

# **MAMA LIZ'S FOOD**

## **Main Plates & Burgers** *(all items GF unless marked not)*

### **Blackened chicken ...** £10.00

chicken breast chargrilled with Mama's in-house spices on a bed of fresh salad with a whole grain mustard dressing

### **Jerk chicken ...** £11.00

chargrilled, chicken breast, coated with fiery jerk seasoning, served with a spicy tomato and lime salsa and rice

### **Chilli ...** £12.50

slow-cooked, chuck steak chilli served with rice, home fried tortilla chips and jalapeños

### **Ribs ...** £15.00

a whole rack simmered then roasted and smothered in Mama Liz's Bourbon glaze

### **Goat curry ...** £14.50

Caribbean style goat curry served with rice

### **Jambalaya ...** £11.50

rice, prawns, chorizo and a touch of spice come together to form a Creole favourite similar to Spanish paella

### **Vegan jambalaya ...** £10.00 **Y**

a medium spiced, Creole one pot dish of rice and a mix of vegetables

### **Surf and turf gumbo ...** £15.00 *(cornbread not GF)*

a hearty New Orleans' stew with mussels, prawns, chicken & chorizo - served with rice and home-made cornbread

### **Gumbo z'herbes ...** £11.00 **Y** *(cornbread not GF)*

a vegetarian take on the classic New Orleans' dish with fresh herbs & greens in a thick roux sauce – served with rice and cornbread

### **Moules frites ...** £15.00

mussels in a cream & white wine sauce served with Mama's fries

### **10oz rump steak ...** £14.00

beef rump steak, chargrilled to your liking served with salad and fries

### **Fajitas ...** steak £14.00 chicken £12.00 veggie mix £12.00 **Y** *(wraps not GF)*

your choice, pan-fried with onions and peppers finished with a touch of spice served with flour tortillas, salad and salsa

## **Burgers** *(not GF)*

- **Homemade beef burger ...** £7.50

on a toasted bun with lettuce, red onion, pickles and Mama's fries

- **Fried chicken burger ...** £8.00

on a toasted bun with BBQ sauce, pickles and Mama's fries

- **Vegan 'Moving Mountains burger' ...** £7.50 **Y**

on a toasted bun with lettuce, pickles, red onions and Mama's fries

**Why not try our fried chicken**

**Nashville Hot?**

# MAMA LIZ'S FOOD

## Bowls & Sharers *(all items GF unless marked not)*

### Bowls

- **Cajun prawn skewer salad ...** £6.50

spiced and chargrilled, tiger prawn skewer on a bowl of crisp salad leaves with chargrilled fresh lime

- **Wings your way - 250 grams (approx 6) ...** £5.00

chicken wings tossed in your choice of sauce

- **Whitebait ...** £5.50 *(not GF)*

Cajun spiced, breaded whitebait served with sweet chilli sauce and chargrilled lemon

- **Nachos ...** small £4.95 / medium £6.00 **Y**

home fried, corn tortillas baked with salsa, mature cheddar cheese and jalapeños

- **Nuggets - with a sauce of your choice ...** £5.50 each

- fresh fried southern fried chicken nuggets *(not GF)*
- cauliflower nuggets **Y**
- cheese and jalapeño nuggets **Y** *(not GF)*

#### SAUCES

- Habanero
- Sweet Chilli
- Barbeque
- Maple Syrup & Salt
- Bourbon

### Sharers

- **Large nachos ...** £10.00 **Y**

home fried tortillas with salsa, mature cheddar cheese and jalapeños

- **Kg of wings ...** £15.00

tossed in your choice of sauce (approx 25)

- **Chicken sharer ...** £20.00 *(nuggets not GF)*

large plate of chicken nuggets and wings with your choice of dipping sauce

- **Pulled pork sliders ...** £20.00 *(buns not GF)*

slow roasted pork in a sticky, sweet sauce with diced jalapeños, red onions and salad

### Sides

- Cajun fries ... £2.00 **Y**
- mama's fries ... £2.00 **Y**
- cheesy fries ... £3.50 **Y**
- rice ... £1.50 **Y**
- side salad ... £2.50
- sour cream ... £1.50
- extra cheese ... £ 2.00
- wraps x 3 ... £1.50 *(not GF)*

- **Desserts ...** £5.50 each *(not GF but can be requested on pre-order)*

- churros - tossed in cinnamon sugar with chocolate dipping sauce
- brownie with ice cream or cream.....or both!
- hot fudge sundae