



Hola y bienvenidos a La Mama!

We are proud to prepare and cook all of our Tapas from fresh. We suggest that you try 2 to 3 Tapas per person and we will bring these to you once ready. Remember that you can always order more as the evening unfolds! If you love the idea of sharing then enjoy our tasty Tapas amongst friends and family!



Please email lamama.latin@gmail.com for more information

Para Picar (nibbles)

- Queso Manchego con Mermelada** VG GF £9.00
Manchego cheese marinated in olive oil, served with homemade jam.
- Sopaipillas al Pebre** VG £6.00
A delightful Chilean tradition – lightly fried pumpkin bread served with salsa pebre.
- Olives** VG GF £5.50
Marinated in garlic and herbs.
- Antipasti Platter** GF £18.00
A selection of imported cured meats, manchego with marinated artichokes and olives. Served with pine kernels, vine tomato and basil oil.

Pescado (fish)

- Hake and Caper Croquettes** £9.50
A tasty homemade hake and caper croquettes, with lemon zest, rolled in polenta and poppy seeds. Served with lemon and dill mayo.
- Calamares Fritos** £7.50
Crispy fresh squid cooked to perfection. Served with classic ali-oli.
- Chile Prawns** GF £9.00
Sizzling king prawns cooked in garlic, olive oil and fresh chilies.
- Choritos** GF £10.50
Fresh mussels steamed in white wine, smoked paprika and chipotle. Garnished with chopped parsley.
- Empanadas de Mariscos** £9.50
A recipe from Valdivia; mixed seafood cooked with onion, lime juice and a hint of fresh chilli, mixed with cheese and served in a lightly fried pastry parcel.
- Pescado Frito** GF £7.50
Whole whitebait lightly fried and served with chilli flake and lime dip.
- Anchoa** GF £7.00
Light on the pallet yet full of flavour! Anchovies marinated in lemon juice, dill, citrus zest and garlic. Super Rico!
- Ceviche de Pescado** GF £9.00
Peru's best-kept secret...hake cured in lime juice, cucumber, red onion and fresh herbs.

Carne (meat)

- Habas con Chorizo** GF £8.00
A warm salad rich in flavour; diced chorizo and broad beans tossed in a white wine and mint dressing.
- Pastel de Choclo** GF £9.50
This traditional, iconic dish is very popular in Chile. Containing many different flavours such as beef, onions, raisins, olives and roasted chicken, the dish is topped with a layer of sweetcorn and basil which is caramelised in the oven. The end result is delicioso!
- Empanadas de Carne** GF £8.00
A traditional lightly fried Colombian cornmeal dough parcels, filled with spiced beef, a hint of epazote, paprika, onion, olives and sultanas. Served with salsa pebre.
- La Mama's Costillas de Cerdo** GF £9.50
Belly pork ribs, marinated and roasted in paprika picante, cumin, lemon and chilli. Served in our homemade panela sugar BBQ sauce.
- Huevos de Andes** GF £9.50
A hearty combination of courgettes, peppers, black turtle beans and pork mince, oven baked in a traditional clay pot. Topped with an egg. Muy rico!
- Alitas de Pollo con Mole** (contains nuts) £9.50
Roasted chicken wings topped with a traditional spicy and smoky Mexican sauce. The authentic mole sauce is made with chilies, rich chocolate, sesame seeds and almonds, raisins, and a combination of warm spices.

BOTTOMLESS Afternoon

Afternoon Sin Fondo!

We all need to try and find a way to keep our spirits up and La Mama is here to make you feel warm and cosy. Bring your household or gather up with your friends and enjoy our Bottomless Afternoon!

"Le Prosecco" £30.00 (per person)
Includes - prosecco, pineapple bellini, passion fruit bellini and a selection of soft drinks.

"De La Mama" £35.00 (per person)
Includes - cola de mono (Chilean espresso martini), margarita, prosecco, pineapple bellini, passion fruit bellini, house wine, lager and a selection of soft drinks.

Afternoon Sin Fondo (Afternoon Brunch) is only available for the whole table with guests receiving 1 hour and 30 minutes of bottomless fun. Each guest may order one dish from the Afternoon menu and receive unlimited drinks within 90 minutes.

* There is an additional charge for side dishes, desserts, ice creams, liquors and coffees. Please only order one drink per person at a time.

Vegetariano (vegetarian)

- Albóndigas Veganas** VG GF £8.00
Plant based vegan meatballs served with a smoky Spanish salsa brava. Dressed with basil oil.
- Champiñones Rellenos** V £8.00
Oven baked field mushrooms, topped and grilled with goat's cheese, garlic, chilli and olive breadcrumb pate.
- Porotos Verdes** VG GF £8.00
Our famous green beans pan fried with garlic, paprika and pine kernels.
- Yuca Frita** V GF £7.00
Yuca is the root of the cassava plant and a popular staple food in parts of Latin America. Delicious and delightful when fried like a potato and served with a trio of salsas. Buen provecho!
- Empanadas de Queso** V £7.00
A typical Chilean cheese pastry parcel lightly fried.
- Arroz** VG GF £6.00
An aromatic and beautifully flavoured rice dish cooked in the zest of twenty limes! Finished with lime juice and coriander. Order to lift any dish or be enjoyed all on its own!
- VG Vegan V Vegetarian GF Gluten Free DF Dairy Free

Accompaniments

- Papas con Salsa** £6.00
Fried potatoes with a choice of one of the following salsas:
- Papas Bravas**
Spicy tomato salsa.
- Papas Ali-Oli** VG GF
Fragrant garlic mayonnaise.
- Papas al Pebre** V GF
Unique to Chile this lively salsa can accompany most dishes – freshly made from coriander, tomatoes, onion, garlic and fresh chilies – infused in extra virgin olive oil. Sure to give your taste buds a gentle kick.
- Papas Solito** VG GF £4.50
Plain fried potatoes.
- Individual pots of salsa** £3.50 VG GF

Find us on...   

For any intolerance or allergy, please ask a member of staff for further details. We take great care to hand pick all of our produce which are freshly prepared on our premises on a daily basis.



White Wine

- | | 175ml | 250ml | Bottle |
|---|--------------|--------------|---------------|
| 1 Kidia Sauvignon Blanc | £5.90 | £7.60 | £21.00 |
| <i>Loncomilla Valley, Chile</i> | | | |
| Lime and grapefruit citrus flavours gives this wine a fresh and tasty zing. | | | |
| 2 Verdejo Laman | £6.20 | £7.70 | £23.00 |
| <i>Finca La Estacada, Spain</i> | | | |
| A pale yellow colour with aromas of white fruits. Notes of apple and pear. | | | |

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| 3 Sauvignon Semi Dulce | £6.85 | £7.90 | £24.00 |
| <i>Finca La Estacada Spain</i> | | | |
| Medium Sweet - Fresh and fruity aromas of white fruit. Not your typical Sauvignon! | | | |

Why don't you try something different with Gambas

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|---|--|--|---------------|
| 4 Chardonnay | | | £35.00 |
| <i>El Campesino, Cental Valley, Chile</i> | | | |
| Warm tropical fruit and a touch of oak. Aromas of ripe citrus, nectarine and passionfruit drive this style. | | | |

Red Wine

- | | 175ml | 250ml | Bottle |
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| 5 Carmenere | £5.90 | £7.60 | £21.00 |
| <i>Vina del Pedregal 'Kidia', Chile</i> | | | |
| Chiles adopted grape! Black fruits with spicy notes. We recommend with La Mama's Empanadas. | | | |
| 6 Tempranillo | £6.20 | £7.80 | £23.00 |
| <i>Finca La Estacada, Spain</i> | | | |
| A light bodied, easy drinking wine. Enjoy on its own, or with chicken and fish. | | | |
| 7 Malbec | £6.95 | £8.50 | £26.00 |
| <i>Mosquita Muerta 'Cordero', Mendoza, Argentina</i> | | | |
| Everything you would expect from an Argentinian Malbec. Intense and full bodied. Perfectly matched with beef. | | | |

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| 8 Chateau L'Etat Pur Bordeaux | | | £35.00 |
| <i>Bordeaux, France (Natural Wine)</i> | | | |
| A typical Bordeaux wine, with no added sulphites. A modern wine. | | | |

Natural Wine

Rosé Wine

- | | 175ml | 250ml | Bottle |
|---|--------------|--------------|---------------|
| 9 Rocca Zinfandel Blush | £5.90 | £7.60 | £21.00 |
| <i>Veneto, Italy</i> | | | |
| Bursting with strawberry, raspberry and watermelon notes. | | | |
| 10 La Gayolle Provence Rose | £6.20 | £7.80 | £23.00 |
| <i>Provence, France</i> | | | |
| Perfect for a summer's day - Pale in colour. | | | |

Sparkling

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|---|--------------|---------------|
| 11 Bottega Vintage Spumante Brut | £6.00 | £23.00 |
| <i>Veneto, Italy</i> | | |
| A delightful combination of fruity nuances, particularly apple and peach, intertwined with elegant floral scents of acacia. | | |
| 12 Casteller Cava Brut | | £27.00 |
| <i>Spain</i> | | |
| Aged for a minimum period of 24 months, it reaches an extraordinary structure and a great bouquet. | | |
| 13 Bottega Processo Zero Alcohol | | £14.00 |
| <i>Veneto Italy</i> | | |
| Evokes the great tradition of sparkling wines, keeping the freshness, liveliness, and charm of the bubbles. | | |
| 14 Cyrus Brut Champagne | | £45.00 |
| <i>Champagne, France</i> | | |
| On the nose, yellow fruit notes appear. On the palate, fresh fruits dominate. | | |

Gin Selection

Single Double

Includes tonic

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| Master's Pink Spain | £7.10 | £9.10 |
| Clean and bright in colour, this gin has an intense aroma of natural strawberry and raspberry, with a subtle citrus note. | | |
| Sir Robin of Locksley England | £7.10 | £9.10 |
| Deliciously smooth and round on the palate – warm cassia notes soothed with dandelion. Pink grapefruit adds an underlying sweetness | | |

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| Poulpe Bleu Gin de Provence France | £7.10 | £9.10 |
| Juniper berries, thyme, rosemary, almond, angelica, sea bass, lemon zest, coriander, Iris root, roses and a few other plants give this gin a powerful and varied aromatic palette of tastes. | | |

Tonic Water

200ml

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| Franklins Tonic Water | | £2.50 |
| Rosemary with Black Olive, Elderflower with Cucumber, Grapefruit with Bergamot, Normal, Light | | |

Rum

Single Double

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| Plantation White Barbados | £4.20 | £6.20 |
| Aged in oak barrels then filtered to remove the colour. A tribute to the historic rums produced in the Caribbean. | | |
| Plantation Dark Barbados | £4.20 | £6.20 |
| Plum, banana and vanilla, is enhanced by meticulous blending and further maturation, in France. | | |
| Plantation Gran Anejo Belize | £4.20 | £6.20 |
| A sweet up front honeyed mouthfeel dries out quickly allowing full appreciation of the rounded, pleasingly dry, tannic sherry finish. | | |

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| Black Magic Rum Kentucky | £4.20 | £6.20 |
| Dark, spicy, pleasantly complex; Vanilla extract followed by brown sugar and mixed spices. Sweet, slight oak finish. | | |

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| Reserva Exclusiva Diplomatico Venezuela | £4.50 | £6.50 |
| A blend of exclusive rum reserves aged for twelve years, aromas of orange peel, toffee and licorice are followed by notes of toffee fudge that offers a seductive, long-lasting finish. | | |

Vodka

Single Double

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| Finlandia Finland | £3.80 | £5.80 |
| One of the purest vodkas in the world. The pure glacial spring water is naturally filtered through moraine formed during the Ice Age which gives it an astonishing purity. | | |

Soft Drinks

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| Pineapple Juice | | £2.20 |
| Orange Juice | | £2.20 |
| Apple Juice | | £2.20 |
| Mango Juice | | £2.20 |
| Coca-Cola 330ml Glass Bottle | | £3.10 |
| Diet Coke 330ml Glass Bottle | | £3.10 |
| San Pellegrino Lemon | | £3.10 |
| San Pellegrino Orange | | £3.10 |
| Bundaberg Ginger Beer | | £3.10 |
| Soda Water | | £2.00 |
| Sparkling Water | | £3.10 |
| Appletizer | | £3.10 |

Beer & Cider

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| Draught Beer | 1/2 Pint | Pint |
| Mahou Spain 5.1% | £2.55 | £5.10 |
| Deep blonde in colour, with a flavour that's well-balanced, zesty, fruity and full-bodied. | | |
| Bottled Beer | | 330ml |
| Quilmes Argentina 4.9% | | £4.80 |
| Argentina's beer of choice. A pale golden body with a smooth white head. Traces of hoppy aromas give way to a subtle malty sweetness. | | |
| Alhambra Reserva Spain 6.5% | | £6.00 |
| A high quality, Spanish beer crafted to perfection. Full-bodied, extra smooth with a rich, highly agreeable taste for the demanding yet discerning palate. | | |
| Estrella Galicia Spain 0% | | £3.50 |
| Estrella Galicia 0.0 is a delicious non-alcoholic Spanish lager, boasting the golden colour of a typical Pilsner style beer. | | |

Maeloc Galicla Spanish Cider

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| Apple Cider 4.5% | | £4.70 |
| Made with 100% pressed apples. Clean, refreshing and well balanced with an enticing and intense apple flavour. | | |
| Apple & Strawberry Cider 4.0% | | £4.70 |
| Dry cider with an intense strawberry flavour. Lovely rose coloured with a bouquet of sweet strawberries. | | |

Jug Of

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| Sangria | | £16.00 |
| Sangria is one of the most popular drinks in Spain, great for sharing. The recipe we use consists of full bodied red wine, rum, sweet vermouth, triple sec, orange and lemonade. Served in a jug filled with ice and fruit. | | |

Spritzers

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| Aperol Spritz | | £8.50 |
| Light, refreshing with a unique bittersweet taste, made with Prosecco, Aperol and a dash of soda this is the perfect drink to start the evening. | | |
| St Germain Spritz | | £8.50 |
| Light and floral elderflower spritz. It's simple recipe promises to add a dash of freshness to an occasion. | | |
| Limoncino Spritz | | £8.50 |
| A delightful combination of bottega limoncello, prosecco and soda. This will get your lemon groove on! | | |
| Honeydew Melon Spritz | | £8.50 |
| Bottega Melon Liqueur, prosecco and soda. Refreshing, fruity and delicious. The perfect aperitif! | | |

Cocktails

What is Pisco?

Pisco is distilled in the Elqui Valley 107 km east of La Serena, which is 1300 meters above sea level. This liquor is distilled from muscat grapes and is considered the national drink of Chile.

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| La Mama's own Pisco Sour | | £8.50 |
| Pisco Sour is the most common way to drink pisco. It is made with fresh lime juice, icing sugar and Chilean pisco. It is traditionally served in a champagne glass. We recommend that you start every great dinner with a glass! | | |

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| Classic Margarita | | £8.50 |
| Everyone knows the Margarita, that refreshing drink that can be made in so many ways. The classic recipe is tequila, triple sec and lime juice served in a martini glass with dried chilli flakes. (Mix it up with passion fruit, melon or pineapple) | | |

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| Caipirinha with Red Berries | | £8.50 |
| If you're out dancing at Rio's carnival there's no doubt you will be drinking a Caipirinha. Cachaça, a distilled spirit made from sugar cane juice, is combined with fresh lime, red berries and fine Panela brown sugar. This drink is sure to make your cheeks rosy! | | |

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| Cola de Mono (Chilean Espresso Martini) | | £8.50 |
| The perfect pick me up cocktail! Fresh espresso coffee shaken with coffee liqueur, sweet condensed milk and a fabulous dash of Chilean pisco! | | |

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| 238 Gin & Juice | | £8.50 |
| If you're rolling down Abbeydale Road, stop by, lay back and try our very own "Gin & Juice". Sweet Martini with gin, licor 43, galliano, orange juice and cloves. | | |