

5601 Main St, Houston TX 77005 713.521.4469 info@mfacafe.com



## **BITES AND SNACKS**

 $\begin{array}{lll} \textbf{MELON \& PROSCIUTTO} & -9.00 \ (gf, df) \\ Sliced melon, thin sliced prosciutto di Parma, \\ arugula, Italian vinaigrette \\ \end{array}$ 

HOUSE CURED SALMON - 9.00 Fennel orange salad, lemon oil, crispy capers and crostini

ZUCCHINI FRITTERS - 7.90 Served with creamy house dipping sauce

**BAKED RICOTTA WITH SPINACH** - 8.90 Served with crostini and truffle honey

**BRUSCHETTA** - 8.90 (veg) Crostini topped with ricotta spread, tomato, red onion, balsamic and olive oil

SAVORY CROISSANTS

Ham & egg, Egg & cheese, Ham & cheese 4.25 Ham, egg & cheese 5.00

### COMBOS

## SOUP/SALAD COMBO

Cup of soup and small salad (Kale, Greca, Caesar or Side salad) with baguette  $\,$  -  $\,$  7.50

### SANDWICH COMBO

1/2 deli sandwich:

- TURKEY AND CHEDDAR ON WHEAT
- CURRIED EGG SALAD ON WHITE
- TUNA SALAD ON WHEAT
- · CHICKEN SALAD ON WHITE

With choice of: house chips, side salad, side Caesar, cup of soup or pasta salad  $\,$  -  $\,$  8.90

# **PASTAS**

Pasta is crafted daily in house. Ask about gluten free pasta options.

SPAGHETTI MARINARA - 9.00 (vegan)

Topped with fresh basil

FETTUCINI ALFREDO - 9.00 (veg)

pesto pasta - 9.00 (veg)

Amori in fresh pesto sauce with mozzarella

pasta bolognese ~-~ 11.00

Rigatoni with house bolognese

BAKED AMORI AND CHEESE - 9.90 (veg)

Creamy three cheese sauce baked with Parmesan, mozzarella and bread crumbs

Add To Any Pasta Dish:

- Meatballs (3) 4.50
- Grilled Chicken 4.50

LASAGNA - 9.90

House made with Bolognese, mozzarella cheese and house tomato sauce, baked with Parmesan cheese

MUSHROOM LASAGNA - 10 (veg)

House made with roasted mushrooms and bechamel baked with Parmesan cheese

## ANTIPASTO PLATE

(veg) 12.90

Fine selection of Italian Parmesan, asiago and mozzerella cheese. Accompanied by: mixed olives, artichoke hearts, roasted nuts, assorted vegetables and white bean hummus.

Served with apricot preserves and crostini.

Make it deluxe with cured meats: Prosciutto, Italian ham, cotto and salame. 15.00

## PANINI

Toasted sandwich, served on local bread with a side of greens in house vinaigrette Add a side – 1.50, asparagus or roasted vegetables – 2.00 Substitute Gluten Free Bread 1.00

SMOKED MOZZARELLA - 8.50 (veg)

Smoked mozzarella, arugula and tomato jam on marble rye

**COTTO** - 9.00

Italian ham, sliced Roma tomatoes, provolone cheese and Dijon aioli on sourdough bread

BACON, TURKEY AND BRIE - 9.90

Roasted turkey, bacon, brie and Dijon aioli on cranberry walnut bread

## **SANDWICHES**

Gluten free bread available 1.00 Served with house chips Sub a side – 1.00, asparagus or roasted vegetables – 1.90

CLASSIC BURGER -9.00

American cheese, lettuce, tomato and red onion

TEXAN BURGER - 9.50

Cheddar cheese, bacon, red onion & sliced pickles

ITALIAN BURGER - 9.90

Mozzarella, arugula, tomato, prosciutto & basil aioli

 $\ensuremath{\text{BLT}}$  - 9.00

With sliced avocado and aioli on toasted multi-grain

GRILLED CHICKEN SANDWICH - 9.50

Sun dried tomato aioli, spinach, provolone and sliced tomatoes on challa

ROASTED VEGETABLE SANDWICH - 9.00 (vegan)

Mix roasted vegetables, hummus, radicchio slaw, sprouts, and shredded beets on toasted multi-grain

## SOUP

Made in house daily

TOMATO BASIL SOUP - (veg)

Creamy tomato soup garnished with croutons Cup - 4.00 Bowl - 6.50

Add grilled cheese- provolone and cheddar on sourdough - 5.50

SOUP OF THE DAY

Find our board for today's selection

## **PIZZAS**

10" House made dough, prepared to order

GF dough available

 $\textbf{CLASSIC CHEESE-} \ 6.00$ 

Add pepperoni - 1.90

#### PROSCIUTTO E ARUGULA - 11.50

 $To mato\ sauce,\ shredded\ mozzarella\ and\ provolone,\ fresh\ arugula,\ sliced\ prosciutto,\ shaved\ Parmesan$ 

**BIANCA** - 9.90

Cream sauce, spinach, parmesan, garlic and fresh mozzarella

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# **ENTRÉES**

Add a cup of soup, side salad or Caesar salad 2.00

GRILLED CHICKEN BREAST - 12.50

Grilled asparagus, Moroccan spiced couscous, and olive tapenade

TURKEY MEATLOAF - 11.00

Marinated kale, tomato jam and roasted vegetables

SHRIMP AND GRITS - 13.00

With harissa burre blanc garnished with picked herbs

GRILLED PORTOBELLO - 12.00 (gf, vegan)

Sautéed kale, radicchio slaw, roasted pepper sauce

CHICKEN PARMIGIANA - 13.50

Breaded chicken cutlet with marinara, Parmesan and mozzarella cheese and sautéed spinach

 $\textbf{DIJON CRUSTED SALMON} \, \cdot \, 16.00$ 

Oven roasted tomatoes and caramelized fennel and farro

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## SIDES

Moroccan Couscous 3.50

Pasta Salad 3.50

Grilled Asparagus 3.50

Roasted Vegetables 3.50

Radicchio Slaw 3.50

House Chips 1.50

Caramelized Fennel and Farro Salad 3.50

## SALADS

Add a cup of soup for 2.00 Served with crostini

### MARINATED KALE SALAD - 9.00

Chopped kale marinated in classic Caesar dressing, cherry tomatoes, shredded Parmesan, toasted almonds and croutons

#### SPINACH SALAD - 9.00

Hard boiled egg, provolone cheese, salame, cherry tomatoes with warm bacon vinaigrette and croutons

#### **GRECA** - 9.00

Chopped romaine, spring mix, Roma tomato, cucumber, red onion, roasted red pepper, Kalamata olives and crumbled feta with lemon oregano vinaigrette

#### CHOPPED SALAD - 10.00

Mixed greens, tomato, red onion, avocado, crumbled blue cheese, turkey and sliced mushrooms in creamy house dressing

## FARRO AND ROASTED VEGETABLE - 10.90 (vegan)

Caramelized fennel and farro over mixed greens topped with seasonal roasted vegetables and shredded beets in Italian vinaigrette

Add Protein to Any Salad:

- Chicken (4oz) 4.50
- Steak (8oz) 7.50
- Shrimp (6 pieces) 5.50
- Grilled Salmon (6oz) 6.00

KIDS MEAL 5.50

Choose one of each.

Please respect the kids menu is reserved for our friends under 12

ENTREE:

Grilled cheese

Macaroni & cheese

Toasted ham and cheddar

Turkey sandwich with lettuce and tomato

SIDE:

• Chocolate chip cookie or mixed fruit

BEVERAGE:

• Milk, chocolate milk, fountain drink or apple juice

## **SATURDAY & SUNDAY BRUNCH**

Served from open to 2pm Saturday and Sunday, check our board for weekday breakfast items

BREAKFAST PLATTER - 9.00

Eggs, toasted prosciutto, biscuit OR toast, grits OR potatoes

CLASSIC BENEDICT - 9.50

English muffin, sliced tomato, Italian ham, poached eggs, classic hollandaise  $\,$ 

 $\textbf{BAGEL \& LOX} \, \cdot \, 11.00$ 

Toasted bagel, shaved red onion, crispy capers, cream cheese, sliced tomato and cucumbers

TOASTED SOURDOUGH - 8.50
Topped with smashed avocado, arugula, poached egg, harissa

BREAKFAST BURGER - 10.90

Ham, caramelized onion, gravy, bacon and fried egg on challa bun served with roasted potatoes BISCUITS AND GRAVY ~-~ 7.00

Mushroom jalapeño gravy, 2 buttermilk biscuits Add bacon 1.00

PANCAKES - 7.00

 ${\bf 3}$  pancakes with maple syrup and blueberry lemon compote

**STEAK & EGGS** - 7.00

Grilled flatiron steak, 2 eggs any style, grits and pesto hollandaise  $\,$ 

CINNAMON ROLL - 3.00

Topped with white chocolate ganache