


# STARTER

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

LA MAMA CALZONE £14.95  
folded pizza with tomato sauce, mozzarella cheese, chicken, ham, onion, and pepperoni.

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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

<b>POLLO ALLA CREAM</b> <small>gf</small> <i>pan fried chicken breast cooked with mushrooms in a creamy sauce served with chips</i>	£19.95
<b>CHICKEN STROGANOFF</b> <small>gf</small> <i>strips of sautéed chicken fillet cooked with onion, mustard, brandy and mushrooms served with rice</i>	£22.95
<b>BEEF STROGANOFF</b> <small>gf</small> <i>strips of sauteed beef fillet cooked with onion, mustard, brandy &amp; mushrooms served with rice</i>	£24.95
<b>BEEF MEXICAN</b> <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
<b>CHICKEN MEXICAN</b> <small>gf</small> <i>strips of chicken fillet, onion, mixed pepper and garlic, pan-fried together in a rich tomato sauce served with rice</i>	£23.95
<b>GRILLED SALMON</b> <small>gf</small> <i>creamy lemon butter sauce, served with vegetables</i>	£24.95
<b>SEABASS</b> <small>gf</small> <i>pan fried fillet of sea bass cooked with garlic, capers, tomatoes, baby prawns and a touch of white wine served with vegetables</i>	£24.95
<b>GAMBERONI LA MAMA</b> <small>gf</small> <i>pan fried king prawns cooked in a spicy tomato sauce &amp; a touch of cream served with rice</i>	£25.95

# SIDES

<b>CHIPS</b> <small>gf, v, ve</small>	£3.50
<b>FRIES</b> <small>gf, v, ve</small>	£3.50
<b>MIXED SALAD</b> <small>gf, v, ve</small>	£3.50
<b>SEASONAL VEGETABLES</b> <small>gf, v, ve</small>	£4.50
<b>SWEET POTATO FRIES</b> <small>gf, v, ve</small>	£5.95
<b>ONION RINGS</b> <small>v, ve</small>	£4.00

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# THE GRILL

**KOFTE** gf £22.95

*lean, tender minced lamb & beef marinated then grilled served with rice, tortilla wrap, salad and dips*

**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 £36.95

*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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# WHITE WINE

	175ml	250ml	bottle
CHARDONNAY <i>Fruity bouquet with exotic notes</i>	£6.50	£7.50	£21.95
SAUVIGNON BLANC <i>Dry, well balanced, aromatic &amp; fruity</i>	£6.95	£7.95	£23.95
PINOT GRIGIO <i>Distinct, fruity, intense bouquet &amp; fresh taste</i>	£6.95	£7.95	£23.95
VIOGNIER <i>Long aromatic, apricots, peaches &amp; lemons</i>			£36.95
IMBUKU CHENIN BLANC <i>Lively fruit wine, crisp &amp; balanced aroma</i>			£34.95
PECORINO <i>Citrus aroma, very pleasant bouquet</i>			£36.95
GAVI DI GAVI DOCG <i>Fresh &amp; dry, particularly characterful</i>			£37.95

# SPARKLING

PROSECCHINO 200ml	£7.95
PROSECCO	£26.95
PROSECCO ROSE	£29.95
MOET & CHANDON IMPERIAL BRUT NV	£74.95

# RED WINE

	175ml	250ml	bottle
<b>MERLOT VENTO</b> <i>Full bodied with a sapid round, slightly tannic taste</i>	£6.50	£7.50	£21.95
<b>SHIRAZ</b> <i>Delicious ripe berries, plum &amp; hints of pepper</i>	£6.95	£7.95	£22.95
<b>CABERNET SAUVIGNON</b> <i>Intense red colour, the bouquet is slightly grassy, tannic, rightly acidic, pleasant &amp; full bodied</i>			£25.95
<b>MONTEPULCIANO D'ABRUZZO</b> <i>Dark red colour, good tannin &amp; ripe fruit aroma</i>			£26.95
<b>CHIANTI DOCG</b>			£31.95
<b>VALPOLICELLO</b>			£32.95
<b>SALENTO PRIMITIVO SASSEO</b> <i>Prominent tobacco &amp; leather on the nose, ripe blackberries &amp; blueberries with hints of cocoa</i>			£34.95
<b>SALICE SALENTINO</b> <i>Intense ruby red &amp; hints of black cherry</i>			£38.95
<b>CHIANTI CLASSICO DOCG</b> <i>Ruby red wine that expresses character, freshness, laced with cherry &amp; violet aromas</i>			£35.95
<b>BAROLO 'VOLPI' DOCG</b> <i>Ripe red berries, well rounded, soft &amp; elegant</i>			£49.95
<b>AMARONE 'ELITE' BENNATI</b>			£54.95

# ROSE WINE

	175ml	250ml	bottle
<b>PINOT GRIGIO ROSE</b> <i>Dry, well balanced, aromatic &amp; fruity</i>	£6.95	£7.95	£23.95
<b>ZINFANDEL</b> <i>Delicate blush ping, fresh &amp; lively wine, refreshing strawberry finish</i>	£6.95	£7.95	£23.95

# DRAUGHT BEERS

PERONI	<i>half</i> £3.10	<i>pint</i> £5.90
MICRODRAUGHT GUINNESS		<i>can</i> £5.90

# BOTTLED BEERS

CORONA		£4.00
BUDWEISER		£4.00
DESPERADOS		£4.00
PERONI		£4.00
BECKS BLUE or PERONI <i>0% alcohol</i>		£4.00
KOPPARBERG		£5.95
KOPPARBERG		£5.95
INCHES CIDER		£5.95

# SOFT DRINKS

	<i>half</i>	<i>pint</i>
PEPSI	£3.10	£4.70
PEPSI MAX	£3.10	£4.70
LEMONADE	£3.10	£4.70
APPLE JUICE	£3.10	£4.70
PINEAPPLE JUICE	£3.10	£4.70
CRANBERRY JUICE	£3.10	£4.70
ORANGE JUICE	£3.10	£4.70
J20 <i>ask for flavours</i>		£3.20
APPLETISER		£3.50
SODA WATER		£2.00
SLIMLINE TONIC		£2.50
ELDERFLOWER TONIC		£2.50
GINGER ALE TONIC		£2.50
FANTA BOTTLE		£3.50
MILK		£1.90
RED BULL		£3.50
FRUIT SHOOT		£1.95
STILL WATER		£2.95
SPARKLING WATER		£2.95

# LIQUEUR COFFEE

IRISH	£7.90
BAILEY'S	£7.90
BRANDY	£7.90
TIA MARIA	£7.90

# HOT DRINKS

BREAKFAST TEA	£2.90
FLAVOURED TEA <i>Decaf, earl grey, peppermint &amp; green</i>	£2.90
AMERICANO	£3.10
LATTE	£3.60
CAPPUCCINO	£3.60
ESPRESSO	£3.60
HOT CHOCOLATE	£3.60
MOCHA	£3.60

# SPIRITS 50ml

## VODKA

SMIRNOFF	£6.50
ABSOLUT	£6.50
GREY GOOSE	£8.50
CIROC	£8.50
BELVEDERE	£8.50

## RUM

CAPTAIN MORGAN	£6.50
BACARDI RUM	£6.50
SAILOR JERRY SPICE	£6.50
HAVANA CLUB	£6.50
MALIBU	£6.50

## WHISKEY

JACK DANIELS	£7.50
JIM BEAM	£7.50
JOHNNIE WALKER	£7.50
JAMESON	£7.50
FAMOUS GROUSE	£7.50
CHIVAS REGAL	£7.50
SOUTHERN COMFORT	£7.50

## BRANDY

MARTELL	£6.50
REMY MARTIN	£8.50
COURVOISIER	£8.50

## SPIRITS

## GIN

GORDON'S	£6.50
GORDON'S SLOE	£6.50
GORDON'S PINK	£6.50
BEEFEATER	£6.50
BEEFEATER PINK	£7.50
BOMBAY SAPPHIRE	£7.50
TANQUERAY SEVILLA	£7.50
TANQUERAY	£7.50
KOPPARBERG	£7.50
WHITLEY NEIL <i>various</i>	£7.50
HENDRIKS	£7.50
BROCKMANS	£7.50

PIMMS	£6.50
DRAMBUIE LIQUEUR	£6.50
MARTINI	£6.50
GRAPPA	£6.50
ARCHERS	£6.50
COINTREAU	£6.50
BAILEYS	£6.50
TIA MARIA	£6.50
DISARONNO	£6.50

## SHOTS

LIMONCELLO	£3.50
SAMBUCA	£3.50
TEQUILA	£3.50
GRAPPA	£3.50
JAGERBOMB	£4.00
BABY GUINNESS	£3.50

# COCKTAILS

<b>PORNSTAR MARTINI</b>	£10.45
<i>Vanilla vodka, passion fruit puree, vanilla syrup, fresh lime, pineapple juice &amp; prosecco shot</i>	
<b>FRENCH MARTINI</b>	£10.45
<i>Smirnoff vodka, chambord, pineapple juice with pineapple wedge</i>	
<b>ESPRESSO MARTINI</b>	£10.45
<i>Absolut espresso vodka, coffee liqueur, espresso &amp; coffee beans</i>	
<b>STRAWBERRY DAIQUIRI</b>	£10.45
<i>Captain morgan original spiced rum, fresh lime juice, sugar syrup &amp; fresh chopped strawberries</i>	
<b>CLASSIC MOJITO</b>	£9.95
<i>bacardi rum, sugar, fresh lime, mint &amp; a dash of soda with crushed ice</i>	
<b>OLD FASHIONED</b>	£9.95
<i>Bourbon, brown sugar, angostura bitters, orange slice.</i>	
<b>MARGARITA</b>	£10.45
<i>Don julio tequila, fresh lime juice, triple sec orange liqueur, salt on the rim of the glass with a lime wedge to garnish</i>	
<b>NEGRONI</b>	£10.45
<i>A timeless classic: The perfect harmony of gin, campari and sweet vermouth - bold and balanced</i>	
<b>PINA COLADA</b>	£10.45
<i>Malibu, bacardi, coconut cream &amp; pineapple juice with pineapple</i>	
<b>SEX ON THE BEACH</b>	£9.95
<i>Archers, premium vodka, orange &amp; cranberry juice with orange garnish</i>	

# COCKTAILS

<b>LONG ISLAND ICED TEA</b>	£10.45
<i>Premium vodka, bombay sapphire gin, havana club rum, tequila, lemon juice, triple sec top with coca cola.</i>	
<b>WOO WOO</b>	£9.95
<i>Archers, peach schnapps, premium &amp; cranberry juice with extra shimmer.</i>	
<b>TEQUILA SUNRISE</b>	£9.95
<i>Don juilo tequila, fresh orange juice &amp; grenadine syrup served on the rocks with a slice of fresh orange</i>	
<b>BLUE LAGOON</b>	£9.95
<i>Smirnoff vodka, blue curacao liqueur, fresh lime juice topped with lemonade &amp; garnished with lime, enjoy on the rocks</i>	
<b>RAINBOW PARADISE</b>	£9.95
<i>Smirnoff vodka, blue caraçao, orange juice, granadine, tasty fusion of flavours.</i>	
<b>APEROL SPRITZ</b>	£10.45
<i>Aperol, dry prosecco topped with soda water &amp; orange slice</i>	
<b>LIMONCELLO SPRITZ</b>	£10.45
<i>A sunny and zesty twist: sweet limoncello, bubbly prosecco, and a splash of soda for a bright, citrus-forward experience</i>	
<b>HUGO SPRITZ</b>	£10.45
<i>(St Germain/Elderflower) Delicate and floral: elderflower liqueur with mint, lime and prosecco - a refreshing breeze in a glass</i>	

# MOCKTAILS

<b>MILKSHAKES</b>	£7.95
<i>Choice of chocolate, strawberry or vanilla</i>	
<b>VIRGIN MOJITO</b>	£7.95
<i>Fresh mint, lime &amp; sugar syrup with soda water</i>	
<b>TROPICAL BLUSH</b>	£7.95
<i>A radiant fusion of passion fruit, pineapple, orange &amp; cranberry</i>	
<b>TOM &amp; JERRY</b>	£7.95
<i>Orange juice, Cranberry juice with grenadine</i>	