



REAL HOME COOKING. 20 Italian Regions, 20 Mammas cooking for you.

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

This season we are hosting a mamma from Abruzzo

Our Mammas 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 Abruzzo!

Here we are to discover and share the beauty and tasteful pleasures of Abruzzo. We are in central Italy, East coast, facing the Adriatic sea and surrounded by other Italian regions which offer an interesting cross cultural and gastronomic contamination. This is a land where seafood and meat-based recipes are equally perfected at their very best based on the beach or inland area you are visiting. Abruzzo prides a deep pasta making tradition which offers a great array of many different shapes such as Spaghetti alla Chitarra (guitar style) which are made with a quite unique wooden cutting - tool with metal strings which reminds a guitar.

We would like you to picture a green land with protected national parks enriched by beautiful beaches, an incredible gastronomic tradition is kept alive in untouched medieval villages with enchanted castles. Probably an undiscovered version of Tuscany where the typical "Italian" summer dream lives up at a slower pace. Many Italians will experience food from Abruzzo for the first time right here, right now just like you. We will make sure our Abruzzesi Mamma will give you a generous taste of this area with a good glass of local red Montepulciano wine and addictive Arrosticini skewers!

Meet our Mammas

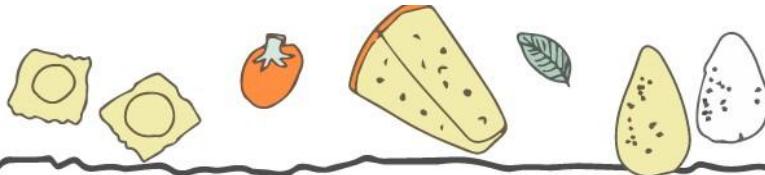
Our mammas flown all the way to London with their recipe book that has been passed down for generations.

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 mammas 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

Gnocchetto con fave, gamberi e Zafferano + £3

Small gnocchetto pasta with broad beans, sautéed prawns and saffron

Cavatelli alla Teramana con ragu' di salsiccia al finocchio e Nduja (ADD RICOTTA + £2)

Cavatelli pasta with Italian fennel sausage ragout and Nduja (spreadable spicy salami)

**Spaghetto alla chitarra, crema di funghi, funghi misti e granella nocciola (VG)
(ADD GUANCIALE + £2)**

Most famous pasta from Abruzzo with mushroom cream, mixed mushroom and chopped hazelnuts

**Bauletto di scrippelle al forno ripieno di ricotta e spinaci
con salsa di pomodoro e besciamella (VG)**

Typical baked savoury pancake filled with handmade ricotta cheese, spinach and covered in a fresh tomato and béchamel sauce

Sagne fasciul, cotica e cavolo nero

Rough cut short tagliatelle pasta with borlotti beans, pork rind, black cabbage and a hint of chilli

Mains

Arrosticini di ovino con cavolo nero, formaggio fritto e con salsa verde

Signature dish from Abruzzo: thin and tender skewers of sheep served with black cabbage, fried cheese and refreshing "green sauce" made with a blend of Italian herbs, lemon zest, vinegar and chilli

Brodetto di pesce alla Vastese con crostini + £3

Grilled fish soup with monkfish, prawns, mussels, calamari, shrimps, capsicum, Italian herbs, a hint of chili and served with aromatic croutons

Orata "al cartoccio" (GF)

Sea bream fillet cooked "al cartoccio" with cherry tomatoes, olives, capers, chili & herbs

Costoletta di agnello alla brace

Grilled lamb cutlet with sweet peppers and potatoes served with an Italian gravy made with a touch of red wine

Polenta grigliata con funghi e crema al gorgonzola

Grilled polenta with mushrooms and gorgonzola cheese cream

Although polenta is famous in the North of Italy, people from Abruzzo enjoy it their own regional way!



A la carte Menu from all over Italy

Antipasti

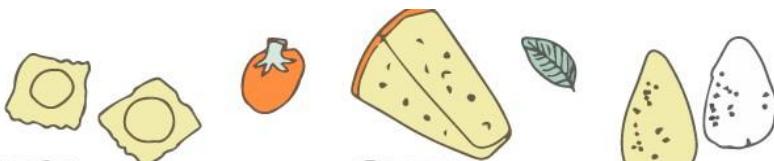
Parmigiana di melanzane (VG)	£ 9,75
Layers of aubergines, tomato sauce, mozzarella, basil and parmesan cheese	
Salumi e formaggi (GF)	£ 20,00
Cured meats and cheeses	
Carpaccio di orata con rucola, pomodori secchi e emulsion d'agrumi (GF)	£ 13,00
Sea bream carpaccio with rocket, sundried tomatoes and citrus reduction	
Tartare di salmone con avocado, straciatella e mandorle.....	£ 13,00
Salmon tartare with avocado, handmade straciatella cheese and almonds	
Carpaccio di manzo scottato con radicchio trevigiano, noci e crema di gorgonzola	£ 14,00
Seared beef carpaccio with radicchio, walnuts and gorgonzola cream	

Pasta and Risotto

Pasta alla Norma (VG).....	£ 12,00
Typical Sicilian pasta with fried aubergines, fresh tomato sauce and salted ricotta cheese (vegan version available without cheese)	
Bigoli cacio e pepe (VG).....	£ 13,00
Typical pasta from Rome with pecorino cheese topped with crushed black pepper (add sausage £ 3)	
Paccheri alla Genovese.....	£ 15,00
Typical Neapolitan pasta with a luscious sauce made with slow cooked onion, beef and parmesan	
Cavatelli con salsa di pomodorini, straciatella fatta a mano e crema al basilico (VG) (ADD GUANCIALE + £2)	£ 15,00
Pasta with cherry tomato sauce, topped with handmade straciatella cheese and basil pesto	
Risotto ai frutti di mare	£ 16,00
Risotto with mixed seafood with courgette cream, lemon flavoured	

Mains from the Robata grill

Seppia alla griglia con crema di datterino, olive verdi, olive nere e stringhe di patate fritte (GF)	£ 17,00
Grilled cuttlefish, served with datterino tomato cream, green & black olives and fried potato strings	
Grigliata mista di pesce (GF)	£ 23,00
Grilled fish of the day served with a fresh mixed salad	



Tagliata di controfiletto con patate al forno (GF)
(ADD MUSHROOM SAUCE +£2) £ 22,00

8 ounce sirloin steak served with roast potatoes

Salmone alla griglia con peperoni al gratin e salsa di zucchine alla scapece .. £ 19,00
Grilled salmon with peppers au gratin and courgettes sauce made with mint and vinegar

Sides

Verdure grigliate (VG)(GF) £ 4,50
Grilled vegetables

Patate al forno (VG)(GF) £ 4,00
Roasted potatoes

Insalata mista (VG)(GF) £ 4,00
Mix salad

Funghi saltati con aglio, vino bianco e prezzemolo (VG)(GF) £ 5,00
Sautéed mushrooms with garlic, white wine and parsley

Homemade bread basket £ 3,00

Salads

Insalata con burrata, pomodori, salsa al basilico, chips di pane, avocado e olive Verdi £ 12,00
Salad with handmade burrata cheese, vine tomatoes, basil sauce, bread chips, avocado and green olives

Insalata mista con radicchio, noci, gorgonzola, pere e crostini
(ADD GUANCIALE + £2) £ 14,00
Mix leaves salad with radicchio, walnuts, gorgonzola cheese, pears and croutons

Desserts

Dessert of the day £ 6,50
Ask your waiter

Tiramisu' al pistacchio £ 7,50
Pistachio tiramisu' topped with crushed pistachios

Cannolo Siciliano £ 5,75
Most popular Sicilian dessert made with crispy pastry stuffed with creamy sweet homemade cow ricotta cheese

BUON APPETITO!