



OUR MISSION

At Ama, we envision a new era for restaurants—one where indulgence coexists seamlessly with nourishment, community, and connection—where every bite fosters not just pleasure, but also vitality. Food is not merely sustenance; it is a celebration of how wholesome, quality ingredients can also yield satisfyingly flavorful meals. To ignite this industry change, we must serve as a driving force. Our mission is simple: to nourish our guests in body and soul, leaving them feeling invigorated and eager to return for more wholesome experiences.

I WE QUESTION EVERYTHING

Driven by our commitment to the well-being of both our team members and guests, we always question the status quo. Prioritizing clean sanitation, we opt for high heat, ozonated water & botanical cleaners over harsh chemicals. We use stainless steel cookware and steer clear of non-stick materials to keep your food safe. We scrutinize “eco-friendly” disposable cups to find one that is free from toxins and biodegrades in 180 days.

II COMMITTING TO MICROPLASTIC-FREE DINING

Our food & beverage program is free from single-use plastic, as well as BPA, PFAs, phthalates, and polycarbonate, ensuring no microplastics leach into your food. We're committed to sustainability with biodegradable and compostable disposables that are not lined or coated with chemicals.

III QUALITY WATER PURIFICATION

Our water filtration system uses double catalytic carbon filtration to remove contaminants while retaining essential minerals, guaranteeing purity in both drinking and cooking water.

IV PLANET-FRIENDLY PRACTICES

From water to waste reduction, we're striving to take care of the world we all share. Our plate-scraping system utilizes 93% less water than a spray nozzle! We're passionate about waste reduction, education, and going beyond recycling and composting practices throughout our operations.

V ALL-ELECTRIC KITCHEN

Our fully electric equipment ensures a safer, more enjoyable environment for our team. Not only do we reduce the risk of indoor air pollution, but we also ensure energy efficiency and boast a smaller environmental footprint than a traditional restaurant kitchen.

VI SLOW FOOD COOKING

Our cooking is guided by the slow food ethos, emphasizing nourishing ingredients. We say no to ultra-processed foods, opting instead for unprocessed or minimally processed ingredients. Every component is chosen with care—free from artificial colors, chemicals, or added flavors and preservatives. We believe in the goodness of whole ingredients and the sweetness of unrefined sugars.

VII INGREDIENTS AS NATURE INTENDED

Our commitment to quality extends beyond non-GMO. We prioritize supporting regenerative agriculture, recognizing the importance of healthy soil for a sustainable future. We follow the EWG Dirty Dozen and Clean Fifteen lists for organic produce sourcing and utilize an electrolysis purifier for all produce-washing.

VIII HEALTHY FATS

We believe in the power of healthy fats. That's why you won't find any industrial seed oils in our kitchen. We are the first and only verified restaurant in the Washington Metropolitan Area on Seed Oil Scout. Plus, we've ditched the traditional fryer in favor of shallow-frying, ensuring freshness and top-quality flavor in every bite.

IX SUSTAINABLY SOURCED PROTEINS

From wild-caught fish to pasture-raised poultry and grass-fed, and grass-finished meats, we're dedicated to serving only the highest quality proteins, ensuring both flavor and integrity.

X EMPLOYEE HEALTH & WELLNESS

Your bill includes a 3.85% service fee. Ama distributes them in totality among all employees in the form of health and wellness benefits. All tips go directly to service staff. Please visit our website www.amarestaurant.bar for more details.

THANK YOU FOR BEING A CATALYST FOR CHANGE.
WE HOPE YOU ENJOY YOUR CONSCIENTIOUS JOURNEY WITH AMA.

A friendly reminder that consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. Please be advised that food here may contain these ingredients: milk, eggs, wheat, soybean, fish, shellfish, tree nuts, and peanuts.



ama

FOCACCIA

The Ligurian Way

FARINATA (GF) (VG) \$7
Savory Chickpea Pancake Baked with
Ligurian Extra Virgin Olive Oil

FOCACCIA DI FORMAGGIO (V) \$11
Very Thin Layered Focaccia
with Crescenza Cheese

FÜGASSA (VG) \$9
Genovese Focaccia Made with
Ligurian Extra Virgin Olive Oil

STUZZICHINI

little indulgences

AFFETTATI & FORMAGGIO (AGF)

\$9 EACH • 3 FOR \$25

Speck • 24 Month Prosciutto di San Daniele
Mortadella • Sbriciolona Salame • Prosciutto Cotto
Alta Badia • 24 Month Parmigiano Reggiano
Pecorino Sardo • Crucolo

SERVED WITH HERB & EXTRA VIRGIN OLIVE OIL GRISSINI

ACCIUGHE (AGF) \$14

Nettuno Italian Anchovies Prepared Two Ways
on Ancient Grain Sourdough

POLPETTE MONDEGHILI \$9

Pasture-Raised Beef & Pork Meatballs with Mortadella,
Served Milanese-Style

FRITTO MISTO \$15

Lightly Fried Medley of Anchovies, Prawns & Calamari
with a Lemon to Squeeze

ANTIPASTI

a place to start

KNÖDELSUPPE \$13

Speck Dumplings in Bone Broth-
A Typical Tyrolean Soup to Warm You Up!

KNÖDEL MIT KRAUTSALAT (V) \$15

Porcini, Spinach & Beet Bread Dumpling Trio
with a Refreshing Kraut Salad

TARTARE DI SALMONE (GF) \$22

Lummi Island Wild Salmon Tartare with Sun-Dried Tomato, Olive
Crumble, Marinated Eggplant & Farinata Chips

CARPACCIO (GF) \$23

Beef Carpaccio with a Mixed Green Sauce,
Arugula & Parmigiano Reggiano

VITELLO TONNATO (GF) \$19

Piedmontese Dish of Thinly Sliced Milk-Fed Veal, Pantelleria Capers
& a Classic Sauce made with Omega-3 Rich Wild Albacore Tuna

VERDURE

eat your vegetables

INSALATA VERDE (GF) \$14

Brimming with Fresh Greens, Radishes, Cucumbers,
Styrian Pumpkin Seeds & our Signature Dressing

FINOCCHIO (GF) (V) \$15

Shaved Fennel, Lemon & Black Pepper Salad
with Shaved Pecorino Sardo Cheese

BARBABIETOLE (GF) (V) \$16

Roasted Beets in Balsamic with Fresh
Robiola Cheese, Sprouted Walnuts & Tarragon

CARCIOFO AL MATONE (GF) (V) \$26

Organic Artichoke 'under a brick' with
Nepitella, Fresh Lemon & Extra Virgin Olive Oil

PATATE AL FORNO (GF) (VG) \$12

Fluffy & Crispy Roasted Potatoes with Rosemary,
Garlic & Extra Virgin Olive Oil

VERDURA DI STAGIONE (GF) \$14

Ask About Our Seasonal
Sautéed Leafy Green

PRIMI

pasta that loves you back

SPAGHETTI AL POMODORO (V) (AGF) \$20

Monograno Felicetti Kamut Flour Pasta with
D.O.P. San Marzano Tomato & Basil Sauce

TROFIE CON PESTO GENOVESE (V) (AGF) \$26

Hand-Rolled Chestnut Flour Trofie with Tigullio Basil
Pesto, Served Traditionally with Green Beans & Potato

LASAGNETTA \$32

Fresh Pasta with Wild Mushroom,
Fowl & Marsala Ragu, Mushroom
Bechamel & Parmigiano Reggiano

PICAGGE VERDI (V) (AGF) \$27

Foraged Local Ramp Green Pasta Ribbons
with Delicately Tossed with Ramp Infused A2
Butter & Parmigiano Reggiano

RAVIOLINI AL TOCCO \$28

Ravioli filled with Braised Pasture-Raised
Beef & Escarole, Served in a Meat Jus

SCHLUTZKRAPFEN RAVIOLI (V) \$24

Rye Half-Moon Ravioli filled with Spinach &
Fresh Cheese topped with Brown Cultured Butter,
Parmigiano Reggiano & Chives

SECONDI

protein rich entrees

CONIGLIO (AGF) \$36

Braised Free-Range Rabbit Stew with Fennel,
Tomato & Ligurian Riviera Olives, Served with
Housemade Sourdough 'Per Fare La Scarpetta'

MAIALE FARCITO (GF) \$38

Pasture-Raised Pork Tenderloin filled with Leek,
Mushroom & Chestnut, Wrapped in Speck &
Served with Braised Red Cabbage

BISTECCA (GF) MP

Bone-In Ribeye Steak (Regenerative Pasture-Raised,
Grass-Fed & Finished), Basted with
Fresh Rosemary & Garlic

PESCE (GF) \$45

Wild Alaskan Sablefish with Cannellini Bean
Puree & a Leek Salsa Verde

VITELLO ALLA MILANESE (GF) \$34

Thinly Pounded Breaded Milk-Fed Veal & Served
with Arugula and Lemon for a Fresh Squeeze

POLLO ARROSTO AL FORNO (GF) \$33

Pasture-Raised Organic Half-Chicken Roasted with
Hints of Fresh Marjoram, Served with Insalata
Verde

(V) Vegetarian (VG) Vegan

UNAPOLOGETICALLY
NORTHERN ITALIAN

(AGF) Available Gluten Free (GF) Gluten Free