MAMA YO

VEGETARIAN MENU

STARTERS

Vegetable Spring Rolls 9.90
Shredded Mooli Carrot, Glass Noodles, Sweet and Sour Sauce (10,11)

Vegetable Yuk Sung 9.65
Lettuce, Mixed Asian Vegetables (6,10,11)

Hot And Sour Soup 9.65
Silken Tofu, Velvet Egg, Shiitake Mushroom (4,7,10,11,13)

Bang Bang Salad 13.45
Crunchy Seasonal Vegetables, Firecracker Dressing (2,10,11,13)

Vegetable Chaeng Fun 10.35
Asparagus, Pepper Sauce (6,10,11)

MAINS

All Main Courses Are Served With Steamed Rice

Salt And Chilli Tofu 20.75
Crispy Fried Tofu, Garlic (10,11)

Kung Po Tofu 16.60
Tofu, Mixed Asian Vegetables, Roasted Cashews (3c,10,11)

Tofu and Black Bean 16.60
Mixed Vegetables, Crispy Tofu, Fermented Black Bean (6,10,11)

Singapore Noodles 16.60
Mix Asian Vegetables, Curry Leaf, Vermicelli (6,7,10,11)

SIDES

Vegetable Fried Rice 9.35
Mixed Asian Vegetables, Velvet Egg, Light Soy Sauce (4,7,11)

Mushroom Noodles 9.10
Egg Noodles. Shiitake Mushrooms, Garlic, Light Soy (7,10,11)

Shanghai Bok Choy 9.10
Wok Tossed Bok Choy, Garlic, Light Soy Sauce (10,11,13)

Steamed Broccoli 9.10
Roast Garlic, Oyster Sauce (6,10,11,13)

Silken Tofu 9.10
Chilli, Lotus Root (7,10,11,13)

Garlic and Chilli Potatoes (10,11) 7.50

GLUTEN FREE MENU

STARTERS

Chicken Satay 10.35
Crushed Peanut Dressing (2)

Pork Yuk Sung 10.95
Irish Pork Mince, Shitake Mushroom, Crispy Mini Gem, Sweet Soy Dressing (6,10,11)

Salt and Chilli Squid 12.00
Tempura Fried Seasoned Squid, Lime, Red Chill (4,6)

Hot And Sour Soup 9.65
Silken Tofu, Velvet Egg, Shiitake Mushroom (4,10,11,13)

Chicken Broth 10.35
Mini Bok Choy. Roasted Corn (11)

SALADS

Bang Bang Chicken 15.10
Sichuan Style Steamed Chicken, Crunchy Seasonal Vegetables, Firecracker Dressing (2,5,10,11,13)

MAINS

All Main Courses Are Served With Steamed Rice

Salt And Chilli Tofu 20.75
Crispy Fried Tofu, Garlic (10,11)

Singapore Noodles 20.30
Vermicelli Noodles, Crispy Peking Duck, Red Prawn, Curry Leaf (5d,6,7,10,11)

Sweet and Sour Chicken 23.95
Crispy Fried Chicken, Seasonal Vegetables, Sweet and Sour Sauce (4,7,9,13)

Kung Po Chicken 23.95
Roasted Cashews, Dried Chillies, Sweet Black Soy (3c,10,11)

Red Atlantic Prawn 27.60
Xo Sauce, Chilli Paste (5d,6,10,11,13)

Steamed Seabass 30.20
Gluten Free Soy Broth, Ginger, Scallion (4,7,8,9,10,11)

Beef and Black Bean 28.60
Fillet Beef, Fermented Black Beans (5,10,11)

Beef and Black Pepper 28.60
Fillet Beef, Oyster Sauce, Crushed Black Pepper (4,6,7,10,11)

SIDES

Plain Steamed Rice 3.10

Egg Fried Rice 3.85

Vegetable Fried Rice 9.35
Mixed Asian Vegetables, Velvet Egg, Light Soy Sauce (4,7,11)

Shanghai Bok Choy 9.10
Wok Tossed Bok Choy, Garlic, Light Soy Sauce (10,11,13)

Steamed Broccoli 9.10
Roast Garlic, Oyster Sauce (6,10,11,13)

ALLERGENS 1–Gluten (A–Wheat, B–Spelt, C–Khorasan, D–Rye, E–Barley F–Oats), 2–Peanuts, 3–Nuts (A–Almonds, B–Hazelnuts, C–Cashews, D–Pecans, E–Brazil, F–Pistachio, G–Macedemia, H–Walnut), 4–Milk, 5–Crustaceans (A–Crab, B–Lobster, C–Crayfish, D–Shrimp), 6–Mollusc, 7–Eggs, 8–Fish, 9–Celery, 10–Soya, 11–Sesame Seeds, 12–Mustard, 13–Sulphur dioxide & sulphites, 14–Lupin

MAMA YO