

La Mama

BAR AND RESTAURANT

BREAKFAST & LUNCH MENU

BREAKFAST

served Saturday & Sunday 9:30am until 12:00pm

SMALL ENGLISH BREAKFAST <i>gf optional</i>	£8.95
<i>1 rasher of bacon, 1 sausage, 1 egg, tomatoes, mushrooms, hash brown, beans, black pudding & slices of toast with butter</i>	
LARGE ENGLISH BREAKFAST <i>gf</i>	£10.95
<i>2 rashers of bacon, 2 sausages, eggs, tomatoes, mushrooms, hash brown, beans, black pudding & slices of toast with butter</i>	
VEGETARIAN BREAKFAST <i>gf, v, ve</i>	£10.95
<i>eggs, tomatoes, mushrooms, hash brown, beans, halloumi, feta, avocado & slices of toast with butter</i>	
MAKE YOUR OWN BREAKFAST <i>gf, v, ve</i>	£7.95
<i>2 slices of white or brown toast & 4 items of your choice: bacon, sausage, black pudding, eggs, tomatoes, mushrooms, hash brown, beans, fried bread</i>	
	+£1.20
<i>extra items price per item</i>	
CHEESE ON TOAST <i>gf, v</i>	£7.90
<i>2 slices of toast topped with mozzarella cheese</i>	
CHEESE & TOMATO ON TOAST <i>gf, v</i>	£7.90
<i>2 slices of toast topped with tomato & mozzarella cheese</i>	
WELSH RAREBIT <i>gf, v</i>	£8.90
<i>mozzarella cheese on toast with 2 poached eggs</i>	
EGGS AVOCADO <i>v</i>	£8.50
<i>2 poached eggs, avocado & roasted tomatoes on granary toast & choice of white or brown toast</i>	

BREAKFAST BARMS

BREAKFAST BARM	£5.90
<i>2 items from: bacon, sausage, black pudding, egg, hash brown, tomato, beans</i>	
<i>Extra items £1.20 each</i>	

OMELETTES

served everyday until 3pm

LA MAMA OMELETTE <i>gf, v</i>	£10.95
<i>feta & tomato omelette served with garnish & white or brown toast</i>	
SPANISH OMELETTE <i>gf, v</i>	£10.95
<i>cheese, mixed pepper & tomato omelette served with garnish & choice of white or brown toast</i>	
MAKE YOUR OWN OMELETTE <i>gf, v</i>	£10.95
<i>with your choice of 3 items: cheese, mushrooms, tomato, onion, bacon, ham, chicken, feta cheese served with garnish & choice of white or brown toast</i>	

LUNCH

HOME MADE STEAK PIE	£16.95
<i>served with chips, peas & gravy</i>	
LASAGNE <i>gf</i>	£12.95
<i>layers of pasta with bechamel & bolognese sauce topped with cheese & oven baked</i>	
SPAGHETTI BOLOGNESE <i>gf</i>	£13.95
<i>spaghetti pasta served with bolognese sauce</i>	
SPAGHETTI CARBONARA <i>gf</i>	£12.95
<i>spaghetti pasta served in cream, bacon & parmesan cheese sauce</i>	
PASTA VEGETARIAN <i>gf, v, ve</i>	£11.95
<i>any of pasta in a tomato sauce with mixed vegetables</i>	
LINGUINE MARINARA <i>gf</i>	£14.95
<i>linguine pasta served with mixed seafood in a cream & tomato sauce</i>	
MAKE YOUR OWN PIZZA <i>gf</i>	£12.95
<i>tomato & mozzarella with a choice of 3 toppings: pepperoni, ham, chicken, onion, mushrooms, sweetcorn, mixed peppers, chilli & pineapple</i>	

SALADS

CHICKEN CEASER SALAD <i>gf</i>	£10.95
<i>Chicken, bacon, croutons, lettuces & parmesan</i>	
GREEK SALAD <i>gf, v</i>	£10.95
<i>Mix salad, feta, olives, dressing</i>	

WRAPS

served in a tortilla wrap with fresh salad and fries

CHICKEN SKEWER <i>gf</i>	£10.95
<i>marinated cubes of chicken breast chargrilled</i>	
CRISPY CHICKEN WRAP <i>gf</i>	£10.95
<i>chicken breast coated in breadcrumbs and deep fried with a sweet chilli</i>	
KOFTE KEBAB <i>gf</i>	£11.95
<i>lean and tender lamb mince meatballs marinated and grilled</i>	
LAMB SKEWER <i>gf</i>	£11.95
<i>marinated cubes of lamb leg, grilled</i>	

BURGERS

LA MAMA BURGER	£10.95
<i>beef burger, bacon, cheddar cheese, lettuce, tomato, pickle and fries</i>	
CHICKEN BURGER	£9.95
<i>grilled chicken fillet with lettuce, tomato, pickle and fries</i>	
ZINGER BURGER	£10.95
<i>breadcrumbs spicy chicken fillet with lettuce, tomato, pickle and fries</i>	

SIDES

CHIPS <i>gf, v, ve</i>	£3.50
FRIES <i>gf, v, ve</i>	£3.50
SWEET POTATO FRIES <i>gf, v, ve</i>	£5.95
MIXED SALAD <i>gf, v, ve</i>	£3.50
ONION RINGS <i>v, ve</i>	£4.00
RICE <i>gf, v, ve</i>	£2.95
SEASONAL VEGETABLES <i>gf, v, ve</i>	£4.50

ALLERGY ADVICE

Before you order your food and drinks, please speak to a member of staff if you would like to know about our ingredients or for allergy information. Some fish dishes may contain bones. All dishes are subject to availability. *gf* gluten free | *v* vegetarian | *ve* vegan. Whilst we take every care to preserve the integrity of our gluten-free, vegetarian, and vegan products, we must advise that these products are handled in a multi-use kitchen environment.

Available on request:  Gluten-Free  Vegetarian  Vegan

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BAR AND RESTAURANT

DRINKS MENU

HOT DRINKS

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

SOFT DRINKS

	half	pint
PEPSI	£3.10	£4.50
PEPSI MAX	£3.10	£4.50
LEMONADE	£3.10	£4.50
APPLE JUICE	£3.10	£4.50
PINEAPPLE JUICE	£3.10	£4.50
CRANBERRY JUICE	£3.10	£4.50
ORANGE JUICE	£3.10	£4.50
J2O <i>ask for flavours</i>	£2.95	
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	

DRAUGHT BEERS

PERONI	half £3.10	pint £6.20
GUINNESS (Microdraught)		can £5.90

BOTTLED BEERS

CORONA	£4.00
BUDWEISER	£4.00
DESPERADOS	£4.00
PERONI	£4.00
BECKS BLUE 0% alcohol	£4.00
PERONI 0% alcohol	£4.00
KOPPARBERG	£5.95
KOPPARBERG	£5.95
INCHES CIDER	£5.95

RUM

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

BRANDY

MARTELL	£6.50
REMY MARTIN	£8.50
COURVOISIER	£8.50

VODKA

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

SHOTS

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

SPIRITS

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

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

COCKTAILS

PORNSTAR MARTINI	£10.45
<i>Vanilla vodka, passion fruit puree, vanilla syrup, fresh lime, pineapple juice & prosecco shot</i>	
FRENCH MARTINI	£10.45
<i>Smirnoff vodka, chambord, pineapple juice with pineapple wedge</i>	
ESPRESSO MARTINI	£10.45
<i>Absolut espresso vodka, coffee liqueur, espresso & coffee beans</i>	
STRAWBERRY DAIQUIRI	£10.45
<i>Captain morgan original spiced rum, fresh lime juice, sugar syrup & fresh chopped strawberries</i>	
CLASSIC MOJITO	£9.95
<i>bacardi rum, sugar, fresh lime, mint & a dash of soda with crushed ice</i>	

OLD FASHIONED	£9.95
<i>Bourbon, brown sugar, angostura bitters, orange slice.</i>	
MARGARITA	£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>	
NEGRONI	£10.45
<i>A timeless classic: The perfect harmony of gin, campari and sweet vermouth - bold and balanced</i>	
PINA COLADA	£10.45
<i>Malibu, bacardi, coconut cream & pineapple juice with pineapple</i>	
SEX ON THE BEACH	£9.95
<i>Archers, premium vodka, orange & cranberry juice with orange garnish</i>	
LONG ISLAND ICED TEA	£10.45
<i>Premium vodka, bombay sapphire gin, havana club rum, tequila, lemon juice, triple sec top with coca cola.</i>	
WOO WOO	£9.95
<i>Archers, peach schnapps, premium & cranberry juice with extra shimmer.</i>	
TEQUILA SUNRISE	£9.95
<i>Don julio tequila, fresh orange juice & grenadine syrup served on the rocks with a slice of fresh orange</i>	
BLUE LAGOON	£9.95
<i>Smirnoff vodka, blue curacao liqueur, fresh lime juice topped with lemonade & garnished with lime, enjoy on the rocks</i>	
RAINBOW PARADISE	£9.95
<i>Smirnoff vodka, blue caraçao, orange juice, granadine, tasty fusion of flavours.</i>	
APEROL SPRITZ	£10.45
<i>Aperol, dry prosecco topped with soda water & orange slice</i>	
LIMONCELLO SPRITZ	£10.45
<i>A sunny and zesty twist: sweet limoncello, bubbly prosecco, and a splash of soda for a bright, citrus-forward experience</i>	
HUGO SPRITZ	£10.45
<i>(St Germain/Elderflower) Delicate and floral: elderflower liqueur with mint, lime and prosecco - a refreshing breeze in a glass</i>	

MOCKTAILS

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

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