



## FOCACCIA

FOCACCIA DI FORMAGGIO (V) \$10  
*Very Thin Layered Focaccia Baked with Crescenza Cheese*

FARINATA (GF) (VG) \$6  
*While Technically Not a Focaccia, This Savory Chickpea Pancake from Liguria is a Wonderful Gluten Free Option*

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

## STUZZICHINI

AFFETTATI (AGF) \$9 EACH  
*Speck • Mortadella • 24 Month Prosciutto San Daniele*

CROSTINI (AGF) \$5 EACH  
*Chicken Liver • Zucchini en Saor (vg) • Taggiasche Tapenade (vg)*

FIORI DI ZUCCA (GF) (VG) \$9  
*Sage-Battered Zucchini Blossoms*

FORMAGGIO (GF) \$8 EACH  
*Alta Badia • Montasio • 24 Month Parmigiano Reggiano*

POLPETTE MONDEGHILI \$9  
*Beef, Pork & Mortadella Meatballs  
Milanese-Style: Breaded and Lightly Fried*

FRITTO MISTO \$15  
*Lightly Fried Medley of Anchovies, Prawns & Calamari with a Lemon*

## ANTIPASTI

ACCIUGHE (AGF) \$14  
*Nettuno Italian Anchovies Prepared Two Ways on Ancient Grain Sourdough*

BARBABIETOLE (GF) (V) \$16  
*Roasted Beets in Balsamic with Fresh Robiola Cheese, Sprouted Walnuts & Tarragon*

TARTARE DI SALMONE (GF) \$21  
*Wild Salmon Tartare with Sun Dried Tomatoes & Marinated Eggplant*

CANEDERLI \$13  
*Tyrolean Speck Knödel Dumplings with a Refreshing Cabbage Salad*

VITELLO TONNATO (GF) \$18  
*Piedmontese Dish of Thinly Sliced Veal in a Tuna & Caper Sauce*

CARPACCIO (GF) \$21  
*Thinly Sliced Beef with a Mixed Green Sauce & Shaved Parmigiano Reggiano*

## VERDURE

INSALATA DI RADICCHIO (GF) \$16  
*Radicchio & Crispy Speck Salad with a Leek Chestnut Honey Balsamic Vinaigrette*

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*

SPIGARELLO (GF) (VG) \$13  
*Simply Sautéed Leafy Green that's a Cross Between Broccoli & Kale Leaves, a Specialty Grown for Ama!*

CARCIOFO AL MATTONE (GF) (VG) \$15  
*Crispy Artichoke 'Under a Brick' with Nepitella, Garlic, Fresh Lemon & Extra Virgin Olive Oil*

PATATE AL FORNO (GF) (VG) \$12  
*Fluffy & Crispy Roasted Potatoes with Rosemary, Garlic & Extra Virgin Olive Oil*

## PRIMI

SPAGHETTI AL POMODORO (V) (AGF) \$20  
*Monograno Felicetti Kamut Flour Pasta with D.O.P. San Marzano Tomato Sauce & Fresh Basil*

TROFIE DI CASTAGNE CON PESTO GENOVESE (V) (AGF) \$26  
*Hand Rolled Trofie made with Chestnut Flour in a Tigullio Basil Pesto*

LASAGNETTA \$32  
*Fresh Pasta with Wild Mushroom, Fowl & Marsala Ragu, Mushroom Bechamel & Parmigiano Reggiano*

PANSOTTI CON SUGO DI NOCI (V) \$26  
*Very Traditional Ligurian Ravioli filled with 'Preboggion' (Wild Foraged Greens) & Ricotta in a Walnut Sauce*

RAVIOLINI AL TOCCO \$28  
*Ravioli filled with Braised Beef, Escarole & Borage in a Meat Jus*

PACCHERI CON GAMBERONI (AGF) \$33  
*Monograno Felicetti Matt Flour Pasta with Tiger Prawns in a Seafood Tomato Sauce*

## SECONDI

CONIGLIO (AGF) \$32  
*Braised Rabbit Stew with Fennel, Tomato & Ligurian Riviera Olives, Served with Housemade Sourdough 'Per Fare La Scarpetta'*

ORATA AL FORNO (GF) \$56  
*Whole Mediterranean Sea Bream Baked in Himalayan Rock Salt, Served with a Garlic Scape Salsa Verde*

VITELLO ALLA MILANESE (GF) \$33  
*Thinly Pounded Breaded Veal & Served with Arugula and Lemon for a Fresh Squeeze*

POLLO ARROSTO AL FORNO (GF) \$32  
*Roasted Half-Chicken Roasted with Crispy Skin & Hints of Fresh Marjoram, Served with Mixed Greens*

(V) Vegetarian (VG) Vegan

(AGF) Available Gluten Free (GF) Gluten Free

## 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-scrapping 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 exclusively use extra virgin olive oil, coconut oil, avocado or nut oils, as well as butter and animal fats from regeneratively pastured animals. 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](http://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.*