

1 DISH FOR ALL. ALL FOR 1 DISH!  
IN THE FRIENDLY SPIRIT OF MAMA SHELTER'S CUISINE, ALL OUR DISHES ARE TO BE SHARED.  
OUR MENU IS SCALABLE AND OUR PRODUCTS ARE SUBJECT TO CHANGE ACCORDING TO THE  
SEASONS AND THEIR AVAILABILITY.




## *Mama fait le Marché*

1 STARTER + 1 MAIN COURSE + 1 DESSERT  
(TO BE CHOSEN AT THE TIME OF BOOKING FOR THE ENTIRE TABLE)

### *Starters*

(PLEASE CHOOSE 1 OF THE FOLLOWING STARTERS, THEY WILL BE SERVED TO SHARE FOR THE WHOLE TABLE)


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GASPACHO OF THE DAY    
STARTER OF THE DAY  
GREEN LENTIL SALAD, HERB VINAIGRETTE AND SOFT-BOILED EGG    
MAMA'S DUO OF MEZZÉS (CHOOSE FROM HUMMUS, EGGPLANT CAVIAR, TAPENADE AND PANISSES) 

### *Main courses*

(PLEASE CHOOSE 1 OF THE FOLLOWING MAIN COURSES, THEY WILL BE SERVED TO SHARE FOR THE WHOLE TABLE)

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MAIN COURSE OF THE DAY  
ROASTED FARM CHICKEN, BUTTERED HOMEMADE PUREE, CHICKEN JUICE WITH TARRAGON  
GRILLED MEAT, LEMON WHITE BUTTER, BASMATI RICE AND ROASTED SEASONAL VEGETABLES  
ASSORTMENTS OF SEASONAL ROASTED VEGETABLES, HERB CREAMS    
CASSEROLE OF SHELLS, HAM MOSTOLES AND SOFT-BOILED EGGS

### *Desserts*

(PLEASE CHOOSE 1 OF THE FOLLOWING DESSERTS, IT WILL BE SERVED TO SHARE FOR THE WHOLE TABLE)

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DESSERT OF THE DAY  
MAMA'S MADELEINE TO SHARE, SEASONAL FRUITS AND WHIPPED CREAM  
TIRAMISU  
ALMOND MILK ICE CREAM TO SHARE, RED FRUIT COULIS, CARAMELIZED ALMONDS

#### **MENU INCLUDING:**

1 GLASS OF WINE PER PERSON

DIVINES RESTANQUES IGP PAYS DU VAR 2017 (ROSÉ)  
DIVINES RESTANQUES IGP PAYS DU VAR 2017 (WHITE)  
DIVINES RESTANQUES IGP PAYS DU VAR 2016 (RED)

FLAT AND GASEOUS MINERAL WATERS  
COFFEE

29€ INCLUDING VAT PER PERSON





## *Les Incontournables de la Mama*

2 STARTERS + 2 MAIN COURSES + 1 DESSERT  
(TO BE CHOSEN AT THE TIME OF BOOKING FOR THE ENTIRE TABLE)

### *Starters*

(PLEASE CHOOSE 2 OF THE FOLLOWING STARTERS, THEY WILL BE SERVED TO SHARE FOR THE WHOLE TABLE)


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STARTERS OF THE DAY  
MAMA'S DUO OF MEZZÉS   
(CHOOSE FROM HUMMUS, EGGPLANT CAVIAR, TAPENADE AND PANISSES)  
GASPACHO OF THE DAY   
GREEN LENTIL SALAD, HERB VINAIGRETTE AND SOFT-BOILED EGG   
OLD-FASHIONED TOMATO SALAD AND MOZZARELLA DI BUFFALA   
MIMOSA CHICKEN EGGS, LAMB'S LETTUCE SALAD

### *Main courses*

(PLEASE CHOOSE 2 OF THE FOLLOWING MAIN COURSES, THEY WILL BE SERVED TO SHARE FOR THE WHOLE TABLE)

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MAIN COURSE OF THE DAY  
ROASTED FARM CHICKEN, BUTTERED HOMEMADE PUREE, CHICKEN JUICE WITH TARRAGON  
ASSORTMENTS OF SEASONAL ROASTED VEGETABLES, HERB CREAMS   
CASSEROLE OF MAMA'S SHELLS, MOSTOLES HAM AND SOFT-BOILED EGG  
STEAMED SALMON BASKET, BASMATI RICE AND GREEN VEGETABLES, UMEBOSHI PLUM SAUCE  
SESAME TUNA TATAKI IN SALAD  
SLICED MARINATED BEEF, HOMEMADE FRIES AND SALAD  
CRUNCHY FARM CHICKEN SALAD, SESAME ROMAINE SALAD WITH SESAME AND OLD-FASHIONED MUSTARD

### *Desserts*

(PLEASE CHOOSE 1 OF THE FOLLOWING DESSERTS, IT WILL BE SERVED TO SHARE FOR THE WHOLE TABLE)

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DESSERT OF THE DAY  
TIRAMISU  
FRESH PINEAPPLE, CHOCOLATE SAUCE  
MINUTE SORBET AND SEASONAL FRUITS  
DESTRUCTURED COFFEE FROM LIÈGE  
MAMA'S MADELAINE TO SHARE, SEASONAL FRUITS AND WHIPPED CREAM  
CARAMELIZED APPLE CRUMBLE, CRÈME FRAICHE AND RED FRUIT SAUCE

#### **MENU INCLUDING:**

1 glass of wine per person

Divines Restanques IGP Pays du Var 2017 (Rosé)  
Divines Restanques IGP Pays du Var 2017 (White)  
Divines Restanques IGP Pays du Var 2016 (Red)  
Flat and gaseous mineral waters  
Coffee

**39€ including VAT per person**

**+5€ including VAT per person for 2 desserts or selection of  
Marie Quatre-homme ripened cheeses (MOF)**