

Mamuska!

polish food just got sexy

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Przystawki STARTERS £3

zupy dnia z chlebem i masłem V

fast, fresh and famous, our **soups** of the day served with our own freshly-baked bread! we make one with meat and one vegetarian from scratch every morning. please check the board

śledź po cygańsku z chlebem NEW!

a light **pickled herring salad** in a tasty tomato dressing served with homemade bread F

wątróbki drobiowe NEW!

z sosie śmietankowym z chlebem

tender **chicken livers** sautéed in a creamy sauce, served with bread



pasta rybna z chlebem NEW RECIPE!

another handmade wonder from our team. **smoked mackerel paté** served with bread F

smalec wiejski NEW RECIPE!

własnej roboty z ogórkiem kiszonym oraz chlebem

the ultimate drinking snack. heart stopping rich **pork renderings** (that means lard) served with bread and a polish gherkin. don't knock it until you try it!

kotlet z soczewicy NEW!

z sałatką letnią V

a crispy **lentil and potato cake** served with summer salad



½ sałatka Mamuśki V F

(z kurczakiem, serem żółtym lub pastą rybną)

a **small salad** with good stuff on top. choose grilled chicken, mackerel paté or cheese

pasztet domowy z chlebem i masłem NEW!

pork paté served with bread and butter. the Poles don't spread it like some, so don't try. it won't end well for the bread

½ pierogi (5 sztuk) V

a 5-piece serving of **classic Polish dumplings**. choose from the flavours listed to the right

legenda / menu guide

V oznacza danie wegetariańskie lub to że taka wersja jest dostępna
indicates a vegetarian dish or version available

F oznacza danie pescetariańskie – dla tych co jedzą ryby ale nie mięso
suitable for pescetarians who eat fish, but not meat

S oznacza że w danie wliczona jest surówka do wyboru
please choose which salad you want with your meal

Dodatki SALADS & SIDES £1

warzywo dnia vegetable of the day V

marchewka z porem carrot and leek salad V

letnia tomato, onion and cucumber V

biała kapusta coleslaw V



buraczki na zimno chilled beetroot salad V

mizeria cucumber, soured cream and dill NEW RECIPE! V

sałatka ziemniaczana potato salad NEW! V

domowy chleb z masłem fresh bread with butter V

sosy: musztardowy, gulaszowy, grzybowy NEW! V

sauces: mustard, mushroom and goulash gravy

Dla Dzieci KIDS' MENU £3

parówka na bułce S

serwowana z surówką

for when you are too tired to argue, a **hot dog** served on a bun. Mama understands...



kanapka na ciepło z serem i pomidorem V S

serwowana z surówką

fried cheese and tomato sandwich served with salad

paluszki z kurczaka S

z ziemniakami i surówką

chicken fingers served with mashed potato and salad

Pierogi CLASSIC POLISH DUMPLINGS £6

10 sztuk z cebulą, skwarkami lub śmietaną

10 of our own traditional handmade polish dumplings

STEP 1 CHOOSE YOUR FLAVOUR

z mięsem minced pork

ruskie blended potato, onion and Polish cheese V

z kurczakiem i szpinakiem chicken and spinach

STEP 2 CHOOSE A TOPPING: BACON, ONION OR SOURED CREAM

kotlet schabowy z ziemniakami i surówką **S**
a tenderised, breaded pan-fried **pork loin**, served with mashed potato and salad

placki ziemniaczane
z gulaszem, sosem grzybowym lub śmietaną

crispy **potato pancakes** topped with pork goulash, mushroom sauce or naked, with a side of soured cream (which is how Mama likes it)



duszonka z chlebem **NEW!**

traditionally referred to as a 'one-pot meal' this layered **pork casserole** combines bacon, potato, leek, red pepper, onion and cabbage to deliver a true Polish taste. served with bread



karkówka z grilla z ziemniakami i surówką **S**
this **grilled pork steak** will encourage you to kick back and stay for a second beer. served with mashed potato and salad

pieczeń rzymska
z sosem musztardowym lub grzybowym **S**

meat loaf just got a lot more interesting. made with pork and topped with mustard sauce



fasola po myśliwsku **NEW!**
z ziemniakami lub chlebem

perfect for a hunger fit or 'hangover day' this classic **bean and sausage stew** served with bread or mashed potato delivers big taste with every bite



kiełbasa na bułce **NEW!**
z cebulą i białą kapustą

a **Polish sausage in a bun**, topped with a generous portion of fried onions and served with a large coleslaw portion. why have we never thought of this piece of heaven before?



gulasz wieprzowy z ziemniakami lub chlebem
pork goulash served with potato or bread (to soak up the last drop)

kurczak BBQ **NEW RECIPE!**
z ryżem i surówką **S**

BBQ chicken cooked on the bone served with rice and salad. a healthy choice for your slimmer summer figure!



potrawka z kurczaka z ryżem

a truly Polish delicious creamy **chicken casserole**, served on rice

szaszłyki drobiowe z ryżem i surówką **NEW!** **S**

if you think a **chicken kebab** isn't Polish, you didn't grow up there. flavoured and grilled in the Polish style and served with rice and salad, we think we have found a new summertime favourite



ryba panierowana z ziemniakami i surówką **F** **S**

a pan-fried tilapia **fish fillet** with mashed potato and salad

leczo wegetariańskie **NEW RECIPE!**
z ziemniakami lub chlebem **V**

packed with vitamins and value, this **vegetarian stew** is served with mashed potato or bread. suitable for vegans



sałatka Mamuśki **V** **F**

z kurczakiem, serem żółtym lub pastą rybą
for six quid, you should expect a **big salad**, and we won't disappoint. specify cheese, mackerel pate or grilled chicken

burger wołowy **NEW RECIPE!**
z sałatką z ziemniaków i surówką **S**

back for another summer is our delicious **all-beef burger** (we mince it ourselves), served with Mama's own chilled potato salad plus another salad of your choice, so we can all feel good about this...



Desery THE DESSERTS £3

sernik na zimno czekoladowo-śmietankowy
chocolate cheesecake with a biscuit base.
race your mate to the bar for the last piece

biszkopt z owocami
z bitą śmietaną i galaretką
sponge cake with a real-fruit
jelly top and a whipped
cream centre. we hope you
left space!



LoveSmoothie

local, famous, healthy and tasty!
what's not to love?
choose from available flavours



lody

z sosem czekoladowym lub
owocowym i z bitą śmietaną

an ice cream sundae with chocolate or
fruit topping and whipped cream



polskie wafle

własnej roboty,
pełne smaku i sentymentu!
light, chocolatey, homemade
and very, very Polish, these
waffles are great to share



Alkohol ALCOHOL £3

piwo

we have expanded our
range of Polish beer!
(time to make a new friend...)



wódka

various flavours of Polish vodka
from the freezer or the fridge.
order a 50ml shot or share a bottle
for £40, unless otherwise stated



wino

after searching high and low, our sommelier has decided there are
only 3 wines in the whole wide world fine enough to be served
to Mama's discerning, much-loved customers. choose either
the red, the white or the rosé. by the glass or £12 for a bottle

Mama's Vodka Slush

NEW!

our own blend of frozen juice and Polish vodka, served
from a slush machine so you can pretend you are at the
summer fair. we are kicking off with żubrówka and apple
juice but also keeping our options open, in case we get bored

Bloody Mary

available weekend mornings, a spicy treat with brunch

Boosie Smoothie

£6

what do you get when you blend
50ml of Polish vodka with a
Love Smoothie? perma-smile, Baby.
perma-smile



Napoje SOFT DRINKS £1

herbata zwykła, miętowa, owocowa

tea time with Mama. we have light Polish,
strong English, mint or fruit

Kubuś Polish carrot juice with complementary fruit juices added

soki Polish brands of fruit juice

gorąca czekolada hot chocolate

kompot our own fruit drink, made right here

lemoniada

you don't need translation, surely? !
made ourselves from fresh market lemons

kawa

your caffeine hit for only a pound! espresso, mocha,
cappuccino or Americano. or try a cup of traditional Polish
coffee (but wait for the grounds to settle in your cup)

napoje gazowane

a fancy way to say fizzy drinks

woda mineral water, with or without bubbles

mleko milk

świeżo wyciskany sok z pomarańczy

fresh squeezed OJ

Mamuska!