



MAMMA MIA

*Deli Cafe Bar*  
*Traditional Italian Cuisine*

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## ALLERGENS

### Food ingredients that must be declared as allergens in the EU

1. Cereals containing gluten, namely: wheat (such as spelt and khorasan wheat), rye, barley, oats or their hybridised strains, and products thereof, except:
  - (a) wheat based glucose syrups including dextrose
  - (b) wheat based maltodextrins
  - (c) glucose syrups based on barley
  - (d) cereals used for making alcoholic distillates including ethyl alcohol of agricultural origin
2. Crustaceans and products thereof
3. Eggs and products thereof
4. Fish and products thereof, except:
  - (a) fish gelatine used as carrier for vitamin or carotenoid preparations
  - (b) fish gelatine or Isinglass used as fining agent in beer and wine
5. Peanuts and products thereof
6. Soybeans and products thereof, except:
  - (a) fully refined soybean oil and fat
  - (b) natural mixed tocopherols (E306), natural D-alpha tocopherol, natural D-alpha tocopherol acetate, and natural D-alpha tocopherol succinate from soybean sources
  - (c) vegetable oils derived phytosterols and phytosterol esters from soybean sources
  - (d) plant stanol ester produced from vegetable oil sterols from soybean sources
7. Milk and products thereof (including lactose), except:
  - (a) whey used for making alcoholic distillates including ethyl alcohol of agricultural origin
  - (b) lactitol
8. Nuts, namely: almonds (*Amygdalus communis* L.), hazelnuts (*Corylus avellana*), walnuts (*Juglans regia*), cashews (*Anacardium occidentale*), pecan nuts (*Carya illinoensis* (Wangenh.) K. Koch), Brazil nuts (*Bertholletia excelsa*), pistachio nuts (*Pistacia vera*), macadamia or Queensland nuts (*Macadamia ternifolia*), and products thereof, except for nuts used for making alcoholic distillates including ethyl alcohol of agricultural origin
9. Celery and products thereof
10. Mustard and products thereof
11. Sesame seeds and products thereof
12. Sulphur dioxide and sulphites at concentrations of more than 10 mg/kg or 10 mg/litre in terms of the total SO<sub>2</sub> which are to be calculated for products as proposed ready for consumption or as reconstituted according to the instructions of the manufacturers
13. Lupin and products thereof
14. Molluscs and products thereof

## Mamma Mia

### A La Carte Menu

#### Antipasti ~ Starters



<b>Olive con pane</b> (mixed italian olives marinated with garlic oil served with toasted bread) <b>1 8</b>	€5.00
<b>Bruschetta all'aglio</b> (3 pieces of toasted bread with garlic oil) <b>1</b>	€6.50
<b>Zuppa del giorno</b> (ask for specials)	€8.00
<b>Bruschetta al pomodoro</b> (3 pieces of toasted bread, fresh chopped vine tomato, fresh basil and garlic oil) <b>1</b>	€7.50
<b>Bruschetta di bufala</b> (3 pieces of toasted bread, fresh chopped vine tomato, buffalo mozzarella, fresh basil and garlic oil) <b>1 7</b>	€8.50
<b>Caponata Di Melanzane</b> (Aubergine salad with olives, red onion, peppers, capers, cherry tomatoes, served with toasted bread) <b>1 4</b>	€8.00
<b>Caprese di bufala e prosciutto</b> (fresh sliced vine tomato, buffalo mozzarella, parma ham, fresh basil and olive oil) <b>1 7</b>	€11.00
<b>Inpepata Di Cozze</b> (Mussels cooked in white wine, garlic, parsley, touch of tomato sauce) <b>1 4</b>	€12.00
<b>Gamberi al brandy</b> (pan cooked fresh prawns, fresh tomatoes, garlic, parsley and brandy served with toasted bread) <b>1 2 12</b>	€12.00 Starter €16.00 Main
<b>Antipasto misto</b> (Selection of mixed cured meats, mixed cheeses & roasted veg) <b>1 8</b>	€12.00 €17.00 Main

12.5% service charge will apply to parties of six or more

## Primi Piatti~ Pasta's

<b>Pasta al pomodoro</b> (Pasta in basil tomato sauce) <b>1</b>	€12.00
<b>Pasta all' arrabbiata</b> (pasta in tomato sauce with garlic, fresh chilli & parsley) <b>1</b>	€12.00
<b>Pasta all'amatriciana</b> (pasta in tomato sauce, Italian pancetta, red wine, hint of chilly and parsley) <b>1</b>	€13.00
<b>Pasta alla carbonara</b> (pasta with crispy Italian pancetta, eggs, parmesan, pecorino cheese and hint of black pepper) <b>1 3 7</b>	€14.00
<b>Gnocchi basil pesto</b> (Potato dumpling pasta , home made mamma mia fresh basil pesto with pine nuts, parmesan, garlic, olive oil) <b>1 3 7</b>	€15.00
<b>Gnocchi Salasiccia e Funghi</b> (Potato dumpling pasta cooked with Italian sausages, wild mushroom in tomato sauce) <b>1</b>	€16.50
<b>Tagliatelle ai porcini</b> (tagliatelle pasta served with porcini mushrooms and a touch of cream) <b>1 3 7</b>	€17.50
<b>Ravioli al ragù di salsiccia</b> (ravioli stuffed with ricotta and spinach served with Italian sausage ragù with tomato sauce, basil, red onion and parmesan shaving) <b>1 3 7</b>	€18.00
<b>Spaghetti ai frutti di mare</b> (spaghetti with fresh seafood: mussels, clams, prawns, baby squids, cherry tomato, garlic, parsley and white wine) <b>1 2 4 14</b>	€19.00
<b>Tagliatelle Salmone e Gamberi</b> (Tagliatelle pasta with smoked salmon, prawns, garlic, cherry tomatoes in creamy tomato sauce) <b>4 7</b>	€19.00
<b>Pasta del giorno</b> (ask for specials)	€

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## Pizza

<b>Pizza Margherita</b> (tomato sauce, mozzarella and fresh basil) 1 7	€12.50	
<b>Pizza Napoli</b> (tomato sauce, mozzarella, anchovies, cappers and oregano) 1 7	€13.00 (V)	
<b>Pizza Funghi</b> (tomato sauce, mozzarella and mushroom) 1 7	€13.00	
<b>Pizza Diavola</b> (tomato sauce, mozzarella and Italian spicy salami) 1 7	€13.00 (V)	
<b>Pizza Mamma Mia</b> (tomato sauce, mozzarella, baked potatoes, pancetta and red onion) 1 7	€14.00	
<b>Pizza Salsiccia</b> (tomato sauce, mozzarella and Italian sausage) 1 7	€14.00	
<b>Pizza al Tonno</b> (Tomato, mozzarella, tuna and red onion) 1 7	€14.00	
<b>Pizza Prosciutto</b> (tomato sauce, mozzarella, rocket salad, cherry tomatoes, parma ham and parmesan shaving) 1 7	€14.00	
<b>Pizza Quattro Formaggi</b> (mozzarella, gorgonzola, parmesan and fontal cheese) 1 7	€14.00(V)	
<b>Pizza The Hot Mamma</b> (Tomato sauce, mozzarella, oven roast potatoes, spicy salami, red onion) 1 7	€14.00	
<b>Pizza Maiala</b> (tomato sauce, mozzarella, cooked ham, pancetta and Italian sausage) 1 7	€16.00	
<b>Extra Vegetarian Toppings</b> Fresh tomato, mushrooms, courgettes, aubergines, peppers, olives, gorgonzola, parmesan, buffalo, mozzarella.	€1.00 Veg €1.50 Cheese	
<b>Extra Meat Toppings</b> Parma ham, spicy salami, Italian pancetta, tuna, ham.	€1.50	

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## Secondi piatti~ Main Courses

**Pollo Al Funghi** €19.00  
(Pan fried chicken breast cooked with wild mushroom sauce, served with a side order of your choice) 1 12

**Tagliata di manzo** €29.00  
(Sliced fillet of beef served on a bed of rocket salad, cherry tomatoes, parmesan shavings with balsamic reduction)  
side order of your choice 7

**Filetto alla griglia** €29.00  
(grilled fillet of beef cooked to your preference service with your choice of sauce)  
side order of your choice

Pepe - green peppercorn sauce 7  
Funghi - wild mushroom, garlic, rosemary and white wine butter sauce 7  
Gorgonzola - gorgonzola creamy sauce 7

**Pesce del giorno** 24.00  
(Fish of the day served with grilled prawns, sauteed asparagus, cherry tomatoes & mashed potatoes)

**T-Bone Steak 16oz**  
(16oz T-Bone steak with peppercorn sauce & oven roast potatoes) 7 €34.00

## Contorni-Side's

**Misto di verdure arrosto** €7.00  
(home made fresh mixed roast vegetables with garlic oil)

**Patate al rosmarino** €7.00  
(home made fresh potatoes oven baked with garlic oil)

**Insalata mista** €6.00  
(mixed leaves, red onion and fresh tomato)

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## Insalate-Salads

### Insalata di tonno

€11.00

(mixed leaves, tuna, black olives, cherry tomatoes and red onions)

### Insalata prosciutto

€12.00

(rocket salad, parma ham, cherry tomatoes and Parmesan shavings )7

### Insalata Rustica

€12.00

(Mixed leaves, wild mushroom, pancetta, fontal cheese with balsamic reduction) 7

## Soft Drink



Orange	San Pellegrino	€2.50 330ml
Lemon	San Pellegrino	€2.50 330ml
Coke/Diet Coke		€2.00 330ml
Still/Sparkling Water		€3.50 500ml

Espresso	€1.70
Double Espresso	€2.50
Americano	€2.75
Cappuccino	€2.75
Latte	€2.75
White coffee	€2.75
Mocha	€2.75
Hot Chocolate	€2.75
Tea	€1.75
Herbal Tea	€2.75

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