

STARTER

SOUP OF THE DAY ^{gf} <i>please ask a member of staff for more details</i>	£5.95
FETA OLIVES ^{gf, v} <i>marinated mixed olives with feta & homemade bread</i>	£9.95
HUMMUS & OLIVES ^{gf, v} <i>hummus & falafel served with bread</i>	£9.95
GARLIC BREAD ^v	£6.95
GARLIC BREAD WITH CHEESE ^v	£9.95
GARLIC BREAD WITH TOMATO ^v	£9.95
MEXICAN GARLIC BREAD ^v	£9.95
PATE DELLA CASE ^{gf} <i>sauteed chicken liver paté with herbs with salad, onion jam & buttered toast</i>	£8.95
BRUSCHETTA RUSTICA ^{gf, v} <i>toasted homemade bread, tomatoes, red onion, basil & balsamic</i>	£8.95
GARLIC MUSHROOM ^{gf, v} <i>sauteed mushrooms in creamy garlic sauce</i>	£8.95
HALLOUMI CHEESE ^{gf, v} <i>grilled halloumi served with salad & sweet chilli</i>	£8.95
MOZZARELLA STICKS ^{gf, v} <i>deep fried mozzarella sticks served with salad & sweet chilli</i>	£8.95
INSALATA CAPRESE ^{gf, v} <i>fresh, sliced mozzarella & tomatoes served with olive oil & fresh basil</i>	£8.95
BLACK PUDDING ^{gf} <i>grilled black pudding served with bacon & peppercorn sauce</i>	£8.95
KING PRAWN ^{gf, v} <i>sauteed king prawns with garlic butter & white wine sauce</i>	£9.95
PORK RIBS IN BBQ SAUCE	£9.95
TURKISH SUCUK <i>grilled seasoned sausage, served with a tortilla wrap & sweet chilli dip</i>	£7.95

Available on request:



Gluten-Free



Vegetarian



Vegan

PIZZA

MARGHERITA gf, v £12.95
tomato sauce & mozzarella cheese

CALABRESE gf £13.95
tomato sauce, mozzarella cheese & pepperoni

DIAVOLA gf £13.95
tomato sauce, mozzarella cheese, red onion, pepperoni & chilli

LA MAMA PIZZA gf £14.95
tomato sauce, cheddar cheese, mozzarella cheese, bacon, chicken, onion and fresh chilli

MARINARA gf £14.95
tomato sauce, mozzarella cheese & mixed seafood

MIGHTY MEATY gf £14.95
tomato sauce, mozzarella cheese, pepperoni, chicken, ham and beef strips

MAKE YOUR PIZZA gf £13.95
tomato sauce, mozzarella cheese, choice of 3 toppings:
pepperoni, ham, chicken, bolonese, onion, mushroom, fresh chilli,
mixed pepper, sweetcorn, pineapple, baby prawn and mussels

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Gluten-Free



Vegetarian



Vegan

PASTA

SPAGHETTI BOLOGNESE ^{gf} £13.95
spaghetti pasta served with traditional bolognese sauce

SPAGHETTI CARBONARA ^{gf} £13.95
spaghetti pasta served with a creamy bacon & parmesan cheese sauce

LASAGNE AL FORNO ^{gf} £14.95
layers of pasta with bechamel bolognese sauce topped with cheese & oven baked

PENNE ARABIATTA ^{gf} £14.95
spicy chicken pasta with peppers, onion, mushroom & fresh chilli in a cream tomato sauce

STEAK & MUSHROOM PASTA ^{gf} £14.95
penne pasta with strips of sirloin steak, onion & mushrooms cooked in a creamy demi glace sauce

PASTA VEGETARIAN ^{gf, v, ve} £13.95
penne pasta with peppers, onion, mushroom and fresh chilli in a cream tomato sauce

LINGUINE MARINARA ^{gf} £15.95
linguine pasta with mixed seafood in a creamy tomato sauce

RISOTTO MARINARA ^{gf} £15.95
Italian rice with mixed seafood in a creamy tomato sauce

CHICKEN MUSHROOM RISOTTO ^{gf} £14.95
Italian rice with chicken, mushrooms, mixed peppers & cream sauce

RAVIOLI ALLA ARAGOSTA ^{gf} £15.95
lobster filled ravioli served in lobster sauce & prawns

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MAINS

POLLO ALLA CREAM ^{gf} £19.95
pan fried chicken breast cooked with mushrooms in a creamy sauce served with chips

CHICKEN STROGANOFF ^{gf} £22.95
strips of sautéed chicken fillet cooked with onion, mustard, brandy and mushrooms served with rice

BEEF STROGANOFF ^{gf} £24.95
strips of sauteed beef fillet cooked with onion, mustard, brandy & mushrooms served with rice

BEEF MEXICAN ^{gf} £24.95
diced beef, onion, mixed pepper and garlic, pan-fried together in a rich tomato sauce served with rice

CHICKEN MEXICAN ^{gf} £23.95
strips of chicken fillet, onion, mixed pepper and garlic, pan-fried together in a rich tomato sauce served with rice

SAFFRON SALMONE ^{gf} £24.95
creamy saffron served with vegetables

SEABASS ^{gf} £23.95
pan fried fillet of sea bass cooked with garlic, capers, tomatoes, baby prawns and a touch of white wine served with vegetables

GAMBERONI LA MAMA ^{gf} £25.95
pan fried king prawns cooked in a spicy tomato sauce & a touch of cream served with rice

SIDES

CHIPS ^{gf, v, ve} £3.50

FRIES ^{gf, v, ve} £3.50

MIXED SALAD ^{gf, v, ve} £3.50

SEASONAL VEGETABLES ^{gf, v, ve} £4.50

SWEET POTATO FRIES ^{gf, v, ve} £5.95

ONION RINGS ^{v, ve} £4.00

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THE GRILL

KOFTE gf £22.95

lean, tender minced lamb & beef marinated then grilled served with garlic yoghurt, rice, tortilla wrap & salad

ISTANBUL KOFTE gf £22.95

grilled lamb kofte on mint yogurt sauce, tomato sauce served with rice and tortilla wrap

CHICKEN WINGS gf £17.95

chicken wings, salad, tomato, pepper served with rice and tortilla wrap

CHICKEN SKEWERS gf £21.95

marinated & grilled on skewers, served with rice, tortilla wrap, fresh salad & dip

LAMB SKEWERS gf £21.95

marinated & grilled on skewers, served with rice, tortilla wrap, fresh salad & dip

FILLET STEAK 10oz gf £30.95

served with seasonal vegetables and fries

SIRLOIN STEAK 10oz gf £27.95

served with seasonal vegetables and fries

MIX GRILL gf £34.95

steak, chicken & lamb shish, grilled kofte, pork ribs, chicken wings, served with rice, salad, fries, tortilla wrap & dips

SAUCES £1.90

peppercorn, diana, mexican or dolcelatte

LA MAMA SHARING PLATTER FOR 2 gf £55.00

steak, kofte, lamb shish, chicken wings, pork ribs, chicken shish, salad, rice, tortilla wrap, fries, yogurt mint sauce, sweet chilli

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MAINS

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BEEF MEXICAN <small>gf</small> <i>diced beef, onion, mixed pepper and garlic, pan-fried together in a rich tomato sauce served with rice</i>	£24.95
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GAMBERONI LA MAMA <small>gf</small> <i>pan fried king prawns cooked in a spicy tomato sauce & a touch of cream served with rice</i>	£25.95

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FRIES <small>gf, v, ve</small>	£3.50
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SEASONAL VEGETABLES <small>gf, v, ve</small>	£4.50
SWEET POTATO FRIES <small>gf, v, ve</small>	£5.95
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- RISOTTO MARINARA** gf £15.95
Italian rice with mixed seafood in a creamy tomato sauce
- CHICKEN MUSHROOM RISOTTO** gf £14.95
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- RAVIOLI ALLA ARAGOSTA** gf £15.95
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