

ama



Per Bere • To Drink!

Water Program

At Ama, we treat water as a living ingredient. Our selection includes double-catalytic-carbon-filtered water and mineral-rich waters chosen with intention to support hydration, circulation, and overall well-being.

Fiuggi Oligominerale Still or Sparkling Water \$8
Mayu Structured & BodyBio ReMineralize Water \$2/\$9
Lourdes Hydrofixe Holy Hydrogen Rich Water \$2/\$9

Functional Sodas

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 Farmacy Elderberry, Astragalus and Echinacea Syrup, Fresh Lemon & Seltz \$10

Zero Proof Cocktails & Pairings

Melissa Spritz Lemon Balm, Black Currant, Protein-Rich Cultured A2 Whey from our Cheesemaking, Raw Honey, Citrus & Seltz. \$15

ZP Hugo Spritz Glasrose Elderflower Sparkling Verjus, Fresh Elderflower, Apple Dolcedi, Lime, Mint & Seltz \$14

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

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 Yuzu Juice, Elderflower Tea, Green Tea, Effervescent \$11/\$44

Glasrose Hibiscus Blood Orange Organic Verjus with accents of Hibiscus & Fresh Blood Orange, Green Tea, Effervescent \$11/\$44

Spritz Season

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

Beer

Menabrea Crispy Draft Lager from Piedmont \$9

Forst Pale Ale from the Italian Alps 12oz Bottle \$9

Italian 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*

Martini Bianco Bombay Sapphire Gin infused with Wild Borage and Bianco Vermouth \$19

Bellini White Peaches & Prosecco \$14

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

Gin & Tonic 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

Milano Torino [MiTo!]

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

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

Negroni Incanto Don Q Gran Reserva, Red Bitter & Vermouth \$17

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

A Little Summer Fun

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

Melone Margherita Frozen Cantaloupe, Tequila Cazadores, Don Ciccio & Figli Mandarinetto, Raw Honey, Extra Virgin Olive Oil \$17

Cosmo Alpino Origen Vodka, Black Currant, South Tyrolean Purkhart Williams, Pine Liqueur, Citrus, Lemon Balm \$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

UNAPOLOGETICALLY NORTHERN ITALIAN.

Pane • Bread

Farinata (GF) (VG) (DF) Traditional Crispy-Edged Ligurian Chickpea Pancake baked 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 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

Stuzzichini • Little Bites

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

Mondeghili Polpette Milanese-Style Meatballs of Pasture-Raised Beef, Pork & Mortadella (Contains Pistachio) \$13

Fior di Zucca (GF) (V) Lightly Fried Zucchini Blossoms with a Housemade A2 Ricotta & Basil Pesto Sauce (Contains Pine Nut) \$17

Rösti (GF) Shredded Organic Potato Bites with Fresh Quark, Chives & Lummi Island Wild-Caught Salmon Roe \$16

Antipasti & Insalate • Appetizers & Salads

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

Fritto Misto (DF) A medley of seafood, lightly dusted in Sicilian Semola Rimacinata from Molini del Ponte and fried to order. Finished with Vera Sea Salt and Lemon to Squeeze \$23

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

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

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

Vitello Tonnato (GF) (DF) 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

Insalata Verde (AVG) (DF) (GF) Brimming with Organic Seasonal Lettuces, Radishes & Cucumbers with Lark Ellen Farm Styrian Pumpkin Seeds & our Signature Herbaceous Dressing (Contains Anchovy) \$15

Panzanella (V) (AVG) (ADF) A Tuscan Bread Salad made with our Signature Fugassa, Organic Summer Tomatoes with Italian Mozzarella di Bufala, Fresh Tigullio Basil, A Pinch of Vinegar & Ligurian Extra Virgin Olive Oil \$19

HIGHEST QUALITY SOURCING, NO COMPROMISES. EVER!

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 Organic Local Summer Tomato & D.O.P. Gustarosso San Marzano Sauce & Fresh Tigullio Basil \$23

Trofie di Castagne al Pesto (V) (AGF*) Ligurian Hand-Rolled Pasta made with Wild Chestnut Flour in a Traditional Tigullio Basil & Italian Pine Nut Pesto \$26

Pasta Fagioli (VG) (DF) (AGF*) Hearty Italian Stew made with Organic Borlotti Beans from Poggio Aquilone and Monograno Fellicetti Farro Ditalini Pasta \$19

Schlutzkrapfen (V) Delicate Half-Moon Rye Ravioli from Alto Adige filled with Spinach & 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 Sungold 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.

Pesce (GF) (DF) Seatopia Branzino with Piedmontese Riso Nero, Roasted Chicories & a Garlic Scape Salsa Verde. From Nutrient-Rich estuaries near Cadiz, Spain using Regenerative Aquaculture Practices \$48

Vitello alla Milanese (GF) Thinly-Pounded Breaded Milk-Fed Veal, Cooked in Organic Clarified Butter and Extra Virgin Olive Oil, Served with Arugula, Tomatoes & Fresh Lemon \$41

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

Pollo Arrosto al Forno (GF) (DF) Crispy -Skinned Half-Chicken from Lancaster Farm Fresh Cooperative—Local, Organic & Pasture-Raised. Served with Summer Zucchini sautéed in Ligurian Extra Virgin Olive Oil, Fresh Marjoram, Garlic & White Wine \$42

Bistecca (GF) (DF) Ask About Today's Cut of Local, Pasture-Raised, 100% Grass-Fed & Grass-Finished Steak and our Seasonal Preparation \$MP

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 Seasonal Organic 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 Spring Onion Tops \$18

Sauerkraut (GF) (VG) (DF) Side of Housemade Organic Sauerkraut fermented with Juniper, Caraway and Vera Sea Salt \$5

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

Our Mission

At Ama, we envision a new era for restaurants, one where indulgence coexists seamlessly with nourishment, community, and connection, and where every bite fosters not just pleasure but also vitality. Food is not merely sustenance. It is a celebration of how wholesome ingredients and thoughtful sourcing can create deeply satisfying, flavorful meals. To help drive this industry forward, we aim to lead by example. Our mission is simple: to nourish our guests in body and soul with organic, thoughtfully prepared food, leaving them feeling invigorated and eager to return for more.

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, single-piece wooden cutting boards and steer clear of non-stick materials to keep your food safe. We scrutinize eco-friendly disposables to find ones that have no hidden linings, are certified plastic-free and biodegradable in 180 days.

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, 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, and where it cannot be avoided, we apply a science-based understanding of how plastic behaves to reduce the risk of migration into food, guided by our comprehensive plastic policy. We recognize that transforming the supply chain is ongoing work, and we continue to push for change while developing creative solutions alongside our farmers and vendors. We also promote receiptless dining and use EcoChit paper, which is BPA and BPS free, reducing exposure to common endocrine disruptors found in traditional thermal receipts. Our partnerships reflect the same integrity, including mineral-rich Vera Salt, lab tested to be free of microplastics and heavy metals, and Seatopia, whose fish are tested for both microplastics and mercury.

QUALITY WATER PURIFICATION

We treat water as a foundational ingredient in nourishment. Our entire restaurant is supplied through a double catalytic carbon filtration system that removes contaminants while preserving essential minerals, ensuring clean 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 as a powerful, chemical free solution that replaces harsh cleaners, supports food safety, and protects both human and planetary health.

PLANET-FRIENDLY PRACTICES

We believe health and sustainability go hand in hand. From water to waste reduction, we strive to care for the world we share. Our PlateScrape system saves 93% more water than a traditional spray nozzle, and we compost through a closed loop BioGreen system for food waste and Compost Crew for compostable materials, reducing waste at every step.

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.

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, added flavors, and preservatives. We believe in the goodness of whole ingredients and the sweetness of unrefined sugars.

HEALTHY INGREDIENTS AS NATURE INTENDED

Our commitment to quality extends beyond non GMO. We prioritize organic and regenerative agriculture and the vital role of healthy soil in a nutrient dense and sustainable future. We adhere to the EWG Dirty Dozen list and go beyond it by sourcing Certified Organic and Regenerative Organic Certified produce. We use an electrolytic ozone system for all produce washing. Our approach to grains reflects the same care, with imported Italian biodynamic flours and locally grown organic ancient grains that have never been hybridized.

THE POWER OF HEALTHY FATS

From local organic A2 whole milk and cream to Italian extra-virgin olive oil, our kitchen is built around nourishing, nutrient-dense ingredients. We do not cook with industrialized oils. For us, oils are part of the same sourcing conversation as everything else on the menu. If we are committed to organic, regenerative, and restorative farming, then we also have to ask where our oils come from, how they are grown, how they are processed, and how they are used. That means moving away from commodity monoculture systems and choosing fats that support flavor, quality, and integrity. It also means moving away from the traditional deep fryer. Instead, we shallow fry at lower temperatures in fresh, carefully chosen fats so each dish reflects the quality of the ingredients behind it. There is not enough education in our industry around how to source, cook with, and care for oils properly. Part of Ama's mission is to help change that: building educational tools, creating better sourcing opportunities, and bringing people together around a more nourishing food system.

SUSTAINABLY SOURCED PROTEINS

From wild caught fish to pasture raised poultry and grass fed, grass finished meats, we are dedicated to serving the highest quality proteins with both flavor and integrity. We partner with Seatopia to support regenerative aquaculture, with every harvest lab tested to verify omega rich profiles, mercury safety, and the absence of detectable microplastics, while advancing ocean health through responsible sourcing. We also source from Lummi Island Wild, a fisherman owned cooperative that uses traditional reefnet fishing, one of the most selective and low impact methods, resulting in virtually no bycatch and supporting the health of wild salmon populations. We work closely with Lancaster Farm Fresh Cooperative to source pasture raised organic poultry and beef.

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 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, fish, shellfish, tree nuts, and peanuts.

AMA E FA' CIÓ CHE VUOI