

MAMAS KIDDIES MENU 5.50

(under 12s only)

HAPPY BUTTER MILK CHICKEN

Chicken fillets in a butter milk batter with sweet potato fries and steamed broccoli.

HEARTY BANGERS AND MASH

Choose from either tasty pork or veggie sausages on mash potato, gravy and garden peas.

SPAGHETTI AND MEAT BALLS

Mamas homemade meat balls with tomato sauce and spaghetti.

FISH BITES

White fish goujons deep-fried and served with sweet potato chips and garden peas.

LITTLE SHEPHERD'S PIE (v)

Lots of veggie goodness with herbs and a hint of coconut milk, topped with fluffy sweet potato mash.

BAR SNACKS 2.50

Nuts 'n' Spice: Mixed nuts with our secret Mama's spice seasoning

Marinated Olives.

Bowl of Reggae crisps with our secret Mamas spice seasoning

ROTI WRAPS**8.00 EAT IN / 7.00 TAKE AWAY**

Authentic Caribbean wrap, stuffed full with your choice of kick-ass curried filling:

- 3hr Slow roast lamb
- 3hr Slow-cooked curried chicken
- Veggie deluxe (v)
- Jamaican akee and salt fish
- 8hr Slow roast shredded pork shoulder

Roti curries are served medium; all the flavours with a little bit of heat coming through - no ass bustin' fire! We can always dial-up the heat if you prefer it that way, just let us know.

EXTRAS 3.00

Rice 'n' peas / Sweet potato wedges
Mamas saladw / Hand cut chips / Garlic bread / Macaroni pie / Corn on the cob
Fried plantain / Bread and dips

NACHOS 8.00

Oven baked corn tortilla chips topped with smashed avocado guacamole, fresh tomato & spiced salsa, soured cream, sweet corn, and melted cheddar.

Add one of the following toppings:

- Mamas jerk chicken breast strips*
- 8hr Slow roast shredded pork shoulder
- Grilled tofu (v)

*Our jerk seasoning is a secret blend of herbs and spices that deliver perfect Caribbean heat. We love it just the way it is but if you want it hotter, hot-dang we'll raise it for you!

SEAFOOD**SALT FISH N' DUMPLING 8.00**

Fresh hand rolled Caribbean dumplings with traditional salt cured bacalao (meaty white fish)

SQUID 'TING 8.00

Battered sea salt and cracked peppercorn squid rings. Served with garlic mayo and Mamas green salad

THE KING-PRAWNIANS 8.00

Killer king prawns cooked with white wine, chilli, garlic & lemon

MAMAS CRAB CAKES 8.00

Pot-caught fresh crab and meaty white fish cakes. Seasoned with lemon and Mamas green salad

FRESH MACKEREL 8.00

Pan fried fresh mackerel in olive oil, white wine and lemon served on a bed of roasted veg.

CARIBBEAN GOLDEN MUSSELS 8.00

Fresh mussels cooked in white wine, chilli ginger and coconut milk. Served with Baker Tom's bread.

MEAT**BINGO WINGS 5.00**

3hr Slow roast chicken wings with garlic, lime and smoked paprika rub

CHORIZO STEW 8.00

Pan fried, 6 month hung chorizo in red wine, kidney beans and vine tomatoes, served with crusty bread

CHICK-A-LING 8.00

Tender stewed chicken chunks sautéed with mushrooms, coconut milk and peanut sauce

PORKY DUBBAH DUB 7.50

Homemade 8hr slow roasted pulled pork shoulder taco with smashed avocado guacamole, fresh tomato, spiced salsa & soured cream

MAMAS RIBS 7.50

Rack of sticky Caribbean-style ribs infused with Bahama Mamas secret rum and BBQ sauce

JERK CHICKEN 8.00

Chicken on the bone marinated in our jerk seasoning and oven roasted.

Whilst every effort is made to be extremely careful, it is with regret that we cannot guarantee any of our dishes to be free of nut traces. Please ask staff for advice on food allergy information

BAHAMA MAMAS

TAPAS | CRAFT BEER | COFFEE HOUSE

VEGAN (vg) & VEGETARIAN (v)**SUPER COUS COUS (vg) 7.00**

Couscous, shredded carrot, ginger, crunchy apple, courgettes, garlic and sesame seeds

STRONG 'N' MIGHTY VEG CURRY (vg) 7.00

Callalo (Caribbean spinach) fresh veg curry with chickpeas, shredded carrots and courgettes. Seasoned with our house spice blend

GRANDMA'S VEGGIE-CAKES (vg) 7.50

Hand shaped authentic corn and veg cakes seasoned with our house spice blend. Served with Mamas green salad

STACK 'EM UP! (vg) 7.50

Smoked Tofu, sweet potato and spinach stack with fresh vine tomato and coconut sauce

LOONEY JERK SKEWERS (v) 7.50

Marinated Jerk Halloumi sandwiched between flavour-ripe peppers, tomatoes and courgettes.

SWEET POTATO SURPRISE (v) 7.50

Baked Sweet potato stuffed with roasted veg and Melted goats cheese

HAND CRAFTED BURGERS**CUBAN 10.00**

Hand-ground 8oz lean beef patti topped with 8hr slow roasted pulled pork shoulder. Pickle and leaves with grilled blue cheese.

SMOKING GUN 10.00

Hand-ground 8oz lean beef patti, topped with local wood smoked cheese, smoked BBQ sauce and smoked thick back bacon.

JERK CHICKEN BURGER 10.00

Breaded Jerk chicken breast with home made crunchy slaw, cheddar cheese, vine tomato and leaves

MAMA'S VEGGIE BURGER (v) 10.00

Sweet potatoes, kidney beans, mixed veg, Caribbean herbs and spices, served with goat's cheese and grilled onion

THE BUSTER 10.00

8hr slow roasted pulled pork shoulder with caramelized onions, Jerk BBQ sauce, leaves and grilled Stilton