

STARTERS

PATE DELLA CASA	6.95
Sautéed chicken liver with herbs and wine blended with cognac and fresh cream.	
BRUSCHETTA MISTA (v)	6.95
Toasted ciabatta bread topped with tomato, basil olive oil and mixed roast veg.	
INSALATA DI GAMBERI	6.95
The classic prawn cocktail.	
BRESAOLA DELLA VALTELLINA	7.95
Italian cured beef thin sliced, served with rocket leaves and parmesan ribbons olive oil.	
INVOLTINI DI SALMONE	8.95
Smoked salmon rolled with prawns and Marie Rose sauce.	
INSALATA CAPRESE (v)	7.95
Fresh mozzarella sliced with tomatoes, served with Coulin of olive oil and fresh basil.	

POLLO Chicken

INVOLTINI DI POLLO	15.95
Wrapped chicken breast fillets with parma ham mozzarella cheese fresh basil cooked in a creamy tomato sauce.	
SCALOPPINE DI POLLO AL LIMONE	14.95
Thin fillets of chicken pan fried with butter and cooked with white wine lemon juice.	
PETO DI POLLO ALLA CACIATORA	14.95
Chicken breast pan fried cooked with tomato mix peppers and mushrooms.	
POLLO MEDITERRANEO	14.95
Chicken breast pan-fried and cooked with tomato and chorizo.	
POLO ALLA CREMA	14.95
Pan-fried chicken breast cooked with mushrooms white wine creamy sauce.	
CHICKEN SIZZLER	15.95
Marinated strips of chicken cooked with ginger onion mixed peppers in a sweet and savory sauce.	

HOT STARTERS

ZUPPA DEL GIORNO	5.95
Soup of the day.	
PORK RIBS BBQ SAUCE	7.95
BLACK PUDDING PEPPERCORN SAUCE	6.95
Grilled Black Pudding served with bacon and peppercorn sauce.	
FEGATINI DI POLLO ALLA MAMAS	7.95
Sautéed chicken liver with mixed peppers cooked in red wine sauce.	
GARLIC MUSHROOM	5.95
Button mushrooms cooked with garlic butter, parsley and lemon.	
CALAMARI FRITTI	7.95
Fried calamari served with tartar sauce.	
KING PRAWNS MARINARA	8.95
Sautéed king prawns with garlic butter lemon white wine parsley.	
MOZZARELLA IN CARROZZA	5.95
Fresh mozzarella cheese in bread crumbs fried and served in a coulin of tomato sauce.	

PESCE Fish

FILETTO DI SALMONE CARDINALE	17.95
Lion of salmon pan-fried and cooked in a lobster sauce.	
BRANZINO	17.95
See bass filets pan-fried and served with cherry tomatoes, lemon and basil sauce.	
ORATA AL LIMONE	17.95
Sea bream fillets in a sauce of white wine and lemon sauce.	
GAMBERONI ALLA MAMAS	17.95
Pan fried king prawns cooked in a spicy tomato sauce and touch of cream.	

LA MAMA KIDS MENU AVAILABLE

(see separate menu)

PASTA

• WE GO TO GREAT LENGTHS TO BRING YOU AN AUTHENTIC ITALIAN EXPERIENCE •

Our pasta is sourced from Italy for the ultimate classic flavour

LASAGNE AL FORNO	9.95	SPAGHETTI BOLOGNESE	8.95
Layers of pasta with béchamel bolognese sauce, topped with cheese and oven baked.		Spaghetti pasta served with the traditional bolognese sauce	
CANNELLONI ALLA NIZZARDA	9.95	PASTA VEGETARIANA	8.95
Savory beef, pork, Italian salami, fresh spinach and cheese wrapped in a pancake, topped with tomato béchamel sauce, mozzarella and oven baked.		Any choice of pasta in a creamy tomato and mixed vegetables	
GNOCCHI ALLA SORRENTINA (v)	8.95	RISOTTO MARINARA	12.95
Potatoes pasta baked in a tomato mozzarella fresh basil sauce		Italian rice cooked and served with mix seafood in a creamy tomato sauce	
RAVIOLI ALL ARAGOSTA	9.95	RISOTTO FATORIA	8.95
Lobster filled ravioli served in a lobster sauce and prawns		Rice served with chicken mushrooms mix peppers and tomato sauce a touch of cream	
SPAGHETTI ALLA CARBONARA	8.95	TAGLIATELLE BOSCAGLIOLA	9.95
Spaghetti pasta served in a cream bacon parmesan cheese sauce		Ribbons of peppers served with ham peas mushrooms olives tomato demi glaze and creamy sauce	
LINGUINE MARINARA	11.95	PENNE ALLA NORMA (v)	8.95
Linguine pasta served with mixed seafood in a creamy tomato sauce		Penne pasta served in a sauce of tomato aubergines cheese fresh basil sauce	

MEATS FROM THE GRILL

SAUTÉED OF BEEF STROGANOFF	21.95	FILLET STEAK 10 oz	23.95
Sautéed of beef fillet in strips cooked with onion mustard brandy and mushrooms finished with a touch of cream.		SIRLION STEAK 10 oz	19.95
HALLUMI CHEESE SKEWERS	14.95	SRUMB STEAK 10 oz	18.95
Grilled hallumi cheese with peppers onions courgette served in a bed of mixed lettuce with touch of mix honey tragon and lemon.		CAJUN CHICKEN SKEWERS	14.95
MIX GRILL	21.95	served in a bed of mixed lettuce garlic butter cajun mayonnaise and wraps.	
Gammon sausages black pudding chicken fillets and a 4 oz steak.		MADALION OF BEEF FILLET	22.95
		Served with reduction of red wine glaze and rosemary.	
		BEEF SKILLETS	21.95
		Sautéed fillets of beef with red onion mixed peppers and cajun served with wrap	

SAUCES AVAILABLE ON REQUEST

Mustard Sauces, Peppercorn Sauce, Diana Sauce, Blue Cheese Sauce, Creamed Horse Radish

DALLA PIZZERIA

MARGHERITA (v)	8.95
Tomato mozzarella cheese.	
VEGETARIANA	9.95
Tomato, mozzarella mix vegetables.	
CALABRESE	9.95
Tomato, mozzarella & spicy pepperoni.	
NETUNO	10.95
Tomato, mozzarella, tuna & red onions.	
4 FORMAGI	10.95
Double cream mozzarella, gorgonzola cheese, parmesan cheese.	
MARINARA	11.95
Tomato, mozzarella & mix seafood.	
CALZONE	9.95
Tomato, mozzarella, mushrooms, ham & pepperoni.	
PRINCIPESSA	9.95
Tomato, mozzarella, ham & mushroom.	
DIAVOLA	10.95
Tomato, mozzarella, red onions pepperoni & chillies.	
GARLIC BREAD with tomato sauce	5.95
GARLIC BREAD with cheese	4.95
GARLIC BREAD with olive oil	4.95
SIDE ORDERS	
MIXED OLIVES	2.95
Marinated in lemon juice, extra virgin olive oil, garlic and served with crusty bread and butter.	
CHIPS	2.95
SWEET POTATO FIRES	3.95
POTATO WEDGES	2.95
Potato wedges with Cajun spice served with sour cream dip.	
INSALATA MISTA	2.95
Mixed side salad.	

EARLY BIRD MENU

2 COURSE 9.95
3 COURSE 12.95

Mon, Tue, Wed & Fri Served from 4pm - 7pm

STARTER OPTIONS

Soup, Melon or Garlic Mushroom, alternatively any choice of starters for extra (£2.95)

STRACCIETTI DI MANZO

Thin strips fillet of beef in spicy cream sauce.

BASSA FILLET FISH

Gujons pf bassa fish served with tartar sauce.

CHICKEN OPTIONS

Half of chicken breast cooked with option of lemon or cream sauce.

PASTA OPTIONS

Any choice of pasta or change to an ultimate seafood pasta for extra (£2.95)

PIZZA OPTIONS

Any choice of pizza or alternatively upgrade to a delicious seafood pizza for extra (£2.95)

SEE THE BOARD OR ASK YOUR SERVER FOR TODAY'S SPECIAL DESSERT OF THE DAY!

Gluten free option available please ask your server for details

TRADITIONAL ROAST DINNER

Available Sunday from 12 - 7pm

9.95

Traditional English sunday roast served with vegetables, gravy and yorkshire pudding.

Ask the staff for meat of choice; Chicken, Ham, Beef & Lamb

DESSERTS

PROFITEROLES	3.95	FUDGE CAKE	3.95	TIRAMISU	3.95	CAKE OF THE DAY	3.95
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