

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

Bruschetta di Pomodoro	8.5
Toasted bread, fresh tomatoes, olive oil, garlic & fresh basil	
Fried Zucchini	8.5
Mozzarella Sticks	9
Little White Pizza	8
Fresh tomatoes, three cheeses, olive oil & rosemary	
Sauteed Mushrooms	9
Fried Calamari	10
Caprese di Pomodoro	10
Fresh mozzarella cheese, tomatoes, fresh basil, olive oil & balsamic vinegar	
Individual Cheese Pizza	8
Extra Item	.75 each

SOUPS & SALADS

Antipasto	sm 9.5 / lg 11.5
Caesar Salad	8
With Chicken	12
With Shrimp	14
Garden Salad	4.5
Minestrone Soup	bowl 4.5

SIDE ORDERS

Garlic Bread	2.5	Meat Balls (2)	4
Garlic Cheese Bread with sauce	4.5	Mixed Steamed Vegetables	7
Italian Sausage (2)	4.5	Shrimp (6)	8

BEVERAGES

Soft Drinks	2.25	Cappuccino	3.5
Coffee/Tea	2.25	Apple Juice	2.5
Milk	2.25	San Pellegrino	
Espresso	3	Mineral Water	2.5

SPECIALTIES

Served with soup or garden salad & garlic bread

A La Carte - \$1.00 off

Substitute alfredo or pesto sauce for \$1.50

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

Eggplant Parmigiana	15
Served with a side order of pasta	
Chicken Cacciatore	16.5
Boneless chicken breasts, tomato and mushroom sauce, bell peppers and olives, served with a side order of pasta	
* Chicken Marsala	16.5
Boneless chicken breasts, mushroom and marsala sauce, served with a side order of pasta	
* Chicken Piccata	16.5
Boneless chicken breasts, lemon sauce with capers, served with a side order of pasta	
Chicken Parmigiana	16.5
Served with side order of pasta	
Gnocchi	14
Homemade potato dumplings, with meat, marinara or pink sauce	
Linguine	14
With white or red clam sauce	
Shrimp Linguine	18
With fresh tomatoes, garlic and basil	
* Calamari Steak	18
With mushrooms in a butter and wine sauce, served with a side order of pasta	

FAMILY DINNER

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

Dinner For Two **\$28**

Each additional person **\$12**

CHILDREN'S PLATE

(12 years & under)

Choice of:

Spaghetti, ravioli, lasagna, or mini cheese pizza
with ice cream & soft drink **\$7**

Children's Plates are Dine In Only

PASTA

Served with soup or garden salad & garlic bread

A La Carte ~ \$1.00 off

Substitute alfredo or pesto sauce for \$1.50

* For a lighter side, substitute butter with olive oil

Lasagna **13.5**
(Half order - No soup or salad \$8)

Vegetable Lasagna **15**
Fresh spinach noodles & vegetables in marinara sauce and cheese

Cannelloni **13.5**
A blend of seasoned meats, wrapped in fresh pasta, baked with meat sauce & cheese

Manicotti **13.5**
Ricotta and seasoned cheeses, wrapped in fresh pasta, baked in marinara sauce & cheese

Ravioli **13.5**
(Half order - No soup or salad \$7)
Beef or cheese, with meat or marinara sauce

Ravioli Florentine **14.5**
Spinach & cheese ravioli, with marinara or cream sauce

Shells Florentine **14.5**
Spinach & cheese stuffed shells, baked in marinara or cream sauce

Cheese Tortellini **13.5**
With meat or cream sauce

Penne with Pesto Sauce **13**
Add Chicken ~ \$3
Add Shrimp ~ \$7

Angel Hair Pasta **12**
Fresh tomatoes, basil, garlic & olive oil

Spaghetti with Meatball **11**
(Half order - No soup or salad \$7)

Spaghetti
With Sausage **13**
With Mushroom Sauce **13**
With Garlic & Olive Oil **11**

Fresh Homemade Spaghetti
With Meatball **13.5**
With Sausage **14**

Whole Grain Spaghetti **13**
With marinara sauce

Half & Half with meat or marinara sauce
Spaghetti & Ravioli **12.5**
Spaghetti & Lasagna **12.5**
Lasagna & Ravioli **14**

Rigatoni with meat or marinara sauce **11**
Baked ~ add \$3

Rigatoni Fra Diavolo **15**
Spicy marinara cream sauce with sausage, olives and onions

Fettuccine Alfredo **13**
(Half order - No soup or salad \$8)
Add chicken & broccoli ~ \$4
Add ham & mushroom ~ \$4
Add shrimp ~ \$7

* **Fettuccine Primavera** **14**
Fresh vegetables, sauteed in a butter sauce
Add chicken ~ \$3

GOURMET PIZZA

Our gourmet pizzas are 12 inches with thin crust

No substitutions, please.

Margherita **11**
Sauteed fresh tomatoes with basil, garlic & olive oil

Prosciutto & Red Onion **13**
Prosciutto with red onion & olive oil

Grilled Chicken **16**
With red onion, pine nuts & pesto sauce

Barbeque Chicken **16**
Grilled chicken breast, red onion, cilantro, mozzarella, gouda & barbeque sauce

Chicken Alfredo **16**
Grilled chicken breast & alfredo sauce

Caprese **15**
Olive oil, fresh mozzarella, basil, & a splash of tomato sauce

Quattro Sapori **13**
Green olives, red bell pepper, red onion & artichokes

Shrimp **19**
With garlic & olive oil

TRADITIONAL PIZZA

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

	Med 12"	Lrg 16"
Cheese	11.5	14
Vegetarian	15.5	20
Bell peppers, mushrooms, onions & olives		
Mamma Rosa Special	17	20.5
Pepperoni, sausage, mushrooms, onions, bell peppers, olives & fresh tomatoes		
Primavera	16	19.5
Broccoli, zucchini & carrots		
Additional Toppings (each)	1	1.5
Pepperoni, sausage, mushrooms, black olives, fresh tomatoes, onions, bell peppers, ham, canadian bacon, pineapple, jalapeno, salami, pepperoncini, eggplant and meat balls		
Thick Crust	1	1.5
Extra Cheese	1.5	2
Artichokes or Anchovies	1.5	2

SANDWICHES

Ham & Cheese **7.5**

Italian Sub **7.5**

Meat Ball with cheese **7.5**

Salami with provolone cheese **7.5**

Eggplant Parmigiana **8.5**

Pastrami with cheese **8.5**

Capicollo with cheese **8.5**

Turkey with provolone cheese **8**

Sausage with cheese & bell pepper **8.5**

Veal Parmigiana with bell pepper **8.5**

Chicken Parmigiana **10.5**

Chicken Cutlet **10.5**
w/ lettuce, tomato, onion & dressing

Caprese **9**
w/ tomatoes, fresh mozzarella, basil & pesto