

RED WINE			
	175ml	250ml	bottle
MERLOT VENTO	£6.50	£7.50	£18.95
<i>full bodied with a sapid round, slightly tannic taste</i>			
SHIRAZ	£6.95	£7.95	£21.95
<i>delicious ripe berries, plum & hints of pepper</i>			
CABERNET SAUVIGNON			£23.95
<i>intense red colour, the bouquet is slightly grassy, tannic, rightly acidic, pleasant & full bodied</i>			
MONTEPULCIANO D’ABRUZZO			£24.95
<i>dark red colour, good tannin & ripe fruit aroma</i>			
CHIANTI DOCG			£27.95
VALPOLICELLO			£29.95
SALENTO PRIMITIVO SASSEO			£28.95
<i>prominent tobacco & leather on the nose, ripe blackberries & blueberries with hints of cocoa</i>			
SALICE SALENTINO			£31.95
<i>intense ruby red & hints of black cherry</i>			
CHIANTI CLASSICO DOCG			£31.95
<i>ruby red wine that expresses character, freshness, laced with cherry & violet aromas</i>			
BAROLO ‘VOLPI’ DOCG			£44.95
<i>ripe red berries, well rounded, soft & elegant</i>			
AMARONE ‘ELITE’ BENNATI			£48.95
ROSE WINE			
	175ml	250ml	bottle
PINOT GRIGIO ROSE	£6.95	£7.95	£21.95
<i>dry, well balanced, aromatic & fruity</i>			
ZINFANDEL	£6.95	£7.95	£22.95
<i>delicate blush ping, fresh & lively wine, refreshing strawberry finish</i>			
WHITE WINE			
	175ml	250ml	bottle
CHARDONNAY	£6.50	£7.50	£18.95
<i>fruity bouquet with exotic notes</i>			
SAUVIGNON BLANC	£6.95	£7.95	£22.95
<i>crisp & refreshing, pairs well with seafood</i>			
PINOT GRIGIO	£6.95	£7.95	£22.95
<i>distinct, fruity, intense bouquet & fresh taste</i>			
VIOGNIER			£26.95
<i>long aromatic, apricots, peaches & lemons</i>			
IMBUKU CHENIN BLANC			£27.95
<i>lively fruit wine, crisp & balanced aroma</i>			
PECORINO			£28.95
<i>citrus aroma, very pleasant bouquet</i>			
GAVI DI GAVI DOCG			£29.95
<i>fresh & dry, particularly characterful</i>			
SPARKLING			
PROSECCHINO 200ml			£7.95
PROSECCO			£25.95
PROSECCO ROSE			£29.90
PROSECCHINO DOC TREVISO BRUT			£29.95
MONT ROSE SPUMANTE ROSATO DRY			£29.95
MOET & CHANDON IMPERIAL BRUT NV			£74.95
LAURENT- PERRIER			£110.00

VODKA 50ml	
SMIRNOFF	£6.00
ABSOLUT	£6.20
GREY GOOSE	£6.50
CIROC	£6.50
BELVEDERE	£6.50
WHISKEY 50ml	
JACK DANIELS	£6.00
JIM BEAM	£6.00
BELLS	£6.00
JOHNNIE WALKER	£6.00
JAMESON	£6.00
FAMOUS GROUSE	£6.00
CHIVAS REGAL	£6.50
SOUTHERN COMFORT	£6.00
GIN 50ml	
GORDON’S	£6.50
GORDON’S SLOE	£6.50
GORDON’S PINK	£6.50
BEEFEATER	£6.50
BEEFEATER PINK	£6.50
BOMBAY SAPPHIRE	£6.50
TANQUERAY SEVILLA	£6.50
TANQUERAY	£6.50
LAKES ELDERFLOWER	£6.50
KOPPARBERG	£6.50
WHITLEY NEIL various	£6.50
HENDRIKS	£6.50
BROCKMANS	£6.50
RUM 50ml	
CAPTAIN MORGAN	£6.50
BACARDI RUM	£6.50
SAILOR JERRY SPICE	£6.50
HAVANA CLUB	£6.50
MALIBU	£6.50
BRANDY 50ml	
MARTELL	£6.50
REMY MARTIN	£6.50
COURVOISIER	£6.50
SPIRITS 50ml	
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

SHOTS		
LIMONCELLO		£3.50
SAMBUCA		£3.50
SOURZ		£3.50
TEQUILA		£3.50
GRAPPA		£3.50
JAGERBOMB		£4.00
BABY GUINNESS		£3.50
DRAUGHT BEERS		
	half	pint
PERONI	£2.95	£5.50
GROLSCH	£2.75	£4.90
CORNISH	£2.75	£4.90
PALE ALE	£2.75	£5.50
BOTTLED BEERS		
CORONA		£3.50
BUDWEISER		£3.50
DESPERADOS		£3.50
PERONI		£3.50
BECKS BLUE 0% alcohol		£3.50
KOPPARBERG mixed fruit		£5.95
KOPPARBERG strawberry & lime		£5.95
SOFT DRINKS		
	half	pint
COCA-COLA	£2.75	£4.50
DIET COKE	£2.75	£4.50
FANTA	£2.75	£4.50
LEMONADE	£2.75	£4.50
APPLE JUICE	£2.75	£4.50
PINEAPPLE JUICE	£2.75	£4.50
CRANBERRY JUICE	£2.75	£4.50
ORANGE JUICE	£2.75	£4.50
J2O ask for flavours		£2.50
APPLETISER		£2.75
SODA WATER		£2.50
TONIC WATER		£2.50
SLIMLINE WATER		£2.50
INDIAN TONIC		£2.50
ELDERFLOWER TONIC		£2.50
GINGER ALE		£2.50
MILK		£1.90
RED BULL		£2.95
FRUIT SHOOT		£1.95
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.		

La Mama	
ITALIAN RESTAURANTS	
BREAKFAST & LUNCH	
served Saturday & Sunday 9:30am until 12:00pm	
BREAKFAST	
SMALL ENGLISH BREAKFAST gf	£6.90
<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 gf	£8.90
<i>2 rashers of bacon, 2 sausages, eggs, tomatoes, mushrooms, hash brown, beans, black pudding & slices of toast with butter</i>	
VEGETARIAN BREAKFAST gf, v, ve	£8.90
<i>vegetarian sausage, eggs, tomatoes, mushrooms, hash brown, beans & slices of toast with butter – make it vegan & remove the eggs!</i>	
MAKE YOUR OWN BREAKFAST gf, v, ve	£6.95
<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>	
extra items price per item	+£1.20
CHEESE ON TOAST gf, v	£5.90
<i>2 slices of toast topped with mozzarella cheese</i>	
CHEESE & TOMATO ON TOAST gf, v	£6.90
<i>2 slices of toast topped with tomato & mozzarella cheese</i>	
WELSH RAREBIT gf, v	£7.90
<i>mozzarella cheese on toast with 2 poached eggs</i>	
SMOKED SALMON & SCRAMBLED EGG ON TOAST gf	£9.50
<i>smoked salmon & scrambled egg with 2 slices of brown toast</i>	
EGGS AVOCADO v	£8.50
<i>2 poached eggs, avocado & roasted vine tomatoes on granary toast & choice of white or brown toast</i>	
OMELETTES	
served everyday until 4pm	
LA MAMA OMELETTE gf, v	£8.95
<i>feta & tomato omelette served with garnish & white or brown toast</i>	
SPANISH OMELETTE gf, v	£8.95
<i>cheese, mixed pepper & tomato omelette served with garnish & choice of white or brown toast</i>	
MAKE YOUR OWN OMELETTE gf, v	£8.95
<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>	

STARTERS

SOUP OF THE DAY <i>please ask a member of staff for more details</i>	£4.00
MIXED OLIVES <i>gf, v, ve</i>	£4.95
HOMEMADE CHICKEN LIVER PATE <i>house bread & onion jam</i>	£6.50
PRAWN COCKTAIL	£8.95
GARLIC BREAD <i>gf available, v</i>	£6.00
GARLIC BREAD WITH CHEESE <i>gf available, v</i>	£6.50
GARLIC BREAD WITH TOMATO <i>gf available, v</i>	£6.50
MEXICAN GARLIC BREAD <i>gf available, v</i>	£6.50

LUNCH

HOME MADE STEAK PIE <i>served with chips, peas & gravy</i>	£11.95
BEER BATTERED HADDOCK <i>fresh haddock dipped in our homemade beer batter served with chips, peas & tartar sauce</i>	£12.95
LASAGNE <i>gf</i> <i>layers of pasta with bechamel & bolognese sauce topped with cheese & oven baked</i>	£10.95
SPAGHETTI BOLOGNESE <i>gf</i> <i>spaghetti pasta served with bolognese sauce</i>	£10.95
SPAGHETTI CARBONARA <i>gf</i> <i>spaghetti pasta served in cream, bacon & parmeson cheese sauce</i>	£10.95
PASTA VEGETARIAN <i>gf, v, ve</i> <i>any of pasta in a tomato sauce with mixed vegetables</i>	£8.95
LINGUINE MARINARA <i>gf</i> <i>linguine pasta served with mixed seafood in a cream & tomato sauce</i>	£12.95
MAKE YOUR OWN PIZZA <i>gf</i> <i>tomato & mozzarella with a choice of 3 toppings; pepperoni, ham, chicken, onion, mushrooms, sweetcorn, mixed peppers, chilli & pineapple</i>	£10.95

WRAPS

<i>all served with fresh salad in a tortilla wrap with chips & dip</i>	
CHICKEN SKEWER <i>gf</i> <i>marinated & char-grilled cubes of chicken breast</i>	£7.95
LAMB SKEWER <i>gf</i> <i>marinated & char-grilled cubes of lamb</i>	£8.95
ADANA KEBAB <i>gf</i> <i>lamb mince kebab mounted on a wide iron skewer & char-grilled</i>	£7.95
KOFTE <i>gf</i> <i>lean, tender mixed lamb & beef minced meatballs marinated & char-grilled</i>	£7.95
SWEET CHILLI CRISPY CHICKEN <i>gf</i> <i>chicken breast coated in breadcrumbs, deep fried with sweet chilli sauce</i>	£8.95
FALAFEL & HALLOUMI <i>gf, v</i> <i>with hummus</i>	£9.95

BAGUETTES

All baguettes served with chips. gf options available

ROAST BEEF & ONION GRAVY	£8.95
CHEESE & ONION <i>v</i>	£6.95
AVOCADO & PRAWNS	£8.95
CHEESE & HAM	£7.95
CHEESE & TOMATO <i>v</i>	£6.95
TUNA, ONION & CHEESE	£8.95

SALADS

CHICKEN CEASER SALAD <i>gf</i>	£7.95
CAJUN CHIKCEN <i>gf</i>	£8.95
GREEK STYLE SALAD <i>gf, v</i>	£7.95
PRAWN & AVOCADO SALAD <i>gf</i>	£8.95
FALAFEL <i>gf, v</i>	£7.95

BURGERS

All burgers served with chips & onion rings

LA MAMA BURGER <i>char-grilled beef burger with cheese, bacon, crispy lettuce, sliced tomato & onion</i>	£9.90
CHICKEN BURGER <i>char-grilled marinated chicken fillets with crispy lettuce, sliced tomato & onion</i>	£9.90
VEGETARIAN BURGER <i>v</i> <i>vegetarian burger with crispy lettuce, sliced tomato & onion</i>	£7.50
HALLOUMI BURGER <i>v</i> <i>char-grilled halloumi with crispy lettuce, sliced tomato & onion</i>	£8.50

SIDES

CHIPS <i>gf, v, ve</i>	£2.95
FRIES <i>gf, v, ve</i>	£2.95
SWEET POTATO FRIES <i>gf, v, ve</i>	£3.95
MIXED SALAD <i>gf, v, ve</i>	£2.95
ONION RINGS <i>v, ve</i>	£2.95
RICE <i>gf, v, ve</i>	£2.95
SEASONAL VEGETABLES <i>gf, v, ve</i>	£3.50

HOT DRINKS

BREAKFAST TEA	£2.20	CAPPUCINO	£2.95
FLAVOURED TEA	£2.75	ESPRESSO	£2.95
<i>decaf, earl grey, peppermint, green</i>		HOT CHOCOLATE	£2.95
AMERICANO	£2.75	MOCHA	£2.95
LATTE	£2.95		

COCKTAILS

PORNSTAR MARTINI <i>vanilla vodka, passion fruit puree, vanilla syrup, fresh lime, pineapple juice & prosecco shot</i>	£10.45
FRENCH MARTINI <i>smirnoff vodka, chambord, pineapple juice with pineapple wedge</i>	£10.45
ESPRESSO MARTINI <i>absolut espresso vodka, coffee liqueur, espresso & coffee beans</i>	£10.45
STRAWBERRY DAIQUIRI <i>captain morgan original spiced rum, fresh lime juice, sugar syrup & fresh chopped strawberries</i>	£10.45
MIMOSA <i>dry prosecco, fresh orange juice garnished with orange zest</i>	£9.95
APEROL SPRITZ <i>aperol, dry prosecco topped with soda water & orange slice</i>	£10.45
CLASSIC MOJITO <i>bacardi rum, sugar, fresh lime, mint & a dash of soda with crushed ice</i>	£9.95
OLD FASHIONED <i>bourbon, brown sugar, angostura bitters, orange bitters & orange slice</i>	£9.95
WOO WOO <i>archer's peach schnapps, stolichnaya premium vodka & cranberry juice with extra shimmer</i>	£9.95
TEQUILA SUNRISE <i>don julio tequila, fresh orange juice & grenadine syrup served on the rocks with a slice of fresh orange</i>	£9.95
BLUE LAGOON <i>smirnoff vodka, blue curacao liqueur, fresh lime juice topped with lemonade & garnished with lime, enjoy on the rocks</i>	£9.95
MARGARITA <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>	£10.45
GIN FIZZ <i>premium gin, fresh lemon juice, sugar syrup with soda water on the rocks with a slice of lemon</i>	£9.95
BRAMBLE <i>london dry gin, fresh squeezed lemon juice, grenadine syrup, fresh mashed blackberries garnished with lemon & berries</i>	£9.95
BOATHOUSE PUNCH <i>gordon's gin, aperol, lemon juice, fresh orange juice topped with prosecco & soda water with orange wheel to garnish</i>	£10.45
PINA COLADA <i>malibu, bacardi, coconut cream & pineapple juice with pineapple</i>	£10.45
SEX ON THE BEACH <i>archers, premium vodka, orange & cranberry juice with orange garnish</i>	£9.95
LONG ISLAND ICED TEA <i>premium vodka, bombay sapphire gin, havana club rum & triple sec topped with citrus fruit & coca-cola</i>	£10.45

MOCKTAILS

MILKSHAKES <i>choice of chocolate, strawberry or vanilla</i>	£6.95
VIRGIN MOJITO <i>fresh mint, lime & sugar syrup with soda water</i>	£6.95
BLUEBERRY BLITZ <i>blueberry, citrus, apple juice, elderflower & soda</i>	£6.95
TOM & JERRY <i>banana syrup, cup of orange juice with grenadine</i>	£6.95