

STARTERS

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| MIXED OLIVES (V) Marinated in lemon juice, extra virgin olives oil, garlic and served with crusty bread and butter. | 3.95 |
| PATE DELLA CASA (V) Sautéed chicken liver with herbs, served with salad garnish and buttered toast. | 6.95 |
| BRUSCHETTA MISTA Toasted ciabatta bread topped with tomato, basil olive oil and mixed roast peppers. | 6.95 |
| INSALATA DI GAMBERI The classic prawn cocktail. | 5.95 |
| INVOLTINI DI SALMONE Smoked salmon rolled with prawns and Marie Rose sauce. | 8.95 |
| INSALATA CAPRESE (V) Fresh mozzarella sliced with tomatoes, served with Coulin of olive oil and fresh basil. | 6.95 |
| MELON LA MAMA (V) With seasonal fruits. | 5.95 |
| HONEY DEW MELON WITH PARMA HAM With seasonal fruits. | 6.95 |

POLLO Chicken

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

HOT STARTERS

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| ZUPPA DEL GIORNO Soup of the day. | 4.95 |
| PORK RIBS BBQ SAUCE | 7.95 |
| BLACK PUDDING PEPPERCORN SAUCE Grilled Black Pudding served with bacon and peppercorn sauce. | 6.95 |
| FEGATINI DI POLLO ALLA MAMAS Sautéed chicken liver with mixed peppers cooked in red wine sauce. | 7.95 |
| HALLOUMI CHEESE Grilled Halloumi served with sweet chilly. | 5.95 |
| GARLIC MUSHROOM (V) Button mushrooms cooked with garlic butter, parsley and lemon. | 5.95 |
| CALAMARI FRITTI Fried calamari served with tartar sauce. | 7.95 |
| KING PRAWNS MARINARA Sautéed king prawns with garlic butter lemon white wine parsley. | 8.95 |
| MOZZARELLA IN CARROZZA (V) Fresh mozzarella cheese in bread crumbs, fried and served in a coulin of tomato sauce. | 5.95 |
| GARLIC BREAD <i>Add additional toppings for 90p extra. Choose from;</i> • With cheese / Mushroom • Mexican • Tomato | 4.95 |

PESCE Fish

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| FILETTO DI SALMONE CARDINALE Lion of salmon pan fried and cooked in a lobster sauce. | 17.95 |
| BRANZINO Sea bass filets pan-fried and served with cherry tomatoes, lemon and basil sauce. | 17.95 |
| GAMBERONI ALLA MAMAS Pan-fried king prawns cooked in a spicy tomato sauce and touch of cream served with rice. | 18.95 |

All dishes will be served with vegetables.

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!

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| PASTA VEGETARIANA (V) Any choice of pasta in a creamy tomato sauce with mixed vegetables. | 8.95 | LASAGNE AL FORNO Layers of pasta with béchamel bolognese sauce, topped with cheese and oven baked. | 9.95 |
| RISOTTO MARINARA Italian rice cooked and served with mix seafood in a creamy tomato sauce. | 11.95 | CANNELLONI ALLA NIZZARDA Savory beef, pork, Italian salami, fresh spinach and cheese wrapped in a pancake, topped with tomato béchamel sauce, mozzarella and oven baked. | 9.95 |
| RISOTTO FATORIA Italian rice served with chicken, mushrooms, mixed peppers and tomato sauce with a touch of cream. | 8.95 | GNOCCHI ALLA SORRENTINA (V) Potato pasta baked in a tomato, mozzarella and fresh basil sauce. | 8.95 |
| TAGLIATELLE BOSCAGLIOLA Ribbons of peppers served with ham, peas, mushrooms, olives, tomato, demi glaze and a creamy sauce. | 9.95 | RAVIOLI ALL ARAGOSTA Lobster filled ravioli served in a lobster sauce and prawns. | 9.95 |
| PENNE ARABIATTA Spicy pasta cooked with chicken, mixed peppers, onions, mushrooms and fresh chillies in a creamy tomato sauce. | 10.45 | SPAGHETTI ALLA CARBONARA Spaghetti pasta served in a cream, bacon and Parmesan cheese sauce. | 8.95 |
| STEAK AND MUSHROOM PASTA Penne pasta with strips of sirloin steak, onion and mushroom, cooked in a creamy demi glaze sauce. | 11.95 | LINGUINE MARINARA Linguine pasta, served with mixed seafood in a creamy tomato sauce. | 11.95 |
| | | SPAGHETTI BOLOGNESE Spaghetti pasta served with traditional bolognese sauce. | 8.95 |

MEATS FROM THE GRILL

All steaks are served with grilled tomato, mushroom and chips

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| LA MAMA'S MIX GRILL Sirloin, chicken, gammon, kofte, sausage, and fried egg, served with onion rings. | 24.95 | FILLET STEAK 10oz | 22.95 |
| SIRLOIN STEAK 10oz | 19.95 | SAUTÉED OF BEEF STROGANOFF Strips of sautéed beef fillet cooked with onion, mustard, brandy and mushroom. | 21.95 |
| CAJUN CHICKEN SKEWERS Served on a bed of mixed lettuce with garlic butter, Cajun mayonnaise and wraps. | 15.95 | MEDALLION BEEF FILLET Served with a reduction of red wine, glaze and rosemary. | 22.95 |

SAUCES AVAILABLE ON REQUEST

Peppercorn Sauce, Diana Sauce, Blue Cheese Sauce, Mexican Sauce

DALLA PIZZERIA

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| MARGHERITA (V) Tomato mozzarella cheese. | 8.95 |
| VEGETARIANA Tomato mozzarella mix vegetables. | 9.95 |
| CALABRESE Tomato, mozzarella & spicy pepperoni. | 9.95 |
| NETUNO Tomato mozzarella tuna red onions. | 10.95 |
| 4 FORMAGI (V) Double cream mozzarella, feta, gorgonzola cheese, parmesan cheese. | 10.95 |
| MARINARA Tomato, mozzarella and mix sea food. | 11.95 |
| CALZONE Tomato, mozzarella, then a choice of 3 items: Pepperoni, ham, chicken, peppers, sweetcorn, chillies, pineapple, tuna, mushroom, onion, chorizo. | 9.95 |
| TROPICAL Tomato, mozzarella, ham and pineapple. | 9.95 |
| DIAVOLA Tomato mozzarella red onions pepperoni chillies. | 10.95 |
| PERI-PERI CHICKEN BBQ Base sauce with marinated chicken. | 9.95 |
| MIGHTY MEATY PIZZA Tomato, mozzarella, pepperoni, chicken and ham. | 11.95 |

SIDE ORDERS

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| HOMEMADE CHIPS (V) | 2.95 |
| FRIES (V) | 2.95 |
| SWEET POTATO FIRES (V) | 3.95 |
| ONION RINGS | 2.45 |
| POTATO WEDGES Potato wedges with Cajun spice served with sour cream dip. | 2.95 |
| INSALATA MISTA (V) Mixed side salad. | 2.95 |
| RICE (V) | 1.50 |
| VEGETABLES Broccoli, carrots, cauliflower and potato. | 3.50 |

EARLY BIRD MENU

2 COURSE 11.95
3 COURSE 13.95

STARTER

HOMEMADE PATÉ
Served with toast.

GARLIC MUSHROOMS (V)
with cream.

SOUP OF THE DAY

FRESH TOMATO BRUSCHETTA (V)

MAIN COURSE

CHICKEN FILLETS
With lemon sauce or creamy mushroom sauce served with chips.

FISH GOUJONS

Fish fillets in bread crumbs served with chips and tartar sauce.

STRACCIETTI DI MANZO
Thin strips of fillet beef in spicy cream sauce, served with rice.

MARGHERITA PIZZA (V)
Tomato and mozzarella cheese.

PRINCIPESSA PIZZA

Tomato, mozzarella, ham and mushroom

VEGETARIANA PIZZA (V)

Tomato, mozzarella and mixed vegetables.

SPAGHETTI BOLOGNESE
Spaghetti pasta served with traditional bolognese sauce.

PASTA VEGETARIANA (V)
Any choice of pasta in a creamy tomato sauce with mixed vegetables.

DESSERT

PROFITEROLES

FUDGE CAKE

ICE CREAM

Available Tuesday, Wednesday, Thursday and Friday 4:00pm till 7:00pm. Early bird menu excludes bank holidays and December.

TRADITIONAL ROAST DINNER

Available Sunday from 12 - 7pm

10.95

Traditional English Sunday roast served with vegetables, gravy and Yorkshire pudding.

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

Kids portions available for £6.95

