted peppers drizzled with Gorgonzola bleu cheese sauce & balsamic vinegar</i>	
CHICKEN TORINO	9.95
<i>Grilled chicken & capers in our white wine sauce topped with melted mozzarella cheese</i>	

SALADS

ADD GRILLED CHICKEN TO ANY SALAD

Small ~ 2.00

Large ~ 3.00

	SMALL	LARGE
FETA GARDEN MIX	6.95	8.95
<i>Mesclun mix, tomatoes, red onions, feta cheese & balsamic vinaigrette</i>		
MORESCA	7.95	9.95
<i>Mesclun mix, dried cranberries, walnuts, feta cheese, tomatoes, red onions & balsamic vinaigrette</i>		
INSALATA	7.95	9.95
<i>Mesclun mix, fresh mozzarella, roasted peppers, sun-dried tomatoes, pignoli nuts & balsamic vinaigrette</i>		
<i>Enhance with warm grilled chicken ~ Small: 2.00, Large: 3.00</i>		
<i>Enhance with grilled shrimp ~ Small: 3.00, Large: 4.00</i>		
<i>Enhance with our classic pesto sauce ~ 1.00</i>		
CALDO E FREDDO	8.95	10.95
<i>Mesclun mix, warm medallions of sausage, sautéed spinach, tomatoes, black olives, mozzarella cheese & Basil-chianti vinaigrette</i>		
SHRIMP & FETA	8.95	10.95
<i>Shrimp, roasted peppers, tomatoes, red onions & feta cheese over mesclun mix</i>		
EGGPLANT PISA	8.95	10.95
<i>Layered eggplant, mushrooms, spinach, artichokes & roasted peppers served over baby greens and drizzled with Gorgonzola blue cheese dressing & balsamic vinegar</i>		

LITE DRESSINGS

Italian ♦ Ranch

DRESSINGS

Balsamic Vinaigrette ♦ Bleu Cheese ♦ Caesar ♦ Chianti-Basil Vinaigrette ♦ Creamy Italian
 Creamy Roasted Red Pepper ♦ French ♦ Honey-Mustard ♦ Mediterranean Feta ♦ Oil & Vinegar ♦ Quattro Formaggio ♦ Ranch

SMART EATING ENTRÉES

VEGETARIAN ENTRÉES

VEGGIE MELT	9.45
<i>Grilled mushrooms, black olives, bell peppers, onions & tomatoes served on a bed of baby greens topped with melted mozzarella cheese</i>	
EGGPLANT, ROASTED PEPPERS, FRESH MOZZARELLA	9.45
<i>Served with balsamic vinaigrette</i>	
EGGPLANT, SPINACH & GARLIC	9.45
<i>Served with melted mozzarella cheese & a touch of our homemade red sauce</i>	
TUNA MELT	9.45
<i>Freshly prepared tuna salad served with lettuce, tomatoes & melted American cheese over baby greens</i>	
FRESH MOZZARELLA & ROASTED PEPPERS	9.45
<i>Prepared with fresh tomatoes, sun-dried tomatoes & fresh garlic on a bed of baby greens</i>	

GRILLED CHICKEN & STEAK ENTRÉES

CHICKEN FETA	9.45
<i>Grilled chicken, feta, melted provolone, red onions & black olives served over baby greens with balsamic vinegar</i>	
CALIFORNIA CHICKEN	9.45
<i>Grilled chicken, tomatoes & melted mozzarella served over baby greens with a side of mayonnaise</i>	
PROCIDA	9.45
<i>Grilled chicken, ham, tomatoes and Swiss cheese served over baby greens with a side of honey-mustard dressing</i>	
PIAZZA	9.45
<i>Grilled chicken, bruschetta, pignoli nuts & melted mozzarella cheese over baby greens with balsamic vinaigrette</i>	
SORRENTO	9.45
<i>Grilled chicken, sun-dried tomatoes, fresh mozzarella & pesto over baby greens</i>	
CAPRI	9.45
<i>Grilled chicken, roasted peppers & fresh mozzarella served over baby greens with a side of balsamic vinegar</i>	
CHEESE STEAK COMBO	9.45
<i>Prepared with sautéed onions, sweet bell peppers, mushrooms American cheese & homemade red sauce</i>	

SEAFOOD ENTRÉES

RUSTIC ATLANTIC SALMON	19.95
<i>Served over rice in our rustic piccata sauce with grape tomatoes, mushrooms, onions, capers & fresh basil and served with asparagus sautéed in garlic & olive oil</i>	
PARMESAN-HERB TILAPIA	19.95
<i>Served over rice and topped with bruschetta & chilled fresh mozzarella then drizzled with our balsamic reduction and served with grilled zucchini</i>	
LEMON-PEPPER FLOUNDER	19.95
<i>Served over rice in our creamy Dijon sauce with sautéed spinach</i>	

AN 18% GRATUITY MAY BE INCLUDED FOR PARTIES OF 6 OR MORE.

SMART EATING CASSEROLES

ANY SMART EATING CASSEROLE MAY BE SERVED OVER WHOLE WHEAT OR LOW CARB PASTA ~ ADD 4.00

GRILLED CHICKEN CASSEROLES

GRILLED CHICKEN VESUVIO	14.95
<i>Grilled chicken, mushrooms, peas & bacon prepared in our creamy rosa sauce</i>	
TOSCANA	14.95
<i>Grilled chicken, prosciutto, roasted peppers & spinach in our white wine sauce topped with melted mozzarella cheese</i>	
MARSALA	14.95
<i>Grilled chicken sautéed with fresh mushrooms in our homemade Marsala wine sauce</i>	
BALSAMIC GRILLED CHICKEN	14.95
<i>Grilled chicken in a balsamic reduction with fresh garlic & onions topped with slices of chilled fresh mozzarella</i>	
GRILLED CHICKEN PRIMAVERA	14.95
<i>Grilled chicken, broccoli, roasted peppers, cherry tomatoes & zucchini sautéed in garlic & olive oil</i>	
FIORE	14.95
<i>Grilled chicken, spinach & capers sautéed in our garlic-lemon sauce</i>	

VEGETABLE CASSEROLES

EGGPLANT ROMANO	14.95
<i>Breaded eggplant sautéed with roasted peppers and fresh garlic in our homemade sherry wine sauce</i>	
CAMPAGNA	14.95
<i>Artichokes, sun-dried tomatoes & broccoli in our sweet sherry wine sauce topped with melted mozzarella cheese</i>	
EGGPLANT, ROASTED PEPPERS & SUN-DRIED TOMATOES	14.95
<i>Prepared in our creamy rosa sauce</i>	

SEAFOOD CASSEROLES

SHRIMP PRIMAVERA	16.95
<i>Shrimp, broccoli, roasted peppers, cherry tomatoes & zucchini sautéed in garlic & olive oil</i>	
MUSSELS	14.95
<i>One-and-a-half dozen mussels sautéed with fresh garlic served in homemade red sauce or served in fresh garlic & olive oil</i>	
FRESH CALAMARI	12.95
<i>Calamari sautéed with fresh garlic, black olives & capers served in our homemade red sauce or served in fresh garlic & olive oil</i>	
CLAMS & SHRIMP	16.95
<i>Sautéed littleneck clams & shrimp served in our homemade red sauce or served with fresh garlic & olive oil</i>	
PESCATORE	19.95
<i>Mussels, littleneck clams & shrimp sautéed in fresh garlic served in our homemade red sauce Enhance with scungilli ~ 5.00</i>	

VEAL CASSEROLES

VEAL AL FRESCO	17.95
<i>Freshly prepared veal topped with homemade bruschetta & fresh mozzarella served on a bed of baby greens with balsamic reduction</i>	
VEAL FRANCESE	15.95
<i>Delicately battered veal in our homemade white wine-lemon sauce</i>	
VEAL PICCATA	15.95
<i>Delicately battered veal sautéed with fresh garlic & capers in our white wine-lemon sauce</i>	
VEAL TOSCANA	16.95
<i>Freshly prepared veal, prosciutto, roasted peppers & spinach in our white wine sauce topped with melted mozzarella cheese</i>	

WARM SMART EATING SANDWICHES



100% WHOLE WHEAT HOMEMADE FOCACCIA
LIGHT & CRISPY ITALIAN BREAD MADE WITH OLIVE OIL & HERBS ~ 9.95



WHOLE WHEAT WRAP
SEASONED WITH GARLIC & HERBS ~ 8.95

EGGPLANT, ROASTED PEPPERS, FRESH MOZZARELLA & BALSAMIC VINEGAR

CALIFORNIA CHICKEN

Grilled chicken, lettuce, tomatoes & mayonnaise topped with melted mozzarella cheese

CAPRI

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

SORRENTO

Grilled chicken, sun-dried tomatoes, fresh mozzarella & our classic pesto

EGGPLANT, SPINACH & GARLIC

Prepared with melted mozzarella cheese & a touch of our homemade red sauce

VEGGIE MELT

Grilled mushrooms, black olives, sweet bell peppers, onions, tomatoes & lettuce topped with melted mozzarella cheese

EGGPLANT PARMIGIANA

Prepared with our homemade red sauce or with our creamy rosa sauce

VEAL PARMIGIANA

Prepared with our homemade red sauce or with our creamy rosa sauce

COLD SMART EATING SANDWICHES



100% WHOLE WHEAT HOMEMADE FOCACCIA
LIGHT & CRISPY ITALIAN BREAD MADE WITH OLIVE OIL & HERBS ~ 9.95



WHOLE WHEAT WRAP
SEASONED WITH GARLIC & HERBS ~ 8.95

FRESH MOZZARELLA & ROASTED PEPPERS

Prepared with tomatoes, fresh garlic & olive oil.

FRESH MOZZARELLA, TOMATOES & BASIL

Baby greens & balsamic vinaigrette

VEGGIE

Sweet bell peppers, onions, mushrooms & black olives

TURKEY

Prepared with lettuce, tomatoes, oil & vinegar

TURKEY & CHEESE

Prepared with lettuce, tomatoes, oil & vinegar

AN 18% GRATUITY MAY BE INCLUDED FOR PARTIES OF 6 OR MORE.

SMART EATING SIDES

WHOLE WHEAT SPAGHETTI <i>Served in our homemade red sauce</i>	9.95
ARTICHOKES & CHERRY TOMATOES <i>Sautéed in fresh garlic & olive oil and topped with feta cheese</i>	6.95
ASPARAGUS & SUN-DRIED TOMATOES <i>Prepared in our creamy rosa sauce</i>	7.45
SAUTÉED SPINACH OR BROCCOLI <i>Prepared in fresh garlic & olive oil</i>	6.95
STEAMED BROCCOLI OR ASPARAGUS	5.95

SMART EATING PIZZA

ALL SMART EATING PIZZAS ARE MADE WITH OUR 100% WHOLE WHEAT PIZZA DOUGH
SOY CHEESE ~ 2.00 FOR PERSONAL PIZZA ~ 3.00 ALL OTHER SIZES

PERSONAL
10" ~ 8 slices
9.95

SMALL
14" ~ 8 slices
12.95

LARGE
16" ~ 8 slices
13.95

CREATE YOUR OWN SMART EATING PIZZA

SELECT FROM THE TOPPINGS BELOW AND WE WILL MAKE YOUR 100% WHOLE WHEAT PIZZA
SOY CHEESE ~ 2.00 FOR PERSONAL PIZZA ~ 3.00 ALL OTHER SIZES

STANDARD TOPPINGS

PERSONAL PIZZA
1.95

ALL OTHER PIZZAS
2.45

CHEESE

LEAN & TRIM MOZZARELLA

VEGETABLE

ARTICHOKES ♦ ASPARAGUS

BLACK OLIVES ♦ BROCCOLI ♦ CAPERS

GARLIC ♦ MUSHROOMS ♦ ONIONS ♦ PEPPERS

PINEAPPLE ♦ ROASTED PEPPERS ♦ SPINACH

SUN-DRIED TOMATOES ♦ TOMATOES ♦ ZUCCHINI

SEAFOOD

ANCHOVIES ♦ MUSSELS

GOURMET SAUCE

BARBECUE SAUCE ♦ CREAMY ROSA ♦ VODKA SAUCE

DELUXE TOPPINGS

PERSONAL PIZZA
2.95

ALL OTHER PIZZAS
3.95

MEAT

GRILLED CHICKEN ♦ STEAK

CHEESE

FETA ♦ FRESH MOZZARELLA

VEGETABLE

BRUSCHETTA ♦ EGGPLANT

SEAFOOD

FRESH CALAMARI ♦ CLAMS ♦ SHRIMP

GOURMET SAUCE

GORGONZOLA BLEU CHEESE ♦ PESTO ♦ SCAMPI

AN 18% GRATUITY MAY BE INCLUDED FOR PARTIES OF 6 OR MORE.



GOURMET SMART EATING PIZZAS



ALL SMART EATING PIZZAS ARE MADE WITH OUR 100% WHOLE WHEAT PIZZA CRUST

SOY CHEESE ~ 2.00 FOR PERSONAL PIZZA ~ 3.00 ALL OTHER SIZES

SPECIALTY PIZZAS

	PERSONAL	SMALL	LARGE
TRADITIONAL-STYLE WHOLE WHEAT PIZZA	9.95	12.95	13.95
LEAN & TRIM PIZZA	11.95	14.95	15.95
<i>Our whole wheat pizza made with homemade red sauce & low fat mozzarella cheese</i>			
SEAFOOD COMBO	18.95	22.95	24.95
<i>Littleneck clams, shrimp, mussels & a touch of garlic</i>			
SMART EATING SAMPLER		LARGE	23.95
<i>¼ ~ Eggplant, spinach & fresh garlic</i>			
<i>¼ ~ Grilled chicken & roasted peppers</i>			
<i>¼ ~ Artichokes & sun-dried tomatoes</i>			
<i>¼ ~ Grilled chicken, a touch of our red sauce & pesto</i>			

GRILLED CHICKEN PIZZAS

SORRENTO	16.95	20.95	22.95
<i>Grilled chicken, sun-dried tomatoes, a touch of our red sauce, mozzarella cheese & pesto</i>			
CACCIATORE	16.95	20.95	22.95
<i>Grilled chicken, fresh mushrooms, sweet bell peppers & onions</i>			
CHICKEN PARMIGIANA	15.95	19.95	21.95
<i>Grilled chicken, fresh garlic & parsley</i>			
BBQ CHICKEN	15.95	19.95	21.95
<i>Grilled chicken, barbecue sauce & mozzarella cheese</i>			
BUFFALO CHICKEN	15.95	19.95	21.95
<i>Grilled chicken & Buffalo sauce topped with ranch dressing & mozzarella cheese</i>			
CHICKEN, ROASTED PEPPERS & BROCCOLI	16.95	20.95	22.95

VEGETABLE PIZZAS

FRESH MOZZARELLA, TOMATOES & BASIL	15.95	19.95	21.95
<i>Accented with a touch of fresh garlic</i>			
VEGETABLE COMBO	16.95	20.95	22.95
<i>Broccoli, black olives, spinach, onions, sweet bell peppers & mushrooms</i>			
DELLA NONNA	14.95	18.95	20.95
<i>Sun-dried tomatoes & artichokes</i>			
FETA & CAPERS	14.95	18.95	20.95
<i>Feta cheese, mozzarella cheese, our homemade red sauce, capers & fresh basil</i>			
EGGPLANT PISA	16.95	20.95	22.95
<i>Gorgonzola bleu cheese sauce, eggplant, mushrooms, spinach, artichokes & roasted peppers drizzled with balsamic vinegar and topped with mozzarella cheese. Made without red sauce</i>			
TWO-TOMATO VERDE	15.95	19.95	21.95
<i>Our classic pesto sauce topped with a touch of red sauce, sun-dried tomatoes, fresh tomatoes and mozzarella cheese</i>			
EGGPLANT DI SERA	16.95	20.95	22.95
<i>Marinated eggplant, sautéed zucchini, black olives & bruschetta</i>			
PRIMAVERA	15.95	19.95	21.95
<i>Broccoli, spinach, tomatoes & a touch of fresh garlic</i>			