

Breakfast served Friday - Sunday 9:30am - 12pm

GF  
**La Mama's Breakfast**  
2 bacon, 2 sausage, tomatoes,  
2 eggs, mushrooms, beans,  
hashbrowns & toast.  
8.95

V / VE / GF  
**Veggie Breakfast**  
mushrooms, eggs, beans,  
tomatoes, quorn sausages  
& toast.  
6.95

GF  
**Toasties**  
choose from bacon,  
sausage, egg  
or beans.  
3.95

GF  
**Salmon & Eggs**  
scrambled eggs on toast  
topped with smoked salmon  
& seasoned avacado.  
6.95

V  
**Pancakes or Waffles**  
topped with maple syrup,  
nutella & banana or mixed  
berries & yoghurt.  
4.95

**GARLIC BREAD** V / VE / GF

- Traditional** 4.95  
fresh garlic, herbs & parsley.
- Formaggio** 5.50  
garlic, parsley & mozzarella.
- Pomodorro** 5.50  
garlic, parsley & tomato.
- Vesuvio** 5.50  
garlic, chillies, onions & tomatoes.

**LIGHT BITES**

all light bites served with chips & garnish.

**Bread Type**

- wraps
- ciabatta
- white bread
- wholemeal bread

**Filling Options**

- cheddar cheese, tomato & red onion 5.25
- mozzarella, tomato, pesto & rocket 5.75
- ham, tomato, red onion & rocket 5.95
- halloumi, sundried tomatoes & mixed olives 6.25
- roasted med veg, tomato jam & vegan cheese 6.25
- beef, freshly fried onions & mustard mayo 6.95
- chicken, bacon, tomato & garlic mayo 7.95
- smoked salmon, cream cheese & avocado 7.95
- chicken, chorizo & chilli cheese 7.95

**MAINS**

- Penne Carbonara** GF 8.95  
pasta, crispy pancetta, cream  
& parmesan
- Linguine Puttanesca** V / VE / GF 8.95  
tomatoes, olives, capers, garlic  
& napoli sauce.
- La Mama Burger** 8.95  
beef patty, bacon, cheese, red onion,  
mushrooms, brioche bun & fries.
- Sicilian Haddock** 8.95  
slow cooked, tuscan style beef casserole  
& garlic crushed potatoes.
- Spaghetti Polpette** V / VE / GF 8.95  
homemade meatballs, tomatoes, onions,  
peppers, garlic & chillies.
- Lasagna Al Forno** GF 8.95  
pasta sheets, bechamel sauce, bolognese  
& tomatoes.,
- Le Pizza** V / VE / GF 9.95  
our classic margherita pizza with any  
3 toppings.
- Tuscan Beef** GF 9.95  
slow cooked, tuscan style beef casserole  
& garlic crushed potatoes.
- Crespelle** V / VE / GF 10.95  
pancakes, filled with roasted vegetables &  
glazed with mozzarella. add chicken for 1.50

**SHARING PLATTERS**

- Salumeria** GF 9.95  
a selection of salami, parma ham,  
mortadella, chicken liver pate,  
olives, bread & dips.
- Bruschettine** V / GF 9.95  
tomato & red onion, roasted vegetable,  
caponata, buffalo mozzarella & dried  
tomatoes, ricotta spinach & pesto,  
fire roasted pepper & piri piri.
- Ortolana** V / VE / GF 9.95  
olives, avocado, roast aubergines,  
marinated mushrooms, vegan ricotta,  
red pepper hummous, bread & oils.

**SALADS**

- Chicken Ceaser** GF 8.95  
romaine lettuce, crispy bacon,  
croutons, parmesan shavings, ceaser  
dressing, grilled chicken strips.
- Greca** V / GF 7.50  
cos lettuce, tomatoes, red onions,  
grilled halloumi & lemon dressing.
- Salmone** V / VE / GF 8.95  
mixed leaves, beetroot, tomatoes,  
red onion, lemon scented  
salmon flakes & sourcream dressing.

**SIDES**

2.95

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|--------------------|-------------|------------------|
| chips              | mixed salad | sauteed potatoes |
| fries              | onion rings | seasonal veg     |
| sweet potato fries | garlic rice | creamed spinach  |