

ama



Analcolici • Zero Proof

Acqua • Water

At Ama, we treat water as a living ingredient. Our selection includes double-catalytic-carbon-filtered water and mineral-rich waters chosen with intention for hydration and the pleasure of a well-set table.

- Double-Catalytic Carbon Filtered Water Free!
- Fiuggi Oligominerale 750 mL Still or Sparkling Water \$8
- Mayu Structured & BodyBio ReMineralize Water \$2/\$9 Carafe
- Lourdes Hydrofixe Holy Hydrogen Rich Water \$2/\$9 Carafe

Bibite • Zero Proof Beverages

Ama Cola Housemade in the style of the Original Cola with Real Kola Nut, Citrus Zest & Baking Spice \$8

Lacto-Fermented Ginger Ale Fermented Ginger & A2 Whey with Fresh Lemon, Raw Honey & Seltz \$8

Ama’s Digestive Bitter Gentian Root, Dandelion, Juniper, Orange Peel & Seltz \$9

Elderberry Gazzosa Lancaster Pharmacy Elderberry, Astragalus and Echinacea Syrup, Fresh Lemon & Seltz \$10

ZP Hugo Spritz Glasrose Elderflower Sparkling Verjus, Fresh Elderflower, Apple Dolcedi, Lime, Mint & Seltz \$15

ZP Ama Spritz Non-Alcoholic Aperitivo, Lime, Passionfruit, Seltz \$16

ZP Viola Spritz House Indigo Botanical Elixir, Glasrose Elderflower & Yuzu Verjus, Seltz \$15

ZP Kiwi Margherita Little Saint ZP Spirit, Fresh Kiwi, Chlorophyll, Citrus, Raw Honey with a Vera Sea Salt Rim \$16

ZP Shakerato Robust Caffè Vergnano Espresso Shaken Frothy with Rainbo 11:11 Multi-Mushroom Tincture & Raw Sucanat \$12

Negroni Sole Figlia Sole Aperitivo, Glasrose Verjus \$14

Glasrose Elderflower & Yuzu Organic Verjus with accents of Elderflower & Fresh Yuzu \$14/\$62

Glasrose Hibiscus Blood Orange Organic Verjus with accents of Hibiscus & Fresh Blood Orange \$14/\$62

Alcolici • With Alcohol

Spritz • Sparkling Spritzes

Ama Spritz Aperitivo Blend with Bubbly Prosecco & Seltz, Garnished with Fresh Orange \$15 *Add a Cerignola Olive to make it a Spritz Veneziano!*

Hugo Spritz Fresh Local Elderflower, Apple Dolcedi, Lime, Mint, Prosecco & Seltz \$15

Sorbetto Spritz Malfy Blood Orange Gin, Cocchi Americano Rosa & our Seasonal Sorbetto topped with Bubbles! \$17

Viola Spritz House Indigo Botanical Elixir, Glasrose Elderflower & Yuzu Verjus, Prosecco \$16

Classiche • Classics

House Martini Choose Your Frozen Spirit, Dry Vermouth with Taggiasca Olive Brine & Aromatic Olive Wood \$22
+ Bombay Sapphire Gin | + Grey Goose Vodka

Caffè Shakerato Robust Caffè Vergnano Espresso Shaken Frothy with Rainbo 11:11 Multi-Mushroom Tincture & Raw Sucanat \$18
+ Amaro +Don Q Rum +Vodka +Del Maguey Mezcal +Macallan 12 *+Add \$8*

Bellini White Peaches & Prosecco \$14

Garibaldi Our Red Bitter with Frothy Organic Fresh-Squeezed Orange Juice \$14

Gin & Tonico Holistic Spirits Harmony Gin, Tempus Fugit Kina, House Tonic Made from Fresh Citrus, Cinchona Bark, Juniper & Gentian Root, with a Fresh Orange & Fennel Garnish \$16

Old Tyrolean Our Take on an Old Fashioned with Redemption Rye and Smoky Leather Chestnut Honey \$15

Manhattan Sazerac Rye Whiskey with Brachetto Cherry Vermouth & Cynar \$18

Negroni • Mi-To

MiTo Red Bitter & Vermouth \$14

Negroni Gin, Red Bitter & Vermouth \$15

Negroni D’Oro Calendula Infused Illegal Mezcal, Kina, Chamomile Vermouth \$20

Bicicletta Pigato White Wine, Red Bitter & Seltz \$14

Ama Americano Passion Fruit, MiTo & Seltz \$16

Bar Basso Sbagliato A homage to Milano’s iconic Bar Basso, served tall in the classic large-format glass with our house Mito Blend of Red Bitter & Vermouth with Prosecco \$20

Vintage Negroni 1980’s Campari, Barolo Chinato, Gin \$45

Che Bello! • How Fun!

Kiwi Margherita Corazon Tequila, Fresh Kiwi Juice, Chlorophyll, Citrus, Raw Honey with a Vera Sea Salt Rim \$17

Elderberry Cosmo Origen Vodka, Lancaster Pharmacy Elderberry, Astragalus and Echinacea Syrup, Don Ciccio & Figli Ambrosia, Lime \$18

Shakerato Zabaglione Our Caffè Shakerato Topped with Marsala Cream \$19 **Contains Dairy*
+ Amaro +Don Q Rum +Vodka +Del Maguey Mezcal +Macallan 12 *+Add \$8*

Cavalletta Our Milanese Grasshopper with Branca Menta, Crema Gelato, Crème De Menthe & High Polyphenol Cacao Powder \$19

Vino • Wine

Spumante • Sparkling

Monvin, Prodry Frizzante Bianco, Veneto IGT NV
A lively, refreshing sparkling wine with crisp citrus and green apple notes. Lightly effervescent, it's a perfect balance of brightness and subtle sweetness, ideal for any occasion! \$12

Ca' Del Bosco, Cuvee Prestige, Franciacorta DOCG NV
Maurizio Zanella, Johanna's Late Father's Dear Friend & the Founder of this Iconic Franciacorta, Produces One Of Our Favorite Bubbly Wines. A Blend of Chardonnay, Pinot Nero & Pinot Bianco. \$25/115

Vino Bianco • White Wine

Cantina Andrian, Muller-Thurgau, Alto Adige DOC, 2023
Müller-Thurgau is a rare find, thriving in Alto Adige's cool mountain vineyards; with Riesling heritage, it offers delicate florals, white peach, and a crisp, refreshing finish. \$14/62

Durin, Pigato, Riviera Ligure Di Ponente DOC 2025
Chef Johanna's Favorite Wine- A Perfect Pairing for Fritto Misto. A light, dry white from a husband-and-wife duo. \$15/68

Alois Lageder, Pinot Grigio, Vigneti delle Dolomiti IGT 2025
What an Italian Pinot Grigio Should Be: Bright, Crisp & Citrusy from the cool Alpine and warm Mediterranean influences in the region. \$15/68

Lunae, Vermentino Grey Label, Colli di Luni DOC 2025
This is the Best Expression of a Ligurian Vermentino. Straw Yellow with White Peach, Citrus, Wildflowers & Finishing with Elegant Minerality. \$16/72

Abbazia Di Novacella, Kerner, Alto Adige DOC 2024
A special wine from an almost 900-year-old monastery in the Dolomites. Crisp yet juicy, with peach, apricot, and tangerine on the nose..\$18/82

Vino Rosato • Rosé Wine

La Kiuva, Rosé de Vallée, Valle d'Aosta DOC NV
From the steep, hand-tended terraces of Italy's smallest region, this alpine rosé blends Nebbiolo (locally called Picotendro) with rare native grapes. Made by a 60-member cooperative in Arnad, it's bright, savory, and refreshingly mineral, like a summer breeze from the Alps. \$16/72

Vino Rosso • Red Wine

Bigagnoli Bardolino Classico 2023
Corvina Blend from Lake Garda in the Veneto Province. Medium-Bodied, Crisp with Fine Tannins & Savory, Fresh Finish. Serve Chilled. \$15/68

Putzenhof, "Bozner Leiten" Alto Adige DOC, 2022
From a fifth-generation organic farm just outside Bolzano, this light, juicy blend of Schiava, Lagrein and Pinot Nero is all alpine berries and herbs. A hit with Pinot and Gamay lovers \$16/72

Pakravan Papi, Prunice di Riparbella, Toscana IGT 2023
This Vibrant Super Tuscan is a Blend of Cabernet Sauvignon, Cabernet Franc & Sangiovese Grapes. This Full Ruby Red Wine has Aromas of Sour Cherry & Ripe Plum. \$15/68

Atzei, Saragat Cannonau, Sardegna DOC 2024
From The Fabled Blue Zone of Sardinia, this Grenache is Intensely Aromatic, Yet Elegant & Velvety on the Palate. \$17/77

Cantina Andrian, Rubeno Lagrein, Alto Adige DOC 2023
A Native Variety from Süd Tirol, a Beautiful Silky Wine filled with hints of Black Cherry & Violet. \$16/72

Braida, Il Baciale, Monferrato Rosso DOC 2019
The "Matchmaker" is the Perfect Marriage of Barbera with Cabernet, Pinot Nero & Merlot- and is Bursting with Flavor. The Bologna & Hellrigl Family have a Rich History of Friendship. Johanna and Raffaella both Carry on the Traditions of Food & Wine from their Fathers. \$20/90

Donna Olga, Brunello Di Montalcino DOC 2020
Bold & Aged Brunello: Dark Cherries, Vanilla & Rosemary. \$28/126

Birra • Beer

Menabrea Crispy Lager from Piedmont, Draft \$9

Forst Pale Ale from the Italian Alps, Bottle \$10

UNAPOLOGETICALLY NORTHERN ITALIAN.

Pane • Bread

Farinata (GF) (VG) (DF) Crispy-Edged Ligurian Chickpea Pancake made with Ligurian Extra Virgin Olive Oil \$7

Focaccia di Formaggio (V) Very Thin Layered Focaccia from Liguria with Imported Crescenza Cheese \$14

Fugassa (VG) (DF) Genovese Focaccia made with Vera Sea Salt Salamoia & Ligurian Extra Virgin Olive Oil. Three flavors made daily, available until sold out. *Classico* \$6 · *Cipolla* (Onion) \$7 · *Pizzata* (Tomato, Crescenza & Oregano) \$8

Ancient Grain Sourdough Crostini (AGF*)
Housemade Sourdough made with Einkorn & Spelt Flour
\$8 Each / 3 for \$22

- YOUR CHOICE OF
- **Johanna’s Liver Paté!**
 - **A2 Cultured Butter, Italian Anchovy & Semi-Secchi Tomatoes**
 - **Italian Sardines, Spicy Peperoncini & Lemon Zest (DF)**
 - **Housemade A2 Ricotta Montata (V)**
 - **Ligurian Taggiasche Olive Tapenade (VG)**

*Available with Gluten-Free PACHA Buckwheat Sourdough

Fritti • Shallow-Fried Bites

Gnocco Fritto A Traditional Dough from the Emilia-Romagna, topped with 24-Month Prosciutto San Daniele \$15

Mondeghili Polpette Lightly-Fried Meatballs from the City of Milano. Made with Pasture-Raised Beef, Pork & Mortadella (Contains Pistachio) \$13

Fritto Misto (DF) A medley of seafood dusted in Sicilian Semola Rimacinata from Molini del Ponte and fried to order. Served with a Lemon to Squeeze \$23

Zuppa • Soup

Minestrone (GF) (VG) (DF) Organic Vegetable Soup finished with Ligurian Extra Virgin Olive Oil \$14 *Add Pesto Genovese (V) +\$2*

Knödelsuppe A Comforting Tyrolean Soup. Speck & Chive Bread Dumplings in a Golden Bone Broth \$16

Antipasti & Insalate • Appetizers & Salads

Carpaccio di Manzo (GF) (ADF) Local, Pasture-Raised, 100% Grass-Fed & Grass-Finished Beef Carpaccio with a Mixed Green Sauce, Arugula & 24-month Parmigiano Reggiano \$22

Tartare di Salmone (GF) (DF) Lummi Island Wild-Caught Salmon with Sun-dried Tomato, Taggiasche Olive, Basil & Lemon Zest served over Marinated Eggplant Sott’Olio. Served with Chickpea Farinata Chips \$24

Vitello Tonnato (GF) (DF) *Veal! Tuna? We promise we’re not crazy!* A Classic Piemontese Dish of Thinly Sliced Milk-Fed Veal, Pantelleria Capers & Caper Leaves and a Classic Sauce made with Omega-3-rich Lummi Island Wild- caught Albacore Tuna \$23

Bagna Cauda (DF) (GF) *A Piedmontese Harvest Tradition.* Italian Anchovy and Garlic cooked low and slow in Extra Virgin Olive Oil until they Melt Together. Served with the Season’s Vegetables for Dipping \$17

Finocchio (V) (AVG) (GF) Shaved Organic Fennel, Lemon & Ligurian Extra Virgin Olive Oil with Pecorino Fiore Sardo DOP Sheep’s Milk Cheese & Fresh Black Pepper \$16

Barbabietole (V) (AVG) (ADF) (GF) Roasted Organic Badger Flame Beets marinated in Condimento Bianco. Served with Housemade A2 Ricotta Montata, Fresh Orange Supremes, Sprouted Lark Ellen Farm Walnuts & Tarragon \$17

Insalata Verde (AVG) (DF) (GF) Brimming with Organic Seasonal Lettuces, Radishes, Cucumbers, Lark Ellen Farm Styrian Pumpkin Seeds & our Signature Herbaceous Dressing (Contains Anchovy) \$16

Radicchio (DF) (GF) Bitter Chicory Leaves in a Caramelized Leek & Chestnut Honey Balsamic Dressing. Topped with Crispy Tyrolean Speck & Chives \$17

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

We welcome guests with a wide range of dietary needs and preferences. Please let your server know about allergies, intolerances, or dietary restrictions, and we will do our best to guide you through the menu. 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, fish, shellfish, tree nuts and peanuts.

THE BEST INGREDIENTS, CHOSEN WITH CARE.

Primi • Pasta

A midcourse portion sized between a starter and a main. Share it across the table, or build it out with an entrée or side.

Spaghetti al Pomodoro (V) (AVG) (AGF*)

Monograno Felicetti Organic Ancient-Grain Kamut Pasta with Gustarosso DOP San Marzano Sauce & Fresh Basil \$23

Trofie di Castagne al Pesto (V) (AGF*)

Ligurian Hand-Rolled Pasta made with Wild Chestnut Flour in a Traditional Basil & Italian Pine Nut Pesto \$26

Pasta Fagioli (VG) (DF) (AGF*)

Hearty Italian Stew made with Organic Borlotti Beans from Poggio Aquilone and Monograno Felicetti Farro Ditalini Pasta \$19

Schlutzkrapfen (V)

Delicate Half-Moon Rye Ravioli from Alto Adige filled with Organic Spinach, Nutmeg & Housemade A2 Ricotta Cheese topped with Brown Butter, 24-month Parmigiano Reggiano & Chives \$27

Raviolini al Tocco

Ravioli filled with Braised Pasture-Raised Beef & Borage, Served in a Meat & Porcini Jus \$29

Pici con Ragù di Cinghiale (AGF*)

Hand-Rolled Ancient Grain Sourdough Tuscan Pici Pasta with a Slow-Braised Wild Boar Ragù \$34

Paccheri con Sugo di Mare (AGF*)

Monograno Felicetti Organic Ancient Durum Wheat Paccheri Pasta with Clams, Mussels, Shrimp & Calamari in a Yellow DOP Piennolo Tomato Sauce. Served with Sardinian Bottarga & a Hint of Spicy Extra Virgin Olive Oil \$37

Lasagna Verdi con Ragù alla Bolognese

If you like the crispy edge to the lasagna, this one's for you! Layers of Green Pasta Sheets Infused with Borage Greens with a Traditional Emilia-Romagna Beef & Pork Ragù & 24-month Parmigiano Reggiano. Made Fresh Daily, Baked to Order. \$38

*With Gluten Free Spaghetti

**With Gluten Free Elbows

Both Made from Organic Rice & Lentils

Secondi • Entrée

Our main course plates, made to enjoy as your entrée or to share across the table after or alongside primi and sides.

Coniglio (AGF) (DF)

Braised Free-Range Local Rabbit with a Tomato, Fennel, Onion & Ligurian Riviera Olive Sauce. Served with Fresh Chervil & Housemade Ancient Grain Sourdough *Per Fare La Scarpetta!* \$38

Pesce (GF) (DF)

Seatopia Branzino with Piedmontese Riso Nero, Braised Escarole & a Leek Salsa Verde. From Nutrient-Rich estuaries near Cadiz, Spain using Regenerative Aquaculture Practices \$48

Parmigiana di Melanzane (V) (GF)

Organic Eggplant (not breaded), layered with a Yellow DOP Piennolo Tomato Sauce, 24-month Parmigiano Reggiano, Buffalo Mozzarella & Fresh Basil \$28

Vitello alla Milanese (GF)

Thinly-Pounded Breaded Milk-Fed Veal, Cooked in Organic Clarified Butter and Extra Virgin Olive Oil, Served with Arugula, Semi-Secchi Tomatoes & Fresh Lemon \$41

Pollo Arrosto al Forno (GF) (DF)

Crispy-Skinned Half-Chicken from Lancaster Farm Fresh Cooperative. *Local, Organic & Pasture-Raised!* Served with Zucchini sautéed in Ligurian Extra Virgin Olive Oil, Fresh Marjoram, Garlic & White Wine \$42

Bistecca (GF) (DF)

Ask About Today's Cut of Pasture-Raised, 100% Grass-Fed & Grass-Finished Steak & it's current Seasonal Preparation \$MP*

**Our steak is market price because we work directly with a local farm cooperative to practice whole-animal butchery rather than sourcing a single cut. This supports farmers who steward their land, communities, and animals with care.*

Contorni • Vegetable Sides

Patate al Forno (GF) (VG) (DF)

Fluffy & Crispy Roasted Organic Potatoes with Rosemary, Garlic & Extra Virgin Olive Oil \$12

Erbe in Padella (GF) (VG) (DF)

Medley of Organic Spigarello, Chard & Dandelion Leafy Greens Sautéed with Spicy Italian Peperoncini & Lemon Zest \$15

Funghi in Agrodolce (GF) (VG) (DF)

Beautiful Mushrooms from our friends at Moon Valley Farm prepared in a Sweet and Sour Sauce made with a Seasonal Allium Agrodolce \$18

Sauerkraut (GF) (VG) (DF)

Side of Housemade Organic Sauerkraut fermented with Juniper & Caraway \$5

Our Mission

At Ama, we envision a new era for restaurants, one where indulgence coexists with nourishment, community, and connection, and where every bite fosters not just pleasure, but vitality. Food is not merely sustenance. It is a declaration of who we are: the ingredients we choose, the people we support, the traditions we carry forward, and the kind of future we want to help build. Our cooking is rooted in Northern Italian heritage and in the family meals, childhood memories, and shared tables that shaped us. We honor those traditions with the best ingredients we can find, preparing food that is deeply satisfying, flavorful, and made with care.

We do not view food in silos. A meal connects the soil it was grown in, the farmer who tended it, the person who prepared it, the materials that carried it, the team who served it, and the people gathered around the table. By considering that full ecosystem, we work to make choices that nourish our guests while supporting the health of our communities and food system. We believe restaurants can be active participants in systemic change. Ama is our ongoing case study in what it looks like to bring more intention, transparency, and responsibility to every part of the restaurant experience. We share this work to build connection, invite conversation, and help create momentum alongside the farmers, producers, guests, and industry peers who are also moving this work forward.

We are inspired by the Food Is Medicine movement and by the belief that food can be a meaningful part of how individuals and communities care for themselves. We also believe that this care must be accessible. The more we vote with our dollars, come together around shared values, and shift demand toward thoughtfully grown and prepared food, the more we can help strengthen the supply chains that make it available.

Ama is our effort to be an honest, fairly priced neighborhood restaurant and an open book for others who want to make change in their own communities. We are building this business in public, learning as we go, and sharing both the questions and the practices that shape our decisions. Our hope is that this work contributes to a food system in which nourishing, responsibly sourced food is not a privilege, but something more people can access and enjoy.

We believe in bio-individuality and in being inclusive rather than exclusive when it comes to dietary needs and restrictions. There is no single definition of nourishment, and every guest comes to the table with their own history, preferences, culture, and relationship to food. Our intention is to offer thoughtful choices, clear information, and a place where everyone can feel cared for.

Every meal at Ama is made possible by a community of farmers, producers, makers, team members, and guests who believe care belongs at the center of the table. Thank you for joining us, sharing in our story, and helping us continue this work together.

Our hope is that you leave nourished, inspired, and eager to return. And if your experience ever falls short of that, please let us know. We are human, we are always learning, and we value the opportunity to listen, make things right, and care for you while you are here.

Our Principles

WE QUESTION EVERYTHING We continually examine the choices behind our food and operations, from sourcing and food-contact materials to cookware, cleaning systems, water, energy, and packaging. We ask where our materials come from, how they are made, who they affect, and whether there is a more thoughtful alternative. This work is ongoing and reflects our belief that restaurants can take responsibility for more than what appears on the plate. We prioritize stainless steel cookware and single-use materials that align with our standards. When disposables are necessary, we seek options with fewer added linings and coatings, including plastic-free and biodegradable alternatives whenever possible.

HEALTH & SUSTAINABILITY GO HAND IN HAND From water and waste to energy use, we work to care for the resources that sustain our kitchen, our team, and our community. Our PlateScrape system saves significant water compared with a traditional spray nozzle, and we compost through Compost Crew and a closed-loop BioGreen program. We also operate a fully electric kitchen, creating a safer, more comfortable work environment while reducing indoor air pollution and energy use. Through compostable materials and thoughtful purchasing, we work to reduce waste at every step and support a more circular food system.

A COMMITMENT BEYOND THE PLASTIC YOU CAN SEE While our food and beverage program is free from single-use plastics, BPA, PFAS, phthalates, and polycarbonates in the materials we control, our commitment goes beyond what you can see. For all to-go materials, we prioritize solutions that are biodegradable and free from plastic linings or coatings, eliminating hidden layers that can come into contact with your food. Behind the kitchen pass, food storage and preparation rely on materials such as stainless steel and glass, minimizing plastic use wherever possible. Where plastic cannot be avoided, we apply a science-based understanding of food-contact materials, including how plastics behave over time and the potential for migration into food. Our comprehensive plastic policy guides these decisions, helping us reduce unnecessary plastic contact throughout our kitchen and guest experience. We recognize that transforming the supply chain is ongoing work. We continue to push for change while developing creative solutions alongside our farmers, vendors, and industry partners. We also promote receiptless dining and use receipt paper, which is free of BPA and BPS, avoiding the chemical developers commonly used in traditional thermal receipts. Our partnerships reflect the same commitment to transparency and integrity. We use mineral-rich Vera Salt, which is lab tested to be free of microplastics and heavy metals, and work with Seatopia, whose fish are tested for both microplastics and mercury. This work is part of a larger belief: the choices made behind the kitchen pass matter. By paying attention to the materials that touch our food, we hope to help move the industry toward a more thoughtful, transparent, and responsible food system.

QUALITY WATER PURIFICATION We treat water as a foundational ingredient in nourishment. We consult the Environmental Working Group's Tap Water Database alongside local water-quality reporting to better understand the water that enters our restaurant and inform our filtration practices. Our entire restaurant is supplied through a double catalytic carbon-filtration system that helps remove contaminants while preserving essential minerals, ensuring high-quality water for both cooking and drinking. From sanitation and disinfection to produce washing and ice-machine maintenance, we use ozonated-water systems throughout the restaurant. Ozone is a powerful antimicrobial tool used in food processing and sanitation, allowing us to maintain food safety without harsh cleaning chemicals.

SLOW FOOD COOKING Our cooking is guided by Slow Food: food made with patience, seasonality, pleasure, and respect for its origins. Rooted in Northern Italian tradition, we prepare food in ways that honor the ingredients, the people who produce them, and the memories they carry. We cook from scratch whenever possible, making our preserves, sauces, baked goods, and other components in-house. We are proud to be part of the Fed Up! movement, which brings peer-reviewed research and public education around ultra-processed foods into clearer focus. This work aligns with our commitment to minimally processed ingredients and to allowing the food itself to lead. Our commitment to quality extends beyond any single label. We prioritize organic and regenerative ingredients whenever possible, with attention to soil health, biodiversity, seasonality, and the long-term resilience of the farms and producers we support. Our pantry reflects these values through Italian biodynamic flours and only locally grown, organic ancient grains, selected for their flavor, provenance, and the care behind their production.

From local organic A2 whole milk and cream to Italian extra-virgin olive oil, we build our kitchen around nourishing, nutrient-dense ingredients. We do not cook with industrialized oils. Instead, we ask where our fats come from, how they are grown and processed, and how they are used. We move away from commodity monoculture systems and traditional deep frying, choosing fresh, carefully sourced fats and shallow frying at lower temperatures so each dish reflects the quality of the ingredients behind it. We believe there is more work to do around how our industry sources, cooks with, and cares for oils. Part of Ama's mission is to help build that education, create better sourcing opportunities, and bring people together around a more nourishing food system.

The same care guides our proteins. From wild-caught fish to pasture-raised poultry and grass-fed, grass-finished meats, we seek producers who prioritize responsible stewardship, animal welfare, traceability, and thoughtful land and water practices. We work with partners including Seatopia and Lancaster Farm Fresh Cooperative, and through whole-animal butchery, we are able to honor the full value of each animal and feature a changing range of cuts.

AMA E FA' CIÓ CHE VUOI