



**REAL HOME COOKING.**  
**20 Italian Regions, 20 Mammams cooking for you.**

**Embark on an Italian culinary journey focusing on one of the Italian regions every 3 months.**

**This season we have the mammams from Puglia.**

Our Mammams DO ALL THE FOOD PREPARATION. They are not professional chef so they require the help of a team of professional in order to run a successful and busy shift. Most of our pasta is freshly handmade daily, and our sizzling Grill adds an intense flavour to our fresh ingredients.

### Welcome to Puglia!

Welcome Puglia, the heel of the Italian boot and home of the infamous Burrata cheese!

We are so excited to unveil the immense beauty of this Italian Southern peninsula where the saturated colour of the blue sky meets the crystal clear water of an astonishing 800 km coastline. Ancient Greek-style fisherman villages and idyllic farmlands make this area nationally renewed for fresh fish, assorted traditional cheeses, hard to compare tasty vegetables, silky acclaimed olive oil and bold wines with a strong character!

The Mammams have put together a must try array of recipes which will immediately transport you in those typical cobbled little streets where is not unusual to bump into groups of Mammams rolling fresh orecchiette pasta on the street while gossiping and socializing through those ancient traditions!

Let us tempt your taste buds and get ready for a food journey like no other!

### Meet our Mammams

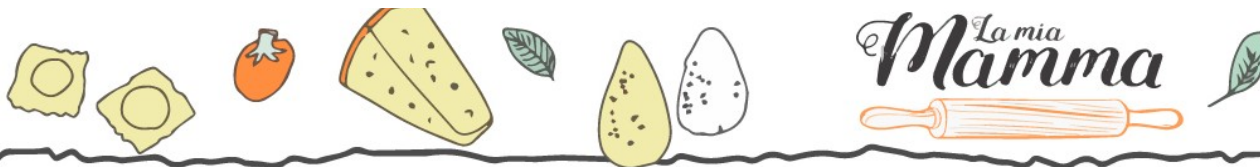
Our mammams flown all the way to London with their recipe book that has been passed down for generations.

The passion for cooking has always revolved around their family, and you might as well throw that diet out the window - you'll always be too skinny to our "imported" mamma's eye.

Diet guide:

**VG** – vegetarian / **V** – vegan / **GF** – Gluten free  
Gluten free pasta is available on request at + £2

If you wish to order any pastas or desserts which are not part of the mammams menu it can be done with a price difference



## Mamma's Menu

Build your own Mamma's menu (2 people min.)

### Limited offer:

Aperol Spritz (125 ml), dessert and single espresso (decaf + £0.50) **are always included**

**Aperol Spritz, Antipasti to share & pasta £29 p.p**

**Aperol Spritz, Antipasti to share & main £34 p.p**

**Aperol Spritz, Antipasti to share, pasta & main £39 p.p**

### Daily antipasti selection for 2 people

We'll bring you several mixed antipasti to share depending on mamma's mood!

### Pasta

Most of our pastas are handmade daily –

When 2 or more of the same pastas are ordered they'll be served in a large sharing pan

#### Tagliolini al ragu di polpo (+3)

Pasta with octopus, tomatoes, onions, carrots, anchovies and mint

#### Pizzarielli con Bracirole e polpette

Orecchiette e trofie with stuffed beef rolls and meatballs slowly cooked in a fresh tomato ragù

#### Orecchiette cime di Rapa, salsiccia e mollica aromatizzata

Pasta with turnip tops, Italian sausage, aromatic bread crumbs and chilli; an Apulian signature recipe!  
(contains anchovies) – Also available without sausage.

#### Fusilli alla Polignano (VG)

Pasta with fresh tomatoes, stracciatella cheese and chilli, topped with homemade stracciatella di burrata (Add capocollo di Martinafranca +£2)

#### Orecchiette con Ceci e Cozze

Orecchiette pasta with chickpeas and mussels cooked risotto style

#### Risotto alla Pescatora (+£3)

Risotto with mixed seafood of the day

### Mains

#### Bracirole e Polpette in Sugo

Stuffed beef rolls with herbs and pecorino cheese served with meatballs in a rich tomato sauce

#### Seppie nel Pignatello (GF)

Grilled cuttlefish, with fried potatoes, cream of peas & mint.

#### Orata alla Pugliese "al cartoccio" (GF) (+£3)

Seabream fillet "al cartoccio" with cherry tomatoes, olives, capers, chilli & herbs

#### Bombette Pugliesi

Pan fried skewers of Layers of thinly sliced beef, stuffed with minced meat, parmesan, pecorino cheese, breadcrumb, salt and pepper, wrapped in pancetta, served with friggitielli peppers and cherry tomatoes

#### Purea di piselli e Cicoria

Peas velloutée, wild chicory & diced tomatoes, served with crunchy bread

A complimentary 12.5% service charge will be added to your bill, VAT included the standard rate.

**If you have any allergies, please inform your waiter before ordering.**



## A la Carte Menu from all over Italy

### Antipasti

<b>Parmigiana di melanzane (VG)</b> .....	<b>£ 9,75</b>
<i>Layers of aubergines, tomato sauce, mozzarella, basil and parmesan cheese</i>	
<b>Salumi e formaggi (GF)</b> .....	<b>£ 20,00</b>
<i>Cured meats and cheeses</i>	
<b>Carpaccio di spigola (GF)</b> .....	<b>£ 13,00</b>
<i>Sea Bass Carpaccio with sun-dried tomatoes, rocket and lemon dressing</i>	
<b>Tartare di tonno con avocado</b> .....	<b>£ 13,00</b>
<i>Tuna tartare, crushed avocado, black pepper, citrus dressing and crunchy bread crumbs</i>	

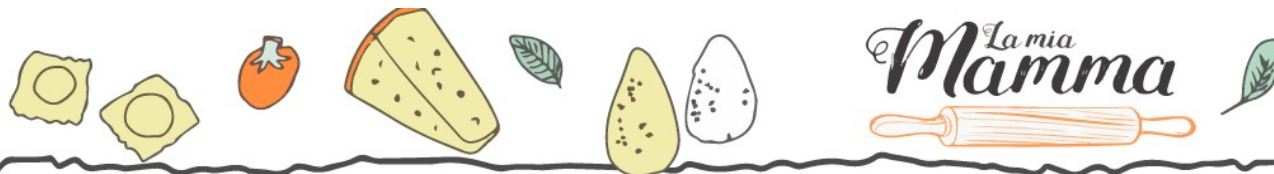
### Pasta and risotto

<b>Risotto of the day</b> .....	<b>£ P.O.R</b>
<i>Ask your waiter</i>	
<b>Pasta alla Norma (VG)</b> .....	<b>£ 12,00</b>
<i>Pasta with aubergines, tomato sauce and salted ricotta cheese</i>	
<b>Cacio e pepe (VG)</b> .....	<b>£ 13,00</b>
<i>Pasta with pecorino cheese topped with crushed black pepper (Add sausage + £ 3 - Add one gram white truffle + £ 9)</i>	
<b>Ziti alla Genovese</b> .....	<b>£ 14,00</b>
<i>Don't get fooled by the name, this typical Neapolitan pasta comes with a luscious sauce made with slow cooked onion, beef and parmesan</i>	

### Mains from the Robata grill

<b>Tonno alla griglia con contorno del giorno (GF)</b> .....	<b>£ 21,00</b>
<i>Grilled tuna steak, served with side of the day</i>	
<b>Grigliata mista di pesce (GF)</b> .....	<b>£ 22,00</b>
<i>Grilled fish of the day served with a fresh mixed salad</i>	
<b>Tagliata di carne con patate al forno (GF)</b> .....	<b>£ 22,00</b>
<i>8 ounce rib eye steak served with roast potatoes (Add one gram white truffle + £ 9)</i>	
<b>Spigola alla griglia (2 ppl to share) (500grammi) (GF)</b> .....	<b>£ 29,00</b>
<i>Whole Grilled sea bass with mixed salad and grilled vegetables (1lb 8oz)</i>	
<b>Salmone alla griglia con Cime di Rapa (GF)</b> .....	<b>£ 18,00</b>
<i>Grilled salmon on a bed of turnip tops</i>	

TURN OVER FOR SIDE DISHES



## Sides

Verdure grigliate (VG)(GF).....	£ 4,00
<i>Grilled vegetables</i>	
Patate al forno (VG)(GF).....	£ 4,00
<i>Roasted potatoes</i>	
Insalata mista (VG)(GF).....	£ 4,00
<i>Mix salad</i>	
Cime di Rapa (VG)(GF).....	£ 4,00
<i>Turnip tops</i>	
Home made bread basket .....	£ 3,00

## Salads

Insalata Burrata e Noci .....	£12,00
<i>Mixed salad, walnuts, anchovies &amp; a whole burrata, served with crunchy frisella bread.</i>	

## Desserts

Dessert of the day.....	£ 6,50
<i>Ask your waiter</i>	
Tiramisu' al pistacchio.....	£ 6,95
<i>Pistachio tiramisu topped with crushed pistachios</i>	
Cannolo siciliano.....	£ 5,75
<i>Most popular Sicilian dessert made with crispy pastry stuffed with creamy sweet homemade cow ricotta cheese</i>	

# BUON APPETITO!