



MAMA J's
ITALIAN KITCHEN

Altogether Italian Food

Mama J's is more than just a restaurant; it's a warm, welcoming family kitchen where everyone can feel at home.

As you can see, we're infatuated with the wonderful richness of Italian cooking – the big flavours; the love that's poured into everything; the over-the-top, eat-till-you-drop, splashing-off-your-plate style of every occasion.

We've recreated authentic Italian comfort food, as perfected by generations of Mediterranean Mamas, and we cook the Italian way – in our traditional wood-fired oven. So to do our recipes justice we buy the ripest, most flavour-oozing, lusciously fresh produce from Cornish farms and fishermen, and add authentic ingredients imported from Italy.

 @mamajsitalian  mamajsitalian

mamajsitalian.com

GET STARTED

Breads, snacks and starters to get your taste buds warmed up

Mama J's Olives £3.00

A selection of luscious marinated Italian green and black olives

Italian Bread Bag £3.50

Traditional Italian bread, freshly baked in our wood-fired oven and served with a balsamic and extra virgin olive oil dip

Olives and bread bag together £6.00

Garlic Bread £4.00

Our dough cooked in the wood-fired oven coated with garlic butter. Top it off with one of these:
Mozzarella +£1.00
Tomato and chilli +£1.00

Bruschetta £5.00

Toasted homemade ciabatta rubbed with garlic, topped with fresh plum tomatoes and basil, drizzled with extra virgin olive oil

Fritto Misto

A selection of king prawns, calamari and whitebait dusted with seasoned flour, lightly fried and served with aioli - as a main served with chips

Side/
Starter
£7.00
As a
main
£13.00

Formaggio al Forno £5.50

A local Cornish Brie studded with garlic and rosemary baked in our wood-fired oven and served with home made Italian bread for dipping

Italy On A Plate £9.00

A gastronomic get-together, lovingly assembled with a mouth-watering mix of our favourite Italian cured meats, cheeses and antipasti served with our fresh wood-fired bread

Perfect for sharing!

PASTA

The Italian staple – great food that won't let you get a word in edgeways. Like any Mama, we like to make sure our guests are well-fed so we offer larger portions too

Lasagne al Forno £12.00

Layers of pasta with our homemade slow cooked beef ragu and a rich cheesy sauce

Rigatoni Formaggi al Forno £12.00

A creamy pancetta, chicken and mushroom pasta bake topped with Parmesan and crispy bread crumbs

Polpette al Forno £12.00

Homemade spicy pork meatballs and pasta in a rich tomato and garlic sauce baked in our wood fired oven

Mama J's Beef Ragu £12.00

Mama's classic recipe! Homemade slow cooked shin of beef and pork ragu served with spaghetti

BIG
PLATE
£14.00

Penne Pomodoro £9.00

Our homemade sauce of sweet tomatoes, garlic and basil
Make it fiery with chilli +£1.00
or meaty with chicken +£2.00

BIG
PLATE
£11.00

Looe Crab Linguine £14.00

Local Looe crab meat with lemon, white wine, fresh chilli, capers and parsley

BIG
PLATE
£16.00

**BAMBINOS GET
3 COURSES &
A DRINK
FOR £8.50**

See our Bambinos menu
for more details

MAMA J's

WOOD-FIRED PIZZA

All our pizzas are handmade right in front of your eyes. They're Neapolitan style thin crust masterpieces crafted from our special slow-proved dough. It's like art you can eat.

Mama-nara £9.00 Hot Mama £13.00

Our cheese free pizza with rich tomato sauce, oregano, garlic, extra virgin olive oil

Our tomato sauce, mozzarella, Calabrian 'Nduja salami, spicy pepperoni, jalapeno chillies

Mama-rita £10.00 Fruity Mama £12.00

Our tomato sauce, mozzarella, extra virgin olive oil, fresh basil

Our tomato sauce, mozzarella, prosciutto ham, pineapple

Mama-Napoli £12.00 Mama J's Bianco £13.00

Our tomato sauce, mozzarella, capers, anchovies, black olives

Garlic butter, mozzarella, pulled pork, mushrooms, rosemary

The Cheesewring £12.50 Meaty Mama £13.50

Our tomato sauce, mozzarella, parmesan, goat's cheese, gorgonzola, fresh rocket

Our tomato sauce, mozzarella, spicy ground beef, Milano salami, pepperoni, chicken

Mama-V £13.50 The Pasty Pizza £13.50

Our tomato sauce, vegan mozzarella, chilli, spinach, raddichio, cherry tomatoes, fresh avocado

Our folded 'Calzone' pizza, suspiciously pasty-like in nature. Chicken, spicy Calabrian 'Nduja salami, spinach, mozzarella

Mama J's Tricolore £12.50 The Nelson £13.50

Green pesto sauce, mozzarella, goat's cheese, sweet roasted tomato, pine nuts

Named in honour of Looe Harbour's famous seal. Our tomato sauce, mozzarella, squid, prawns, anchovies, onion

Dip your crust! £1.00

Try one of our homemade sauces. Choose from: tangy barbecue, garlicky aioli or fiery tomato and chilli



Add £2 for a gluten free base. Some of our pasta dishes are also available gluten free – please ask your waiter for details

ADDITIONAL TOPPINGS £1.00 EACH

Choose from: artichokes, capers, olives, onions, jalapeños, pineapple, rocket, mushrooms, salami, pepperoni, Calabrian 'Nduja, ground beef, chicken, ham, pulled pork, goat's cheese, gorgonzola, squid, prawns, anchovies
Vegan mozzarella (£2.50 extra)

SIDES, SNACKS & GUILT DODGERS

Think you might want more? Add a side.

Think you might want more, but shouldn't?

Add a fresh home made salad

Sweet Potato Fries £4.50

Posh Chips with white truffle oil and parmesan £4.50

Chips with Cornish sea salt £3.50

SALADS

Fly the Flag £6.75

The sweetest red tomatoes, pure white Italian mozzarella, vibrant green basil and rocket drizzled with peppery extra virgin olive oil

The Green £6.75

Salad of little gem lettuce, rocket, avocado and parmesan shavings

The White £6.75

Salad of goat's cheese, spinach, lettuce, olives and cucumber

The Red £6.75

Salad of gorgonzola, walnuts, radicchio, rocket, cherry tomatoes

The Mixed £3.50

A mini salad of seasonal leaves, tomatoes and cucumber drizzled with peppery extra virgin olive oil

**SCROLL UP
FOR THE
SPECIALS**

On our wall you'll see our scroll where you'll find Mama's selection of homemade special dishes. These are all inspired by fresh local and seasonal produce and always cooked the Italian way.

Food this good takes love and time to cook so make yourself at home in our warm welcoming family kitchen.



**TAKE A PEEK AT OUR
PUDDINGS MENU**

We guarantee that some will make you drunk. Most will make you fat. All will make you very happy.



**JOIN OUR FAMILY
NEWSLETTER**

Sign up online at
www.mamajsitilian.com



Happy & Healthy: Just so you're aware, some of our dishes contain nuts, and our olives may contain stones. Our dish description may not mention every single ingredient, so just ask if you're unsure or have an allergy, and our staff will be happy to check for you. Although it's impossible for us to guarantee our busy kitchen is 100% allergen free, let us know if you have any specific dietary requirements or are just not keen on a certain ingredient, and we'll do our best to oblige.

LOOE/CORNWALL

Mama J's. **Altogether Italian food.** 01503 262 787, kitchen@mamajsitilian.com, www.mamajsitilian.com Higher Market St, East Looe, Cornwall PL13 1BS. Follow us on Facebook and Twitter for MAMA news.

One more thing... We really do mean it when we say 'make yourself at home'. So please don't be afraid to let us know if there's something we can do to improve your food, your table, or anything else while you're here with us at Mama J's Italian Kitchen. For us, the bottom line is that everyone goes home happy.