

MAMA YO

Gluten Free Menu



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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	

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	

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 5 D 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 3 C 10 11	
RED ATLANTIC PRAWN -----	27.60
Xo Sauce, Chilli Paste 5 D 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	

Please note there is a 12.5% service charge for groups of 5 or more. | All our Beef is 100% Irish Origin.

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** Macadamia, **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