



Mamma Q's
Since 2009

LIGHT MEALS



FOCACCIAS

- V GRECO 120**
Italian flat bread prepared in our wood fired pizza oven, topped with hummus, feta, roasted cherry tomatoes, rocket & toasted flaked almonds
- V MARINELLO 110**
Thin focaccia base topped with mozzarella cheese, rosa tomatoes and rocket with a drizzle of balsamic cream
- V ROSAMARINO 45**
Light & crispy focaccia topped with fresh rosemary and a dash of course salt & drizzled with extra virgin olive oil
- V GARLIC FOCACCIA 50**
Crispy garlic focaccia drizzled with extra virgin olive oil & oregano
- V FUGAZETTA 90**
Thin focaccia base topped with mozzarella cheese, onions, garlic, extra virgin olive oil & oregano

STARTERS

- V CAMEMBERT SPRING ROLLS 78**
Trio of springrolls topped with toasted almonds and cranberry drizzle

SOUP OF THE DAY 65
Served with focaccia slices

CALAMARI 95
Deep fried calamari tubes served with an arrabbiata sauce, and focaccia slices

FEGATI 69
Pan fried chicken livers in a creamy peri-peri or plain sauce, served with focaccia slices

BEEF TRINCHADO 79
Tender beef cubes pan fried in a Portuguese inspired creamy, garlic white wine sauce and served with focaccia slices

SALADS

- V HALLOUMI 125**
Farm fresh salad greens topped with grilled halloumi, cherry tomatoes, cucumber, avo, pepperdews and rocket

MAMMA MIA 140
Salad greens topped with feta cheese, avocado, shredded basil and honey soy chicken, drizzled with our house dressing

POLLO 130
Bacon, sweet chilli chicken, peppadews, coriander, garden greens, cucumber ribbons, avocado and tomato drizzled with our house dressing

ITALIAN PASTA 120
Warm penne pasta with chicken, roasted cherry tomatoes, rocket, grana padano and a light drizzle of basil pesto

- V ROASTED MEDITERRANEAN VEG 120**

Mixed chargrilled veg tossed with salad greens, topped with toasted sesame seeds and drizzled with balsamic glaze

+35 added chicken **+50** added beef

MAINS

CHEF LEE'S INSANITY BURGER



GRILL SEAFOOD & COMBOS

Garlic Lemon & Herb or
Peri-Peri Mild/Hot

CALAMARI & PRAWN COMBO 198

Tender grilled patagonica
calamari & 4 queen prawns
served with a choice side

CHICKEN & PRAWN COMBO 189

1/4 chicken & 4 queen prawns
served with a choice side

CALAMARI 185

Grilled or fried calamari tubes
served with a choice side

HAKE 140

Fillet of hake grilled to perfection
and served with lemon butter or
peri peri sauce and a choice side

BURGERS

PEPPER BURGER 138

220g pure beef patty served
on a toasted sesame bun,
topped with a Madagascan
green peppercorn sauce

CHEF LEE'S INSANITY BURGER 155

Two homemade beef patties
stacked with bacon, cheddar
cheese, dill cucumber,
tomato, red onion and our
famous burger sauce

SMASH CHEESE BURGER 125

200g pure beef patty
served on a toasted
sesame bun topped with
melted cheddar cheese

CLUB FAVOURITES

AROMATIC INDIAN CURRY

Served with rice, sambals and
poppadum's

115 chicken 150 lamb

BEER BATTERED HAKE 125

Our famous beer battered hake
deep fried served with a choice
side and tartar sauce

FLAME GRILLED PORTUGUESE CHICKEN

Garlic lemon and herb OR
peri-peri mild/hot, served with a
choice side

115 half 89 quarter

PORTUGUESE STEAK 155

220g rump, flame grilled with
olive oil, coarse salt & black
pepper topped with an egg and
accompanied by a Portuguese
sauce and a choice side

FILETTO 189

250g tender fillet grilled
with olive oil coarse salt &
black pepper

GRILL

SCHNITZEL NAPOLITANA 139

Breaded chicken fillet topped
with our homemade napolitana
sauce, finished off with
mozzarella cheese and baked in
the wood fired pizza oven

POLLO MIRITILLO 145

Grilled chicken fillet served on
a bed of mash, baby spinach &
mushrooms, topped with toasted
almonds & cranberries

POLLO MIRITILLO



PIZZAS

Wood fired oven made pizzas with the highest quality cheese and the freshest ingredients. Some ingredients are seasonal and may be out of stock. 30cm pizza base | Gluten free available

CLASSICS



MARGHERITA 89

Mozzarella, pomodoro, oregano

REGINA 120

Ham, mushrooms, oregano

LUCCI 115

Ham, pineapple, oregano



QUATRO STAGIONI 155

Ham, mushrooms, artichokes & olives

SPECIALITY

MACHO NACHO 179

Bolognaise mince, onions, fresh green pepper, garlic, topped with guacamole, salsa, sour cream and nacho chips and oregano

TROPICA 135

Bacon, banana, avo, oregano

CHEF'S FAVOURITE 139

BBQ chicken, feta, peppadews, oregano

MILANO 160

Salami, mushrooms, onions, green pepper, oregano

THAI THAI 185

Chicken, thai sweet chilli sauce, mushrooms, pineapple, coriander and avo



VEGETARIAN 168

Red onions, peppers, feta, mushrooms, olives, chilli or garlic

BALOGNA 155

Beef mince, onions, peppers, garlic, chilli



ORGANICA 160

Halloumi, tomatoes, basil, olive oil, avo.

BUTTER CHICKEN 128

Traditional butter chicken with cumin, chilli, garlic, coconut cream, topped with coriander and tzatziki

FORNO ITALIANA 190

Bacon, chourico, chicken, onions, garlic, green pepper, oregano



BELLACINO 175

Roasted butternut, feta, roasted garlic, roasted baby marrow, roasted beetroot, balsamic, avo, grana padano, toasted sesameseeds, pumpkin seeds

FRANCESSCA 158

Mozzarella, bacon, feta, pomodoro, avo & oregano

CAGGIA (TONY'S FAVOURITE) 140

Chourizo, olives, onions, garlic & chilli



FRESH SWEET SAVOURY CHEESEY
CHEESEY SAVOURY SWEET FRESH
FRESH SWEET SAVOURY CHEESEY

PASTAS

Penne / Spaghetti / Linguini / Fettuccine
Gluten free penne available

CLASSICS

✓ AGLIO E OLIO 75

Freshly cooked pasta of your choice, tossed in olive oil, garlic, Italian parsley, chilli & parmesan shavings

TAGLIATA 135

Tender beef fillet cooked to perfection served on a bed of fettucini tossed with grana padana & drizzled with sage infused butter sauce

ALFREDO 130

Creamy garlic mushroom sauce with black pepper, grana Padano shavings & a choice of pan fried chicken strips or ham

BOLOGNAISE 89

First grade beef mince in a napolitana sauce with fresh herbs

SPECIALITY

✓ MALENZANE PARMIGIANA 105

Traditional italian dish of layered brinjal, napolitana sauce, mozzarella parmesan & basil pesto

LASAGNE DI MANZO 128

Traditional oven baked beef lasagne

GAMBERI PASTA 160

Pan fried prawn meat, chilli, garlic, white wine, cream, black pepper & parmesan cheese

PENNE CON POLLO 125

Pan fried chicken strips, mushrooms, black pepper, napolitana & a dash of fresh cream

✓ PRIMO PASTA 120

Penne pasta, halloumi, roasted cherry tomatoes and basil tossed in olive oil.

SEAFOOD LINGUINI 210

Prawns, calamari, white wine, & garlic in a Napoli cream sauce

SCAMPI PASTA 140

Pan fried prawn meat, garlic, white wine, roast tomatoes, basil & grana padana shavings

SCAMPI PASTA



KIDS

CHICKEN STRIPS & CHIPS 75

Tender chicken strips, crumbed & deep fried, served with Moz mayo & chips

✓ MAC & CHEESE 65

Penne pasta cooked in a creamy cheddar sauce, topped with cheddar cheese & baked

KIDS PIZZA 75

Margherita pizza with 2 choice toppings

KIDS SPAGHETTI 60 BOLOGNAISE

Beef bolognaise sauce with spaghetti

OREO PUFFS

DESSERTS

OREO PUFFS 79

Deep fried Oreos topped with a chocolate sauce and served with either cream or ice cream

CHOCOLATE BROWNIE 85

Home-made chocolate brownie topped with chocolate sauce and served with ice-cream or cream

WAFFLES 70

Belgium waffle served with bar one sauce & ice-cream

IRISH COFFEE 58

DON PEDRO 58

