



# La mia Mamma



**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 CAMPANIA.**

Our Mammams DO ALL THE FOOD PREPARATION. Most of our pasta is freshly handmade daily, and our sizzling Grill adds an intense flavour to our fresh ingredients.

## Welcome to Campania!

Napoli, the Amalfi Coast, Sorrento, Capri, Pompei, the active Vesuvio Volcano are only few of the jewels we could mention for its picturesque beauty. Deeply passionate and creative, a strong identity and a UNESCO recognized dialect is what could represent in a nutshell the beauty of being "Napoletano/a".

This land of "mare" (sea) and "terra" (earth), will bring to your table anything from fresh seafood, slow cooked meat and an extensive array of juicy veggies and handmade mozzarella.

We have put together the best collection of recipes which explores both "cibo per la gente" (food for the people) and aristocratic touches brought in from the wealthy heritage of this area which included Spanish and French influences.

Now relax and get ready to taste the Neapolitan art of welcoming!

## Meet our Mammams

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

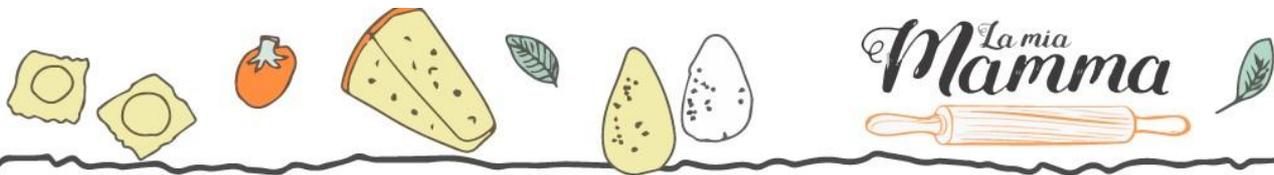
The passion for cooking has always revolved around their family, and you might as well throw that diet out the window - you'll always be too skinny to our "imported" mamma's eye.

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 from Mamma's menu (2 people min.)  
dessert and single espresso (decaf + £0.50) are always included!**

**Antipasti to share & pasta £29 p.p**  
**Glass of Prosecco ,Antipasti to share & main £34 p.p**  
**Glass of Prosecco, 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 from our Mammias**

#### Pasta e patate

*Iconic Neapolitan pasta dish with potatoes, pancetta and provola*

#### Gnocchi al ragu` con ricotta e pepe

*Gnocchi with beef and pork Neapolitan ragu`, fresh ricotta cheese and black pepper*

#### Rigatoni della mamma con polpettine e melanzane

*Pasta with beef meatballs and aubergine*

#### Ziti alla genovese

*Don't get fooled by the name, this typical Neapolitan pasta comes with a luscious sauce made with slow cooked onion and beef*

#### Scialatielli alla pescatora + £3

*Pasta with mixed seafood cooked in a fresh tomato sauce – ask your waiter*

#### Ziti dello Scarpariello (VG)

*Pasta with tomatoes, breadcrumbs, a hint of chilli, pecorino, provola and parmesan cheese*

### Mains

#### Salsiccia e friarielli con provola

*Pork sausage with wild broccoli and provola cheese*

#### Carne al ragu' Napoletano

*Beef and pork cooked for at least 6 hours in a rich tomato sauce served with handmade bread*

#### Seppie e gamberi alla griglia

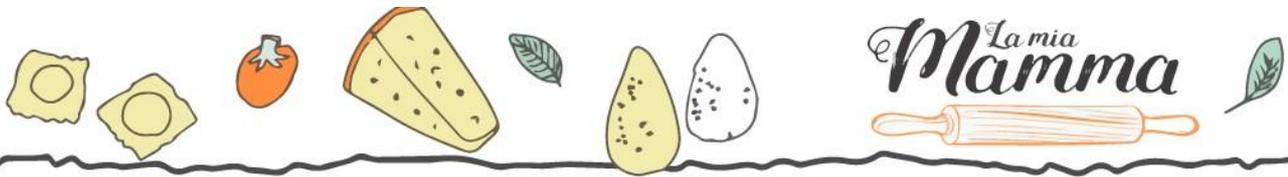
*Grilled cuttlefish and prawn*

#### Orata all'acqua pazza + £3

*Whole sea bream with cherry tomato, basil, garlic and mint sauce served with thinly sliced potatoes*

#### Cotoletta di funghi alla sorrentina (VG)

*Bread crumbed coated oyster mushrooms steak sorrentina style, served with cherry tomato and smoked mozzarella sauce*



## A la carte Menu from all over Italy

### Antipasti

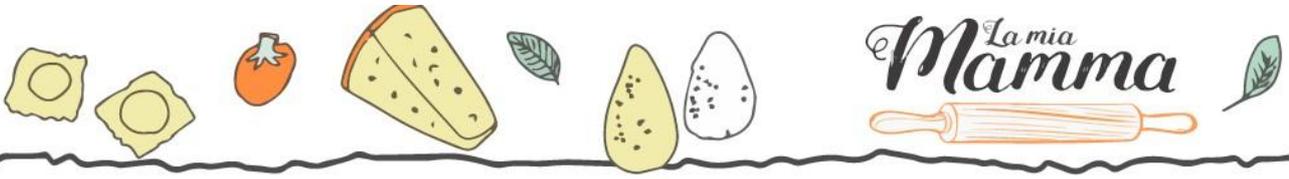
<b>Parmigiana di melanzane (VG)</b> .....	£ 9,75
<i>Layers of aubergines, tomato sauce, mozzarella, basil and parmesan cheese</i>	
<b>Salumi e formaggi</b> .....	£ 20,00
<i>Cured meats and cheeses</i>	
<b>Carpaccio di spigola</b> .....	£ 13,00
<i>Sea Bass carpaccio with sun-dried tomatoes, rocket and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

### Pasta and risotto

<b>Risotto of the day</b> .....	£ P.O.R
<i>Ask your waiter</i>	
<b>Pasta alla Norma (VG)</b> .....	£ 12,00
<i>Pasta with aubergines and salted ricotta cheese</i>	
<b>Cacio e pepe (VG)</b> .....	£ 13,00
<i>Pasta with pecorino cheese topped with crushed black pepper</i>	

### Mains from the Robata grill

<b>Tonno alla griglia con contorno del giorno</b> .....	£ 21,00
<i>Grilled tuna steak, served with side of the day</i>	
<b>Tagliata di carne con patate al forno</b> .....	£ 22,00
<i>8 ounce rib eye steak served with roast potatoes</i>	
<b>Spigola alla griglia (2 ppl to share) (500grammi)</b> .....	£ 29,00
<i>Whole Grilled sea bass with mixed salad and grilled vegetables (1lb 8oz)</i>	
<b>Salmone alla griglia con friarielli</b> .....	£ 18,00
<i>Grilled salmon on a bed of wild broccoli</i>	



## Sides

<b>Verdure grigliate (VG)</b> .....	<b>£ 4,00</b>
<i>Grilled vegetables</i>	
<b>Patate al forno (VG)</b> .....	<b>£ 4,00</b>
<i>Roasted potatoes</i>	
<b>Friarielli saltati (VG)</b> .....	<b>£ 4,00</b>
<i>Pan fried wild broccoli</i>	
<b>Insalata mista (VG)</b> .....	<b>£ 4,00</b>
<i>Mix salad</i>	
<b>Home made bread basket</b> .....	<b>£ 3,00</b>

## Salads

<b>Insalata ortolana</b> .....	<b>£ 9,00</b>
<i>Sun-dried tomatoes, aubergines, onions, tuna</i>	

## Desserts

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

**BUON APPETITO!**