

LUNCH SPECIALS

Per Mangiare • To Eat

Make the Minestrone Johanna's Way

Add Pesto Genovese & Pasture Raised Lancaster Farm Fresh Organic Chicken to Our Organic Minestrone Soup +\$10

Add Protein to Any Salad

- Pasture Raised Lancaster Farm Fresh Organic **Chicken** \$10
- Wild Caught Lummi Island Baker **Salmon** \$16
- 100% Grass-fed Grass-Finished **Steak** \$16

Have a Beautiful Rice Bowl !

Piedmontese Red Rice with Wild Caught Lummi Island Baker Salmon, Sautéed Zucchini & Arugula is the Perfect Healthy Lunch (GF) (DF)\$24

Make it a Combo

Add a **Small Minestrone Soup**, a **Slice of Classico Fugassa** or a **Side of Mixed Green Salad** to Any Item for \$6

Try our Housemade Focaccia Farcito

Open-Faced Ligurian Focaccia* with your Choice of Topping:

- Buffalo Mozzarella**, Sundried Tomato & Pesto on Classic (V) \$14
- Prosciutto Cotto**, Crucolo Cheese on Onion Focaccia \$14
- Mortadella**, Crescenza Cheese & Pesto on Classic \$15
- Prosciutto San Daniele**, 24 Month Parmigiano Reggiano & Arugula on Classic \$15
- Sbriciolona Salami**, Alta Badia Cheese & Sundried Tomato on Onion Focaccia \$15

**Substitute Ancient Grain Sourdough or Gluten Free Buckwheat Bread*

Looking for a Classic?

Try our **Pesto Genovese with Trenette Pasta** (V) (AGF) \$23 or our **Ragù Bolognese with Tagliatelle Pasta** (AGF) \$28

Add Something on the Side

- Housemade **Sauerkraut** with Juniper & Caraway (V) \$4
- Parfait** with Homemade A2 Yogurt, Big Bold Health Himalayan Tartary Sprouted Buckwheat Granola & Fresh Fruit (V) (GF) \$9
- Slice of **Ancient Grain Sourdough** (VG) (DF) \$3
- Slice of **Leafy Green Frittata** (V) (GF) \$8
- Slice of our **Contadino Frittata** (V) (GF) \$9
- Tyrolean Potato & Celeriac **Rösti** (VG) (GF) \$8
- Piece of our Savory **Torta di Riso** (V) \$8
- Housemade Classic **Vuoto Cornetto** (V) \$6.50
- Cornetto** filled with **Pastry Cream** or **Apricot Jam** (V) \$7.50

Per Bere • To Drink

Ask your server about our classic Italian coffee options. We Offer the **Original 1882** or **Decaf Blend of Caffè Vergnano**, the **Oldest Coffee Roaster in Italy**. Our Milk is an **Organic A2 Grass-Fed Regenerative Whole Milk**. If you Would Like to Substitute for a **Non-Dairy Option** we have **Unsweetened Hazelnut Milk**, **Pumpkin Seed Milk** or **Cashew Milk** for an Add on.

Everything in House is Free from Refined Sugar. We Offer **Sucanat**, **Date Syrup** or **Raw Honey** for Sweetening your Beverage. In Addition, we Have **Housemade Vanilla**, **Hazelnut**, **Chocolate** or **Gianduja** Flavors for an Add on.

SEASONAL SPECIALITIES

Ama's Signature Bone Broth

Low FODMAP Broth made with Organic Beef & Chicken Bones \$8

Bone Broth Hot Chocolate

Ama's Signature Bone Broth with Steamed Milk of Choice, Santa Barbara Rainforest Cacao, Vanilla Bean & Sucanat with Housemade Marshmallows made with Marshmallow Root, Gelatin & Maple Syrup \$8

Gingerbread Latte

Caffè Vergnano Espresso, Steamed Milk of Choice & Housemade Gingerbread Syrup made with Organic Ginger, Molasses & Spices \$7

Peppermint Chocolate Latte

Caffè Vergnano Espresso, Steamed Milk of Choice & Housemade Syrup made with Organic Peppermint Extract, Santa Barbara Rainforest Cacao & Sucanat \$7

Chaga Chai Latte

Lancaster Farmacy Chaga Chai, Steamed Milk of Choice & Housemade Syrup made with Vanilla Bean & Sucanat \$6

Spremuta

Our Organic Orange Juice is Fresh Squeezed Daily. Enjoy for a Boost of Vitamin C \$9

Ama Cola

We don't have Coca Cola, but we do make our own with Kola Nut, Citrus, Spices & Sucanat so it still has the Caffeine along with other Digestive Benefits \$8

Affogato

Caffè Vergnano Espresso Poured over your Choice of Housemade Gelato: Crema, Pistacchio or Gianduja \$11

(V) Vegetarian (VG) Vegan (AVG) Available Vegan (GF) Gluten Free (AVG) Available Gluten Free (DF) Dairy Free (ADF) Available Dairy Free