

STARTERS | MEZZA | TAPAS

\$8 | Garlic and Herb Bread

\$10 | Cheesy Garlic & Herb Bread

\$9 | Freshly Made Italian Flat Bread (add Burrata \$11)

\$12 | Mixed Hot Olives

NEW \$19 | Tuscan Bruschetta diced tomato, onion, basil, olive oil and garlic on Mediterranean crusty bread

NEW \$9 | Spicy Sesame Cucumber sliced cucumbers with roasted sesame, chili & yoghurt

\$12 | Stuffed Grape Vine Leaves (8 pieces) stuffed with rice, drizzled with yoghurt

\$12 | Hummus Dip chickpea dip served with flat bread

\$12 | Labni Dip yoghurt dip with diced tomato and onion served with flat bread

\$12 | Baba Ghanoush eggplant and tahini dip served with flat bread

\$26 | Trio Dip Platter Mediterranean mixed olives, labni, hummus, & baba ghanoush served with Lebanese bread and fried bread

\$13 | Fried Cauliflower served with flat bread and a sesame seed dipping sauce

\$12 | Bowl of Chips + aioli

\$18 | Loaded Fries with cheese & bacon bits or creamy mushroom or boscaiola

\$15 | Sweet Potato Chips + aioli

\$15 | Kafta Sticks (4 pieces) minced lamb sticks with onion, parsley and capsicum

\$17 | Chicken Ribs (8 pieces) baked in peri-peri marinade

\$15 | Grilled Haloumi (4 pieces)

NEW \$16 | Feta and Spinach Galette (4 pieces) fried filo feta & spinach pockets with toasted sesame seeds topped with a honey, soy & pomegranate glaze & side aioli

NEW \$16 | Calabrese Mushrooms 3 stuffed mushrooms grilled with tomatoes, onions, garlic, feta cheese and pomegranate glaze

NEW \$18 | Sizzling Feta oven roasted feta cheese with cherry tomato, fresh fig, shaved almonds, honey and pomegranate glaze

NEW \$19 | Shawarma Tacos (2 pieces) Middle Eastern lamb, hummus, garlic, pickled cucumber, turnips, lettuce and tahini sauce (extra taco \$9)

NEW \$19 | Peri-Peri Chicken Tacos (2 pieces) chicken breast, lettuce, cheese, tomato and peri-peri sauce (extra taco \$9)

NEW \$18 | Burrata Siciliana fresh whole burrata on a bed of sundried tomato, roasted capsicum, caramelised onions, grilled eggplant, crushed pistachio, truffle oil, pesto and balsamic glaze

NEW \$23 | Homemade Pumpkin Soup roasted pumpkin, carrots, onion, garlic and cream served with a crispy garlic bread

NEW \$23 | Garlic Prawns (traditional) 6 large prawns cooked in olive oil and butter with garlic and chili, served with fresh homemade flat bread (add 6 prawns \$14)

NEW \$23 | Garlic Prawns la Pomodoro 6 large prawns cooked in a spicy nap sauce, cherry tomatoes, onions served with fresh homemade flat bread (add 6 prawns \$14)

NEW \$23 | Garlic Prawns la Tuscany 6 large prawns cooked in a creamy pink sauce, sundried tomatoes, olives, garlic and basil, served with fresh homemade flat bread (add 6 prawns \$14)

NEW \$23 | Prawn Cocktail (old school) 6 large prawns in our homemade, spiced infused Mediterranean seafood sauce with lettuce, avocado and cherry tomatoes

NEW \$24 | Mama's Super Club Sandwich chicken breast, bacon, melted cheese, lettuce, tomato, pickle, garlic mayo on a rustic roasted garlic butter bread roll, served with chips

NEW \$24 | Papa's Big Schnitty Sandwich chicken schnitzel, melted cheese, lettuce, tomato, garlic mayo on a rustic roasted garlic butter bread roll, served with chips

Laugh Live LOVE *Enjoy* family *Friends Food* Eat *Drink*

SALADS

\$23 | Garden Salad mixed leaf, tomato, cucumber, onion, capsicum and balsamic vinaigrette

\$26 | Mediterranean Salad mixed leaf, tomato, cucumber, onion, capsicum, olives, feta cheese and balsamic vinaigrette

\$27 | Michael Angelo Salad mixed leaf, tomato, cucumber, onions, capsicum, onion, fried Lebanese bread, balsamic vinaigrette with a honey soy and pomegranate glaze

\$27 | Caesar Salad cos lettuce, bacon, parmesan, croutons and Caesar dressing (optional egg or anchovies)

\$33 | Chicken Caesar Salad grilled chicken, cos lettuce, bacon, parmesan, croutons and caesar dressing (optional egg or anchovies)

\$33 | Haloumi & Avocado Salad haloumi, avocado, mixed leaf, tomato, cucumber, onion, capsicum and balsamic vinaigrette

\$35 | Lamb Kafta Salad grilled kafta, mixed leaf, tomato, cucumber, onion, capsicum and balsamic vinaigrette

\$33 | Aunty Rosa's Chicken Salad chicken, avocado, mixed leaf, tomato, cucumber, onion, and capsicum, balsamic vinaigrette & caesar dressing

\$35 | Prawn & Avocado Salad prawns, avocado, mixed leaf, tomato, cucumber, onion, capsicum and roasted sesame dressing

\$37 | Atlantic Salmon & Avocado Salad grilled salmon fillet, avocado, mixed leaf, tomato, cucumber, onion, capsicum and roasted sesame dressing

NEW \$36 | Italian Burrata Salad fresh whole burrata, fresh figs, tomato, cucumber, red onions, caramelised white onions, roasted capsicum and roasted sesame dressing

NEW \$36 | Bocconcini Salad bocconcini, avocado, fresh figs, mixed lettuce, tomato, onion, cucumber and balsamic vinaigrette

NEW \$26 | Stir-fried Mixed Vegetables seasonal mixed vegetables stir-fried with garlic and olive oil, topped with buttery-shaved almonds

Add Extras: Prawns | \$7 Avocado | \$4 Haloumi | \$6 Chicken | \$6 Burrata | \$11

At Mama & Papas...

We don't make fast food, we make good food as fast as we can

Please advise our staff before you order if you have any food allergies, and/or dietary or religious requirements

BYO wine corkage fee \$4.50 per glass | BYO Cake Fee \$3.50 per person

During unexpected busy peak periods, we request that our customers be patient as delays for food can be in excess of 30 minutes as we always ensure the quality of our food is maintained

SORRY, WE DO NOT SPLIT BILLS

HOWEVER, WE DO ACCEPT PART CASH/PART EFTPOS PAYMENTS

All EFTPOS and Credit Card Transactions incur a 1.5% Surcharge

10% surcharge applies to Sundays and all public holidays

PASTA | RISOTTO

1. Choose your Pasta or Risotto

Penne, Spaghetti, Fettuccine, Gnocchi, Gluten Free Penne or Risotto (all pasta served with parmesan cheese on the side)

2. Choose your Sauce

\$31 | Aglio e Olio garlic, olive oil, parsley, capsicum, mushroom and onion

\$31 | Napolitana tomato, garlic, onion, herbs

\$31 | Arrabiata tomato, garlic, chili, onion, herbs

\$31 | Nonna's Pink Sauce creamy nap sauce, garlic, sun-dried tomato, olives, mushrooms

NEW \$31 | Pesto and Pistachio basil, nuts, parsley, garlic, parmesan, cream sauce

\$31 | Ai Funghi mushrooms, garlic, shallots, cream sauce

\$33 | Boscaiola bacon, mushrooms, garlic, shallots, cream sauce

\$33 | Carbonara bacon, shallots, egg, garlic, parsley, cream sauce

\$31 | Vegetarian mushrooms, capsicum, onion, olives, napolitana sauce

\$33 | Bolognese premium minced beef in napolitana sauce

\$31 | Crema de la Roma baby spinach, mushroom, tomato, onion, garlic in a cream sauce

\$36 | Venice Special pan fried penne, olive oil, prawns, chili, garlic, tomato, shallots

\$36 | Genovese prawns, cream, napolitana, pesto, garlic, touch of chili

\$36 | Seafood Marinara prawns, calamari, mussels, fish, napolitana sauce

\$36 | Lamb Shawarma Pasta lamb marinated in Middle Eastern spices, nap sauce with onions, capsicum, garlic and chili

\$36 | Greek Goddess Special king prawns, nap sauce, garlic, chili and onions topped with Greek feta cheese

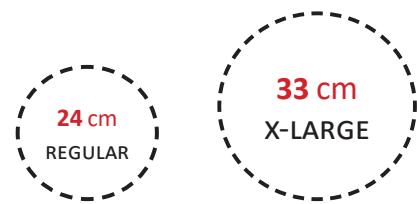
NEW \$36 | Positano Burrata Pasta Napolitana sauce, cherry tomato, caramelised onions, mushrooms, eggplant, roasted capsicum, garlic, herbs topped with a fresh whole burrata on top

\$33 | Beef Lasagna minced beef, mozzarella, bechamel, napolitana sauce

Add Extras: Prawns | \$7 Avocado | \$4 Haloumi | \$6 Chicken | \$6 Burrata | \$11

MAMA & PAPAS
Restaurants

PIZZA



We use **Perfect Italiano** traditional Mozzarella on all our pizzas.
We make our pizza dough in-house, daily!
Our ham, cabanossi and pepperoni all contain pork.

Starter PIZZAS REGULAR I \$19 X-LARGE I \$24

Garlic & Herb Pizza garlic, herb and mozzarella cheese

Cheese Pizza mozzarella cheese only, no sauce

Chili Pizza chili and mozzarella cheese

Bruschetta Pizza tomato, onions, basil, olive oil, garlic (no cheese)

Zaatar Pizza Middle Eastern oregano and mozzarella cheese

NEW Bolognese Pizza minced beef in nap sauce (no cheese)

TRADITIONAL PIZZAS REGULAR I \$26 X-LARGE I \$31

Mamas Special grilled chicken, fresh tomato, herbs, topped with aioli

Papas Aussie Special ham, bacon, egg

Uncle Tony's Special pepperoni, mushrooms, olives, topped with aioli

Margarita bocconcini cheese with cherry tomato, basil

Hawaiian ham and pineapple

BBQ Meat Lovers ham, bacon, cabanossi, pepperoni, BBQ base

Pepperoni pepperoni

Mexicana pepperoni, capsicum, onion, chili

Vegetarian mushroom, capsicum, onion, pineapple, olives

Supreme mushroom, ham, cabanossi, pepperoni, capsicum, onion, pineapple, olives

GOURMET PIZZAS REGULAR I \$31 X-LARGE I \$36

Chicken Peri-Peri chicken, caramelised onions, roasted capsicum, bocconcini, peri-peri and aioli sauce

BBQ Chicken mushroom, chicken breast, capsicum, onion, pineapple, BBQ sauce

Chicken Supreme mushroom, chicken breast, capsicum, onion, pineapple, olives

Vegetarian Deluxe mushroom, onion, eggplant, roasted capsicum, olives, avocado

Prawn Lovers prawns, garlic, basil

King Neptune prawns, calamari, mussels, octopus, garlic, herbs

The Godfather prawns, chicken, ham, cabanossi, pepperoni, mushroom, capsicum, onion, pineapple, olives

Truffle Prawns prawns, mushrooms, sautéed onions, roasted capsicum, mozzarella, bocconcini and truffle oil

Chicken California chicken, avocado, mushrooms, caramelised onions, topped with aioli

Thai Delight chicken, mushrooms, cashews, capsicum, satay sauce, chili flakes, sweet chili sauce

NEW La Burrata Pizza whole fresh burrata, fresh figs, mozzarella, zaatar and pomegranate glaze

NEW The Acropolis marinated Greek lamb, sundried tomato, feta, mozzarella drizzled with yoghurt

*Add Extras: Veggies I \$2 Cheese I \$2 Meats I \$3 each Seafood I \$5 each Chicken I \$6
Vegan Cheese I \$3 Half-Half Pizzas I \$3 Gluten Free Base (reg size only) I \$4.50 Burrata I \$11*

CHICKEN

All served with chips and garden salad

\$33 I Chicken Schnitzel with gravy, pepper or mushroom gravy

\$33 I Chicken Breast grilled chicken with gravy, pepper or mushroom gravy

Add Extras: Creamy mushroom al-Fungi Sauce or Boscaiola Sauce I \$6

\$39 I Chicken al-Fungi chicken breast cooked in a creamy mushroom sauce

\$39 I Chicken Boscaiola chicken breast cooked with bacon in a creamy mushroom sauce

\$39 I Chicken and Avocado chicken breast cooked in a creamy mushroom sauce with avocado

\$39 I Chicken Parmigiana crumbed chicken breast topped with nap sauce, eggplant, mozzarella and parmesan cheese (ham optional)

NEW \$31 I Eggplant Schnitzel crumbed eggplant vegetarian steaks, served with chips and salad and a choice of either gravy, pepper or mushroom gravy

NEW \$36 I Eggplant Schnitzel Parmigiana crumbed eggplant vegetarian steaks with nap sauce, mozzarella and parmesan cheese served with chips and salad

NEW \$33 I Eggplant Parmesan Stack grilled eggplant vegetarian steaks stacked with nap sauce, mozzarella and parmesan cheese on a bed of boiled rice

SIZZLING HOT DISHES

All served on a sizzling hot skillet with Lebanese bread, garlic, tahini, pickled cucumbers and turnips

\$39 I Sizzling Napolitana Prawns king prawns, onion, garlic, chili, shallots, Napolitana and feta

\$39 I Sizzling Lamb Shawarma lamb, onions, capsicum, garlic, chili and Middle Eastern spices

\$39 I Sizzling Creamy Garlic & Lemon Chicken chicken breast strips, onion, tomato, garlic, yoghurt, lemon and Middle Eastern spices

SEAFOOD

\$42 I Whole Barramundi grilled whole barramundi with lemon butter served with chips & salad

\$39 I Salmon al Pesto grilled Atlantic Salmon with lemon, mixed herbs, avocado, drizzled with pesto and balsamic glaze, served with chips & salad

\$39 I Salmon in a Pocket Atlantic salmon fillet baked in a pocket with garlic, butter, chili, lemon and mixed herbs

NEW \$39 I Samki Hurrah marinated barra fillets cooked in middle eastern spiced infused tahini served with chips and salad

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\$35 I Prawn & Avocado Salad prawns, avocado, mixed leaf, tomato, cucumber, onion, capsicum and roasted sesame dressing

\$37 I Atlantic Salmon & Avocado Salad grilled salmon fillet, avocado, mixed leaf, tomato, cucumber, onion, capsicum and roasted sesame dressing

MEATS

MEDITERRANEAN MIX GRILL

\$46 I 1 Person Mixed Plate 1 x lamb skewer, 1 x grilled chicken breast, 2 x kafta sticks, chips, salad, hummus, garlic and flat bread

\$65 I Share Mixed Platter for two 2 x lamb skewers, 2 x grilled chicken breast, 4 x kafta sticks, chips, salad, hummus, garlic and flat bread

Add Extras: Lamb Skewer I \$9 Chicken I \$6 Kafta I \$3

\$39 I Lamb Skewers 2 x lamb skewers served with garlic, flat bread, chips and garden salad *Extra Lamb Skewers I \$9 each*

\$55 I Pork Ribs Smokey BBQ USA Full Rack (700g) served with corn cob, chips and salad

HOT ROCK STEAK

Steaks are served raw with a hot-rock grilling plate ready to cook yourself!

Served with chips, salad and your choice of gravy, pepper sauce or mushroom gravy

\$46 I 300g Angus Grain Fed Rib Eye Scotch Fillet

NEW \$46 I 300g Korean/Japanese Style thinly sliced Marble 9+ Wagyu Beef

Optional Extras: Creamy Mushroom Al-Fungi or Boscaiola Sauce I \$6



For the Kids!

Kids menu is available for children only and must accompany an adult eating a main meal.
Kids under 12 years pay a special price of \$12!

Kids aged 12+

\$16 I 6 Nuggets and Chips

\$16 I Chicken Breast (100g) with Chips

\$16 I Chicken Schnitzel (100g) with Chips

\$16 I Penne Boscaiola (kids serve)

\$16 I Spaghetti Bolognese (kids serve)



Kids colouring paper and pencils available with kid meals!

www.mamaandpapas.com.au

Follow us on socials and stay up to date!

