



**MAMA LIZ'S**  
**RESTAURANT**  
*menu*

# Starters

## CAJUN BBQ WINGS c

7 MEATY CHICKEN WINGS COATED IN OUR IN-HOUSE BBQ SAUCE – 5.50

## MUSSELS

BANTRY BAY MUSSELS STEAMED IN A WHITE WINE CREAM SAUCE  
WITH FRESH BREAD – 6.00

## BBQ RIBS c

3 TIMES COOKED PORK LOIN RIBS IN MAMA'S OWN BOURBON GLAZE – 6.00

## GOATS CHEESE & BALSAMIC SALAD v.c

SOFT GOAT'S CHEESE TOSSED IN A MIXED LEAF SALAD FINISHED  
WITH A BALSAMIC REDUCTION – 5.50

## PULLED PORK

PORK SLOWLY ROASTED IN OUR IN-HOUSE BBQ RUB, SHREDDED AND SERVED WITH  
HOME-MADE CORN BREAD AND BBQ SAUCE – 5.50

## NACHOS v.c

HOME-FRIED CORN TORTILLAS BAKED WITH HOMEMADE SALSA,  
MATURE CHEDDAR CHEESE AND JALAPENOS.

SMALL 4.00      MEDIUM 6.00      LARGE 9.95

**V** = VEGETARIAN

**C** = SUITABLE FOR COELIACS – BUT OTHER DISHES CAN BE ADAPTED

# Main Courses

## GUMBO

OUR TAKE ON A TRADITIONAL HOME-COOKED LOUISIANA STAPLE, A HEARTY STEW CONSISTING OF THE HOLY TRINITY OF VEGETABLES, OKRA, CATFISH, SHELLFISH, SERVED WITH RICE AND HOMEMADE CORNBREAD — 13.95

## SURF AND TURF JAMBALAYA

RICE, PRAWNS, MUSSELS, CHORIZO, THE HOLY TRINITY OF VEGETABLES AND A LOT OF SPICE COME TOGETHER TO FORM A CREOLE FAVOURITE SIMILAR TO A SPANISH PAELLA — 12.95

## VEGETARIAN JAMBALAYA

THE HOLY TRINITY OF VEGETABLES AND A LOT OF SPICE COME TOGETHER TO FORM A CREOLE FAVOURITE SIMILAR TO A SPANISH PAELLA — 11.95

## ISLAND CHICKEN CURRY

MAMA'S TAKE ON A WEST INDIAN CURRY, SWEET AND FRUITY WITH JUST A HINT OF SPICE — 11.95

## BLACKENED CHICKEN SALAD

FREE-RANGE CHICKEN BREAST COATED IN OUR HOMEMADE BLACKENING SPICE ON A BED OF FRESH SALAD LEAVES AND CRISP SALAD VEGETABLES FINISHED WITH A BLUE CHEESE DRESSING — 10.95

## JERK CHICKEN

JAMAICAN CLASSIC, A FIERY SPICED CHICKEN BREAST ON A HABANERO PEPPER AND LIME SAUCE SERVED WITH RICE — 10.95

## STEAKS

COOKED TO YOUR LIKING AND SERVED WITH SALAD AND FRIES.

RUMP — 12.95

SIRLOIN — 13.95

### STEAK SAUCES

BLACK PEPPER

RED WINE

GARLIC BUTTER

2.50 EACH

V = VEGETARIAN

C = SUITABLE FOR COELIACS — BUT OTHER DISHES CAN BE ADAPTED

# Main Courses

## BABY BACK RIBS

FULL RACK OF 3 TIMES COOKED PORK LOIN RIBS, BAKED IN MAMA'S OWN BOURBON BBQ GLAZE  
SERVED WITH SIDE SALAD AND HOME MADE COLESLAW – 14.95

## CAJUN PORK LOIN STEAKS

SPICED PORK LOIN STEAKS ON A BED OF RICE WITH A CREAM AND MUSHROOM SAUCE – 11.95

## TEXAS CHUCK STEAK CHILLI

CHUNKS OF CHUCK STEAK, SLOW COOKED IN A MEDIUM SPICY TOMATO SAUCE, SERVED WITH  
SIDES OF RICE, HOT JALAPENO PEPPERS, TORTILLA CHIPS AND A SPRINKLE OF CHEESE – 11.95

## CHICKEN FAJITAS

CHICKEN BREAST PIECES PAN FRIED WITH ONIONS AND PEPPERS FINISHED WITH A TOUCH OF SPICE,  
SERVED WITH FLOUR TORTILLAS, SALAD, SALSA AND SOUR CREAM.

FOR ONE – 11.95      TO SHARE BETWEEN TWO – 19.95

## VEGETARIAN FAJITAS

FOR ONE – 10.95      TO SHARE BETWEEN TWO – 17.95

## GUMBO Z'HERBS

VEGETARIAN TAKE ON THE NEW ORLEANS CLASSIC SERVED WITH HOMEMADE  
CORNBREAD AND RICE – 9.95

## SIDES

CORNBREAD – 2.50

SALAD – 2.50

RICE – 1.50

SOUR CREAM – 1.50

FRIES/CHEESY FRIES – 2.00/3.00

COLESLAW – 2.00

 = MILD

 = MEDIUM

 = HOT

# Cocktails



## PINA COLADA

RUM, CREAM, PINEAPPLE, COCONUT  
- 7.95 -  
JUG -25.00-



## MOJITO

RUM, MINT, LIME  
- 7.95 -



## HURRICANE

RUM, GRENADINE, TROPICAL JUICE  
- 7.95 -  
JUG -25.00-



## BERRY CAIPIRINHA

BRAZILIAN RUM, MIXED BERRIES  
FRESH LIME - 7.25 -



## MARGARITA

TEQUILA, CITRUS  
- 8.50 -  
JUG -25.00-



## COSMOPOLITAN

VODKA, CRANBERRY, LIME  
- 7.95 -



## CAIPIRINHA

BRAZILIAN RUM, FRESH LIME  
- 7.25 -



## STRAWBERRY DAIQUIRI

FRESH STRAWBERRIES, RUM, LIME  
- 7.95 -  
JUG -25.00-



## VOODOO SUNRISE

VODKA, RUM, FRUIT JUICE  
- 7.50 -  
JUG -25.00-