

RED WINE

	175ml	250ml	bottle
MERLOT VENTO <i>Full bodied with a sapid round, slightly tannic taste</i>	£6.50	£7.50	£18.95
SHIRAZ <i>Delicious ripe berries, plum & hints of pepper</i>	£6.95	£7.95	£21.95
CABERNET SAUVIGNON <i>Intense red colour, the bouquet is slightly grassy, tannic, rightly acidic, pleasant & full bodied</i>			£25.95
MONTEPULCIANO D'ABRUZZO <i>Dark red colour, good tannin & ripe fruit aroma</i>			£25.95
CHIANTI DOCG			£29.95
VALPOLICELLO			£31.95
SALENTO PRIMITIVO SASSEO <i>Prominent tobacco & leather on the nose, ripe blackberries & blueberries with hints of cocoa</i>			£31.95
SALICE SALENTINO <i>Intense ruby red & hints of black cherry</i>			£33.95
CHIANTI CLASSICO DOCG <i>Ruby red wine that expresses character, freshness, laced with cherry & violet aromas</i>			£36.95
BAROLO 'VOLPI' DOCG <i>Ripe red berries, well rounded, soft & elegant</i>			£46.95
AMARONE 'ELITE' BENNATI			£48.95

ROSE WINE

	175ml	250ml	bottle
PINOT GRIGIO ROSE <i>Dry, well balanced, aromatic & fruity</i>	£6.95	£7.95	£21.95
ZINFANDEL <i>Delicate blush ping, fresh & lively wine, refreshing strawberry finish</i>	£6.95	£7.95	£22.95

WHITE WINE

	175ml	250ml	bottle
CHARDONNAY <i>Fruity bouquet with exotic notes</i>	£6.50	£7.50	£18.95
SAUVIGNON BLANC <i>Crisp & refreshing, pairs well with seafood</i>	£6.95	£7.95	£22.95
PINOT GRIGIO <i>Distinct, fruity, intense bouquet & fresh taste</i>	£6.95	£7.95	£22.95
VIOGNIER <i>Long aromatic, apricots, peaches & lemons</i>			£35.95
IMBUKU CHENIN BLANC <i>Lively fruit wine, crisp & balanced aroma</i>			£33.95
PECORINO <i>Citrus aroma, very pleasant bouquet</i>			£35.95
GAVI DI GAVI DOCG <i>Fresh & dry, particularly characterful</i>			£35.95

SPARKLING

PROSECCHINO 200ml	£7.95
PROSECCO	£26.95
PROSECCO ROSE	£29.90
PROSECCHINO DOC TREVISO BRUT	£29.95
MONT ROSE SPUMANTE ROSATO DRY	£29.95
MOET & CHANDON IMPERIAL BRUT NV	£79.95

VODKA 50ml

SMIRNOFF	£6.00
ABSOLUT	£6.00
GREY GOOSE	£7.00
CIROC	£7.00
BELVEDERE	£7.00

WHISKEY 50ml

JACK DANIELS	£7.00
JIM BEAM	£7.00
BELLS	£7.00
JOHNNIE WALKER	£7.00
JAMESON	£7.00
FAMOUS GROUSE	£7.00
CHIVAS REGAL	£7.50
SOUTHERN COMFORT	£7.00

GIN 50ml

GORDON'S	£6.00
GORDON'S SLOE	£6.00
GORDON'S PINK	£6.00
BEEFEATER	£6.00
BEEFEATER PINK	£7.00
BOMBAY SAPPHIRE	£7.00
TANQUERAY SEVILLA	£7.00
TANQUERAY	£7.00
LAKES ELDERFLOWER	£7.00
KOPPARBERG	£7.00
WHITLEY NEIL various	£7.00
HENDRIKS	£7.00
BROCKMANS	£7.00

RUM 50ml

CAPTAIN MORGAN	£6.00
BACARDI RUM	£6.00
SAILOR JERRY SPICE	£6.00
HAVANA CLUB	£6.00
MALIBU	£6.00

BRANDY 50ml

MARTELL	£6.00
REMY MARTIN	£7.00
COURVOISIER	£7.00

SPIRITS 50ml

PIMMS	£6.00
DRAMBUIE LIQUEUR	£6.00
MARTINI	£6.00
GRAPPA	£6.00
ARCHERS	£6.00
SHERRY	£6.00
COINTREAU	£6.00
BAILEYS	£6.00
TIA MARIA	£6.00
DISARONNO	£6.00

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	£3.10	£5.90
GROLSCH	£2.75	£4.90
CORNISH	£2.75	£4.90
PALE ALE	£3.10	£5.90

BOTTLED BEERS

CORONA	£4.00
BUDWEISER	£4.00
DESPERADOS	£4.00
PERONI	£4.00
BECKS BLUE 0% alcohol	£4.00
KOPPARBERG ^{mixed fruit}	£5.95
KOPPARBERG ^{strawberry & lime}	£5.95

SOFT DRINKS

	half	pint
COCA-COLA	£2.95	£4.50
DIET COKE	£2.95	£4.50
FANTA	£2.95	£4.50
LEMONADE	£2.95	£4.50
APPLE JUICE	£2.95	£4.50
PINEAPPLE JUICE	£2.95	£4.50
CRANBERRY JUICE	£2.95	£4.50
ORANGE JUICE	£2.95	£4.50
J2O ask for flavours	£2.95	
APPLETISER	£2.95	
SODA WATER	£2.00	
TONIC MEDITERRANEAN	£2.50	
SLIMLINE TONIC	£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.



BREAKFAST & LUNCH

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

BREAKFAST

SMALL ENGLISH BREAKFAST ^{gf} £6.90
1 rasher of bacon, 1 sausage, 1 egg, tomatoes, mushrooms, hash brown, beans, black pudding & slices of toast with butter

LARGE ENGLISH BREAKFAST ^{gf} £8.90
2 rashers of bacon, 2 sausages, eggs, tomatoes, mushrooms, hash brown, beans, black pudding & slices of toast with butter

VEGETARIAN BREAKFAST ^{gf, v, ve} £8.90
2 fried eggs, smashed avocado, grilled halloumi, beans, mushrooms, tomato & 2 slices of toast

MAKE YOUR OWN BREAKFAST ^{gf, v, ve} £6.95
2 slices of white or brown toast & 4 items of your choice: bacon, sausage, black pudding, eggs, tomatoes, mushrooms, hash brown, beans, fried bread
extra items price per item +£1.20

CHEESE ON TOAST ^{gf, v} £5.90
2 slices of toast topped with mozzarella cheese

CHEESE & TOMATO ON TOAST ^{gf, v} £6.90
2 slices of toast topped with tomato & mozzarella cheese

WELSH RAREBIT ^{gf, v} £7.90
Mozzarella cheese on toast with 2 poached eggs

SMOKED SALMON & SCRAMBLED EGG ON TOAST ^{gf} £9.50
Smoked salmon & scrambled egg with 2 slices of brown toast

EGGS AVOCADO ^v £8.50
2 poached eggs, avocado & roasted vine tomatoes on granary toast & choice of white or brown toast

EGGS BENEDICT ^v £7.50
2 poached eggs on a toasted English muffin & hollandaise sauce. Add crispy bacon, ham, smoked salmon - extra £1.20

BREAKFAST BARMs

EGG BARM	£4.50
BACON BARM	£4.90
BACON & EGG BARM	£5.20
SAUSAGE BARM	£4.90
BLACK PUDDING BARM	£4.90

OMELETTES

served everyday until 4pm

LA MAMA OMELETTE <i>gf, v</i>	£8.95
<i>Feta & tomato omelette served with garnish & white or brown toast</i>	
SPANISH OMELETTE <i>gf, v</i>	£8.95
<i>Cheese, mixed pepper & tomato omelette served with garnish & choice of white or brown toast</i>	
MAKE YOUR OWN OMELETTE <i>gf, v</i>	£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>	

LUNCH

HOME MADE STEAK PIE	£12.95
<i>Served with chips, peas & gravy</i>	
BEER BATTERED HADDOCK	£13.95
<i>Fresh haddock dipped in our homemade beer batter served with chips, peas & tartar sauce</i>	
LASAGNE <i>gf</i>	£11.95
<i>Layers of pasta with bechamel & bolognese sauce topped with cheese & oven baked</i>	
SPAGHETTI BOLOGNESE <i>gf</i>	£11.95
<i>Spaghetti pasta served with bolognese sauce</i>	
SPAGHETTI CARBONARA <i>gf</i>	£11.95
<i>Spaghetti pasta served in cream, bacon & parmesan cheese sauce</i>	
PASTA VEGETARIAN <i>gf, v, ve</i>	£9.95
<i>Any of pasta in a tomato sauce with mixed vegetables</i>	
LINGUINE MARINARA <i>gf</i>	£13.95
<i>Linguine pasta served with mixed seafood in a chilli cream & tomato sauce</i>	
MAKE YOUR OWN PIZZA <i>gf</i>	£11.95
<i>Tomato & mozzarella with a choice of 3 toppings; pepperoni, ham, chicken, onion, mushrooms, sweetcorn, mixed peppers, chilli & pineapple</i>	

WRAPS

all served with fresh salad in a tortilla wrap with fries

CHICKEN SKEWER <i>gf</i>	£8.95
<i>Marinated & char-grilled cubes of chicken breast</i>	
LAMB SKEWER <i>gf</i>	£9.95
<i>Marinated & char-grilled cubes of lamb</i>	
ADANA KEBAB <i>gf</i>	£8.95
<i>Lamb mince kebab mounted on a wide iron skewer & char-grilled</i>	
KOFTE <i>gf</i>	£8.95
<i>Lean, tender mixed lamb & beef minced meatballs marinated & char-grilled</i>	
SWEET CHILLI CRISPY CHICKEN <i>gf</i>	£8.95
<i>Chicken breast coated in breadcrumbs, deep fried with sweet chilli sauce</i>	
MEXICAN CHICKEN WRAP	
<i>Chicken, mix pepper, mushroom, chilli, sweet chilli</i>	
MEXICAN BEEF WRAP	
<i>Beef, mix pepper, mushroom, chilli, sweet chilli</i>	

TACOS

TACO BEEF	£14.95
<i>Beef, mix pepper, mushroom, cheddar cheese, hot chilli, sweet chilli, with dips and salad</i>	
TACO CHICKEN	£11.95
<i>Chicken, mix pepper, mushroom, cheddar cheese, hot chilli, sweet chilli with dips and salad</i>	
TACO VEGETARIAN	£9.95
<i>Mix pepper, mushroom, sweetcorn, onion, cheddar cheese with dips and salad</i>	

SALADS

MOSAIC SALAD <i>gf, v</i>	£7.95
<i>Mix salad, date, orange, blueberry</i>	
MOZZARELLA SALAD <i>gf</i>	£8.95
<i>Mix salad, vine tomato, mozzarella, cheese basil</i>	
AEGEAN SALAD <i>gf, v</i>	£7.95
<i>Mix salad, tomato, spicy cheese, olive oil</i>	
CHICKEN CAESAR SALAD	£8.95
<i>Chicken, bacon, croutons, lettuces & parmesan served with caesar dressing</i>	

BURGERS

LA MAMA BURGER	£9.90
<i>Double burger, cheddar cheese, pickle, lettuce, tomato & fries</i>	
MUSHROOM BURGER	£8.90
<i>Burger, creamy cheese, mushroom, pickle, lettuce, tomato & fries</i>	
MEXICAN BURGER	£8.90
<i>Burger, cheddar cheese, chilli pepper, pickle, lettuce, tomato & fries</i>	
CHICKEN BURGER	£8.90
<i>With pickle, lettuce, tomato & fries</i>	

FAJITAS

FAJITA BEEF	£18.95
<i>Beef, mix pepper, mushroom, chilli pepper, sweet chilli, hot chilli with salad and rice</i>	
FAJITA CHICKEN	£16.95
<i>Chicken, mix pepper, mushroom, chilli pepper, sweet chilli, hot chilli with salad and rice</i>	

SIDES

CHIPS <i>gf, v, ve</i>	£3.20
FRIES <i>gf, v, ve</i>	£3.20
SWEET POTATO FRIES <i>gf, v, ve</i>	£4.50
MIXED SALAD <i>gf, v, ve</i>	£3.50
ONION RINGS <i>v, ve</i>	£3.50
RICE <i>gf, v, ve</i>	£2.95
SEASONAL VEGETABLES <i>gf, v, ve</i>	£4.50

HOT DRINKS

BREAKFAST TEA	£2.50	CAPPUCINO	£3.50
FLAVOURED TEA	£2.75	ESPRESSO	£3.50
<i>Decaf, earl grey, peppermint, green</i>		HOT CHOCOLATE	£3.50
AMERICANO	£2.75	MOCHA	£3.50
LATTE	£2.95		

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>	
THE ARMY NAVY	£10.45
<i>Sail into flavour with dry gin, lemon juice, disaronno and angostura bitters</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>	
SUMMER BREEZE	£9.95
<i>The perfect blend and taste of bacardi rum, blue curaçao, pineapple juice with crushed ice</i>	
APEROL SPRITZ	£10.45
<i>Aperol, dry prosecco topped with soda water & orange slice</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>	
WOO WOO	£9.95
<i>Archers, peach schnapps, premium & cranberry juice with extra shimmer</i>	
TEQUILA SUNRISE	£9.95
<i>Don juilo 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 curaçao liqueur, fresh lime juice topped with lemonade & garnished with lime, enjoy on the rocks</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>	
RAINBOW PARADISE	£9.95
<i>Smirnoff vodka, blue curaçao, orange juice, grenadine, tasty fusion of flavours</i>	
BRAMBLE	£9.95
<i>London dry gin, fresh squeezed lemon juice, grenadine syrup, fresh mused blackberries garnished with lemon & berries</i>	
TROPICAL EMERALDA	£10.45
<i>Smirnoff vodka, midori melon liqueur, lemon juice, orange juice and top lemonade</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>	

MOCKTAILS

MILKSHAKES <i>choice of chocolate, strawberry or vanilla</i>	£7.95
VIRGIN MOJITO <i>fresh mint, lime & sugar syrup with soda water</i>	£7.95
TOM & JERRY <i>banana syrup, cup of orange juice with grenadine</i>	£7.95
LEBRON ENERGY	£7.95
<i>Fresh lime juice, mint, crushed blueberries, blackberries and ice, top with options of red bull, apple juice or lemonade.</i>	