



www.mamuska.net

**OPENING HOURS**

Sunday - Tuesday: 11:00 - 22:00  
 Wednesday - Thursday: 11:00 - 23:00  
 Friday - Saturday\*: 11:00 - 00:00

\*KITCHEN CLOSES AN HOUR EARLIER

**BOOK@MAMUSKA.NET**

**020 3602 1898**

# Mamuska!

## Polish Kitchen and Bar

Allergens ..... p2  
 Lunch deals ..... p3  
 Mains ..... p5  
 Deserts ..... p6  
 Kids menu ..... p7  
 Alcohol ..... p8



Follow us on Instagram

**MENEWS BY MAMUSKA**



## Parties Break Out on The Platform above Mamuska!

◆ Employees revolt to inject more liquid sprit and dynamic energy into the ‘food factory’. ◆

Mamuska! Polish Kitchen and Bar has built up a reputation for amazing food sold at the lowest possible prices, in order to deliver the best value possible. And even in its earliest days back in 2010, Mama had a great reputation for throwing a wonderful party from time to time.

But back then, finding enough space and a little privacy was a bit of an issue. In fact, many people tried to hire out the whole venue, but could not, because Mama refused to shut the doors to our much-loved regulars.

So the perfect place to have a private function remained unattainable. But no longer! Our new massive steel mezzanine space *The Platform* gives Mama’s guests somewhere to stretch their legs after filling their bellies.

A hand-welded steel bar, ceiling-mounted projector, hi-fi system, great lighting and loads of moveable seating make *The Platform* at Mamuska! the perfect venue for everything from a birthday party to a business presentation with after-drinks.

And naturally Mama has the catering sorted, with hot and cold canapes and even buffet meals available for large groups.

But what do the punters think? “Frankly, we were sitting eating our meals, me and my mates, and saw the party up on *The Platform* start to kick off. We immediately hatched our own plan to organise our own private function up there. We will NOT be out-partied!”, said the unnamed millennial. “Plus, our

playlist will be sooooo much better than theirs”.

In addition to being available for large private bookings, *The Platform* is open on Friday and Saturday nights to the public, with various party themes being hosted by Mama directly, where everyone is always welcome.

And the best bit? The main restaurant space at Mamuska! stays open throughout, no matter what is happening on *The Platform*, so there is no interruption in service for our beautiful loyal customers!

To hire *The Platform* at Mamuska! or to talk to us about how we can help with your special event, email us at [book@mamuska.net](mailto:book@mamuska.net)

FULL MENU >>>>

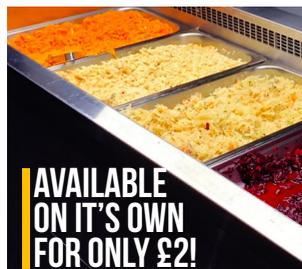
WIN AN EXCLUSIVE FREE TRIP

### SALAD BAR ISLAND!

It's so easy! Just buy any of our **Main Course Meals** for a one time trip to salad paradise

OFFER EXCLUDES PIEROGI!

\*no extra prizes for stacking it sky high & dropping bits on the floor!



AVAILABLE ON IT'S OWN FOR ONLY £2!

### KNOW YOUR MEAL

ALL OF OUR CHICKEN IS HALAL!

CHICKEN		VEGETARIAN	
PORK		VEGAN	
BEEF		GLUTEN FREE	
FISH		DAIRY FREE	

HOT RIGHT NOW



## LUNCH TIME QUICKIES - IS IT A THING NOW?

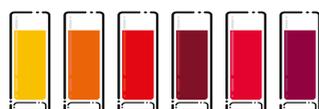
You'd better believe it! We know time is tight and you don't have long for lunch, so we are offering our lunch deals, that are sure to satisfy, in 10 minutes or less!

READ ALL ABOUT IT ON PAGE 3 >>>>

HOW TO BRING FLAVOUR INTO YOUR LIFE

### VODKA TASTING

TASTING MIX SETS - PAGE 8 >>>>



With over 30 Polish vodkas on offer, making your mind up can be a bit of a project. So we have designed some amazing combinations of flavoured and clear vodkas to experience more of what Mamuska! and Poland have to offer!



AUTHENTICALLY POLISH AUTHENTICALLY GOOD

ONE OF POLAND'S LAST MAJOR INDEPENDENT BREWERIES



BREAKING NEWS

## A BREATH OF FRESH AIR!

Mama did some spring cleaning! We are waving goodbye to some of our winter classics such as sernik (cheesecake), exquisite szarlotka (apple pie), gołabki, bigos... But hey! in their place there's some delicious, new, summer meals, salads and desserts! Read on!



SEASONAL FRUIT PIEROGI



CHŁODNIK CHILLED SOUP



ROLADA WOŁOWA BEEF ROLLUP



THE MAMUSKA! SUMMER SALAD WITH CHICKEN OR CHEESE

ALLERGENS BINGO!

THIS CHART INDICATES THE MAIN ALLERGENS CONTAINED IN THE PRIMARY ITEM, NOT THE ACCOMPANIMENTS

	Celery	Gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame Seeds	Soya	Sulphur dioxide
ROASTED CHICKEN WINGS														
SŁEDZ W ŚMIETANIE		Y			Y		Y		Y					
SMALEC														
SMALEC WEGAŃSKI														
GRILLOWANY ODCYPEK							Y							
CHIPS														
CHEESE							Y							
HORSE RADISH DRESSING		P		Y			Y		Y					
PARÓWKI		P					P		P				Y	
SCHABOWY		Y		Y										
GRILLED CHICKEN BREAST														
PLACKI ZIEMNIACZANE		Y		Y										
PORK GULASZ		Y												
VEGAN STEW														
SOURED CREAM														
SOS PIECZARKOWY		Y					Y							
ROLADA WOŁOWA		Y							Y					
MAMUSKA SALAD (CHEESE)							Y							
MAMUSKA SALAD (CHICKEN)														
MAMUSKA SALAD (NAKED)														
KARKÓWKA	Y													
BEEF CHEEKS	Y	Y												Y
KIEŁBASA		P												Y
VEGAN STEW														
FISH AND CHIPS		Y	Y	Y										
BEEF BURGER		Y	Y	Y			Y		Y			P	P	P
CHICKEN BURGER		Y	Y				Y		Y			P	P	
PIEROGI RUSKIE		Y					Y							
PIEROGI WIEPRZOWE		Y												
PIEROGI Z SEREM KOZI I SZPINAKIEM		Y												
PIEROGI WOŁOWE		Y												
PIEROGI Z OWOCAMI (FRUIT)		Y												
CARROT & LEAK		P		Y					Y					
OGÓRKI KISZONE									Y					
COLESRAW		P		Y					Y					Y
MIZERIA							Y							Y
LETNIA									Y					Y
BEETROOT SALAD														Y
BREAD		Y		P		P	P		P					P
MASH POTATO							A							
RICE														
KOMPOT														
LEMONIADA														
CHICKEN FINGERS		Y		Y										
FISH FINGERS		Y		Y	Y									
CHOCOLATE MOUSSE				Y			Y							
KREMÓWKA		Y		Y			Y							

KEY

- Y** Item includes this allergen
- P** An ingredient supplier has warned of possible cross-contamination
- A** Ask on the day, as we sometimes add this ingredient to the item

ALLERGIES?

If you have a **SEVERE** allergy to some produce, please **ALWAYS** consult staff before ordering

Please note that we have an open, non-segregated kitchen and **while every reasonable precaution is taken, we cannot guarantee** that items have not been cross-contaminated in production or service. (For example, air-borne flour particles from pierogi dumpling production may find their way into a GF product).



WHERE HAVE ALL THE ARTISTS GONE?

NEW GALLERY SPACE AVAILABLE IN LONDON'S SOUTH BANK!

We are still searching for Polish artists deserving of a great public exhibition space. We offer a launch party and will help sell the work, but will charge zero commission.

If you or someone you know would be interested in exhibiting with us, contact [marketing@mamuska.net](mailto:marketing@mamuska.net). We cannot wait to see interesting works on our walls again, and given the artistic nature of Leake Street, we believe this setting will provide tremendous exposure for the artists involved, and even some sales!

MUNCH AND LEARN

NOURISHMENT FOR THE MIND  
FAMOUS POLISH PEOPLE YOU DIDN'T KNOW WERE POLISH



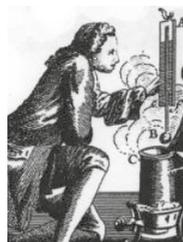
JOSEPH CONRAD

was actually born **Józef Teodor Konrad Korzeniowski** and was a Polish-British writer! Though he did not speak English fluently until his twenties, he was a master prose stylist who brought a non-English sensibility into English literature. He was a merchant marine for many years before he settled into a writing career. His most famous works include Nostromo, Heart of Darkness and Under Western Eyes.



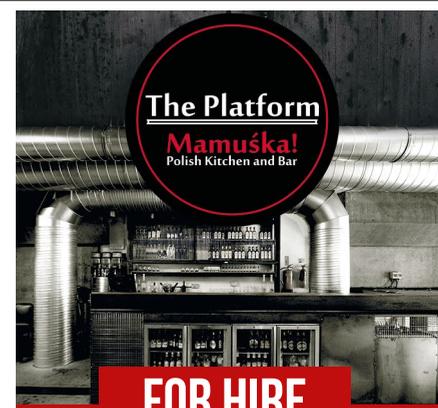
MICHAŁ MARKS

was born in Słonim, Poland. He emigrated to England at the age of 23 and settled in Leeds. From there he started to sell goods to nearby villages, and later owned his own stall in Leeds' open market. Famously, one of his stalls sold goods that cost only one penny. Next to the stall was a poster with the words "Don't Ask the Price, It's a Penny". Then, to expand his business, he partnered with **Thomas Spencer** in 1894. That's right! This is how the much loved **M&S** came into being!



DANIEL FAHRENHEIT

was born in Gdańsk, Poland, in 1686. Fahrenheit invented the first mercury-based thermometer as well as the Fahrenheit scale, which was the first standardised temperature scale to be widely used. His original thermometer sits on a permanent display in the famous Długi Targ market square in Gdańsk. Despite the fact that the Fahrenheit scale was invented in Poland, it is the Celsius scale which is used by the country these days.



FOR HIRE

- CORPORATE EVENTS
- BIRTHDAYS
- BIG SCREEN GAMES
- KARAOKE
- DJ PARTIES
- SMALL CONCERTS
- EXHIBITIONS
- STAFF PARTIES

OTHER IDEAS? WE HAVE THE SPACE TO MAKE IT HAPPEN!

[book@mamuska.net](mailto:book@mamuska.net)

LIFESTYLE ▶ READY IN UNDER 10 MINUTES, OR YOUR NEXT LUNCH DEAL IS FREE

# MAMA'S LUNCH QUICKIES

Smaller portions of some of your favourite dishes.

| Monday to Friday 11:00 - 16:00 |

**£6 INCLUDES** A SMALL SALAD BAR SERVING FREE KOMPOT OR LEMONADE (EAT IN ONLY)



**VEGAN STEW** ✓  
Served with rice for a super vitamin hit



**PORK GULASZ** 🐷  
Served with rice



**ROAST KARKÓWKA** 🐷  
1 piece of roasted pork served with mash



**PLACKI ZIEMNIACZANE**  
2 potato pancakes served with:  
■ pork gulasz 🐷  
■ white mushroom sauce 🌿  
■ sour cream 🌿  
■ vegan stew 🌿  
■ naked 🌿



**LUNCH SIZE SALAD BAR** 🌿  
Served with bread



**HALF SCHABOWY** 🐷  
served with chips



**PIEROGI**  
Any 5 piece portion plus a small side salad from salad island! (time guarantee applies only to The Threesome)

FULL PIEROGI MENU - P. 6

/MamuskaPolishRestaurant  
**POLISH ROULETTE LUNCH TIME QUICKY EDITION**

**DAILY SPECIAL (weekdays only) £6.00**

The chef gets bored, so we like to let him play! 🌿

If you are wondering where the **pulpety, mielony, kopytka** and other Polish classic favourites are hiding, this is where you will find them. 🐷🐟🐖🐔

A new dish prepared daily and posted online and in-house. We post them on Instagram Stories weekdays at 11:00 am. If you're not a fan of Instagram, ask your Service Star for today's special.

**Includes** small salad bar serving & free small kompot or lemonade.

meanwhile... other lunch ideas

**MEAT SOUP OF THE DAY** 450 ml **£3.50**

Made every morning from fresh ingredients, a different soup from authentic Polish recipes every day. Comes with bread and butter. 🐟🐔

**VEGGIE SOUP OF THE DAY** 450ml **£3.00**

The Poles had many dark years with not a lot of meat to go around. The silver lining is that they learned how to make the best veggie soups on the freakin' planet. Comes with bread and butter. 🌿

**CHŁODNIK SEASONAL SOUP** 450ml **£4.00**

Veggies, yoghurt, kefir, milk combo - chilled to perfection and changing as we move through summer. 200ml **£2.00** 🌿

CHECK IN ON THE **#DAILYSPECIAL**

/MAMUSKAPOLISHRESTAURANT  
NO DAY OR WEEK IS THE SAME



## GRAB YOUR LUNCH TO GO

and enjoy the weather on the riverbank or in the park.  
Or go back to the office and make your colleagues jealous with your yummy lunch!  
However you like it, we've got you covered

LOOK OUT! IT'S COMING!



## Mission Impossible?!

OK. You're leaving work, the fridge is empty at home, you forgot to put the seat back down after a midnight trip to the loo and now your female co-habitant is truly pi\*\*ed.

Clearly, only pierogi ruskie and a honey-infused Polish lager will sooth this beast! But it needs to be QUICK because you need to get home first to tidy up the flat.

Don't panic: Mamuška's new **click and collect** service has come to the rescue! Download the app today; It's the most delicious get-out-of-jail-free card you are EVER going to find!

SCANDALOUS BEHAVIOUR NEWS

## The Mamuška! Threesome

What? We are talking about pierogi flavours, obviously!

Picture this: it's lunch time (or long past) and as you finish up yet another email, you realise you only have 15 minutes before the next task needs doing. But you're HUNGRY, damn it! And according to your back, you've been sitting for way too long.

Back in the dark ages you would have had to agonisingly weigh up the 10 minute wait for pierogi against all our other options, and your need for speed. No longer. Our Threesome will get you off ... to work! ... and leave you plenty of time to enjoy them.

Weekdays from 12:00 until 14:00 we will always have pork, ruskie and one other 'mystery' pierogi flavour cooked and waiting to be served, to help speed up our lunch-time service.

So the next time you only have a few minutes for lunch, remember, "Wham, bam, thank you Ma'am!" Our hot dumplings will be ready for you! And because you can never get enough of Mamuška!, as you finish them off at your desk you can be making plans to be with Mama again for some after-work booze and round two!

OVER 40 POLISH BEERS  
OVER 30 POLISH VODKAS  
COME FOR DRINKS AT THE PLATFORM



STARTER STORY OF THE DAY

# STARTERS AND SMALL PLATES

We always assume you want ALL your food as soon as humanly possible. If you want starters to come first, please tell your Service Star.



**SMALEC | £ 3.90** 🐟 🥬  
Nothing like a little fat to start your meal, we always say. This very rich and creamy paté goes best with clear vodka shots! Served with two slices of bread and Polish gherkin (ogórki kiszzone).

**VEGAN SMALEC | £ 3.00** 🌱  
Why should meat lovers have all the excuses for vodka shots? This vegan spread is an awesome drinking snack and appetite go-getter.

**GRILLED OSCYPEK CHEESE | £ 3.80** 🌱 🍷  
Served with cranberry sauce this is the ultimate Polish holiday treat. Served at all summer markets and something you need to try if you ever visit Zakopane, or Mama!

**ŚLEDŹ W ŚMIETANIE | £ 3.50** 🐟  
Herring served in soured cream, from the North of Poland. Perfect with a shot of ice-cold vodka. There's a great Polish saying "A fish likes to swim!" as you wash it down.

**GRILLED CHICKEN WINGS | £ 5.75** 🍗 🍷 🍷  
Made with our own secret recipe. These have been so popular at our private-hire Platform buffets that we have brought them onto the regular menu to feed the need. You're welcome!

**CHIPS WITH MELTED CHEESE | £ 4.00** 🌱 🍷  
Imagine golden, crispy chips under a bubbling blanket of melted cheese, sprinkled with horseradish and mayonnaise dressing? Pretty good, right? Now imagine eating it with a pint of cold, Polish craft beer... #heaven  
**ADD FRIED SAUSAGE BITES | £ 2.00** 🍖

> YES YOU CAN HAVE IT ALL

## Struggling with stress?

**stress** /stres/ noun  
Not being able to decide between that delicious Main Course and eating a full portion of pierogi

## THE DOCTOR'S PRESCRIPTION? PIEROGI HALF PORTION

Mamuška knows stress is bad for the stomach, as well as the mind, so we've got an easy solution - a starter portion of pierogi and then a main course of your choosing! Who says you can't have it all, right?

Check the pierogi section on page 6 for flavours and prices, and *please* state clearly to your Service Star if you want the small starter size.

FULL PIEROGI MENU PAGE 6 >>>>



GOAT CHEESE & SPINACH



BEEF

## LIQUIFY YOUR ASSETS

# ZUPA!

These are authentic Polish soups made from scratch daily. And they're not just awesomely delicious, they're BIG!

At 450 ml our soup servings are as big as they are healthy. Ask your Service Star what the Super Chef made today.

Served with a slice of fresh baked bread and a dab of butter.

**MEAT SOUP OF THE DAY** 🐟 🍗 🥬 **£2.00** **£3.50**  
200ml 450ml  
For today's Polish homemade soup with meat check with your Service Star.

**VEGGIE SOUP OF THE DAY** 🌱 🌱 **£2.00** **£3.00**  
200ml 450ml  
Some of these are vegan, but some are not, so please ask on the day.

**CHŁODNIK (seasonal beetroot soup)** 🌱 **£2.00** **£4.00**  
200ml 450ml  
It is served cold on purpose. Chill.



## SCANDAL! Mamuška! discriminates on basis of age!

# KIDS' MENU

We understand the pressures of raising a family so we are offering these plates at cost. Therefore, the kids' menu is only for children under the age of 12 please.

**BREADED CHICKEN FINGERS | £ 5.00**  
You're welcome. Hand-made by Mama. Come with a trip to the salad bar and mash potatoes (if you can be bothered to argue with mini-mighties) 🍗 🍷

**BREADED FISH FINGERS | £ 4.00**  
Comes with a trip to the salad bar and mash potatoes. These are shop bought to keep the kids happy. 🐟

**PORK GULASZ | £ 5.00**  
Comes with a trip to the salad bar and mash potatoes 🍖 🍷

**PARÓWKI | £ 4.00** 🍷  
These Polish hot dogs are high in meat and served in a crispy bun. Salad bar included. 🍖

**CHIPS | £ 2.00** 🌱 🍷  
ADD MELTED CHEESE | £ 2.00

**PIEROGI 5 PCS | £ 5.00**  
This starter size is also perfect as a kid's size portion, but we add a salad so they grow up strong.

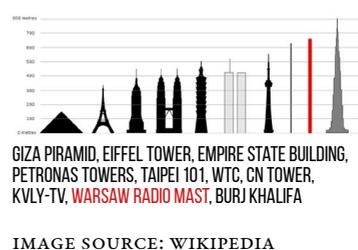
FULL PIEROGI MENU - p. 6 >>>>

follow us on instagram for daily updates [@MamuskaPolishRestaurant](https://www.instagram.com/MamuskaPolishRestaurant)

**ENJOY MAMA'S LOYALTY**  
EARN 5% IN POINTS WITH EVERY PURCHASE, AND SAVE UP FOR THAT SPECIAL TREAT!  
**Mamuška!** Polish Kitchen and Bar  
Mama loves my loyalty  
\* POINTS ONLY AWARDED ON ITEMS NOT ALREADY DISCOUNTED OR ON SPECIAL OFFER

## TITBITS BETWEEN BITES

**POLAND** USED TO HAVE THE WORLD'S TALLEST STRUCTURE  
The Warsaw Radio Mast in Konstancin-Jeziorna was the world's tallest structure from 1974, until its collapse in 1991. Even today it remains the second tallest structure ever built, surpassed only by Burj Khalifa (completed in 2010). The mast was 646.38 meters (2,120.7 ft) tall.



**POLAND** ALSO HAS THE WORLD'S BIGGEST CASTLE  
Poland has an impressive 16 World Heritage Sites. Among those is the biggest castle in the world made of bricks - Malbork.



**POLAND** HAS ITS OWN VALENTINE'S DAY  
Kupała or Wianki is celebrated on June 21st, the 'Feast of St. John the Baptist' day. Men jump over bonfires and women hope for wreaths. Wreaths with candles on one side of the river are floated to the other side and if one comes to you, you'll be lucky in love!

## FEATURED STORY



# BIG PLATES DESTROY APPETITE



Our main courses are big, delicious and the best value you will find this side of Wisła. But pace yourself! Desserts are just around the corner. A shot of vodka in between is often the answer...

**ALL COME WITH ONE TRIP TO OUR SALAD BAR**



## VEGAN STEW

| £9.50

We give the vegans a lot of abuse. We're not going anywhere with that statement, we just thought we should own up to it. As for this lovely dish, it is our way to say we love our vegan mates, and we know they have a point. More veggies can never be a bad idea! A delicious gathering of courgette, butternut squash, chick pea, tomatoes and spices to give it a nice little bite. Served with steamed rice.



## BEEF CHEEKS

| £13.90

What a dish! Slow-braised and lovingly set in a rosemary red wine sauce, these tender morsels are a real melt-in-your-mouth treat. Served with mash potato, to soak up that gorgeous sauce!

**new!**

## BREADED COD & CHIPS

| £12.90

We are so happy that the cod have made it back onto the sustainable species list! If you want it battered, head down the road. We do it breaded, the Polish way! Served with chips.

## 8 oz BEEF BURGER

| £12.30

This big, beautiful burger has won us many fans in the neighbourhood, especially with the less adventurous types that don't like trying food they cannot pronounce. We mince and season the beef ourselves, and the sauce is our own fantastic creation. If you are wondering what is so Polish about a beef burger, you have clearly not partied hard and late in down-town Kraków and then hit the kebab shops with the locals. Hey, it happens. Plus, the gherkin is Polish.



## SCHABOWY!

| £9.80

There is a reason this beauty is still our top seller. Our tenderised, breaded and pan-fried pork loin is the closest you can get to Poland without a visa. Served with mash.

ADD GRATED CHEESE | £2.00  
ADD MUSHROOM SAUCE | £2.00

**new!**



## BEEF ROLL-UP

| £11.90

This lovely classic brings lots of what Poland has to offer under one blanket; gherkin, bacon, onion and mustard wrapped in tenderized beef, served with mash and gravy.



## PORK GULASZ

| £9.30

Beautifully tender pork shoulder meat stewed with onion makes this the perfect simple warming-up dish. Don't dig around in it looking for the vegetables; this is the Polish version! Served nestled beside a mound of our freshly mashed potato.

**new!**

## GRILLED CHICKEN BURGER

| £11.60

A perfect summer-time treat, served with chips. Goes great with a bottle of Sauvignon Blanc.

**back for Summer!**



## SALATKA MAMUŠKI

It would not be a summer menu without our wonderful green fresh vegetable tossed salad. Get it on it's own, or topped with either grilled chicken or white Polish cheese. Served with fresh baked bread.

■ GRILLED CHICKEN | £8.90

■ WHITE CHEESE | £8.50

■ VEGAN (80Z/225G) | £7.70

**new!**



## GRILLED CHICKEN FILLET

| £9.50

Another summer-time classic! Our version is marinated in our own recipe and char-grilled to order. Best enjoyed with chips, but even more healthy with mash.



## ROAST KARKÓWKA

| £9.30

Roasted overnight to tender perfection, this pork collar cut is ideal for the cooler and wet summer nights, when you need something a bit more substantial to soak up the booze! Great with a Polish ale!

**back for Summer!**

## GRILLED KIEŁBASA SAUSAGE

Our summer-time-allotment-BBQ-favourite is back! There is nothing more reminiscent than a grilled kielbasa sausage. Keep that in mind when you are making friends later up on The Platform!

■ KIEŁBASA WITH MASH | £8.30

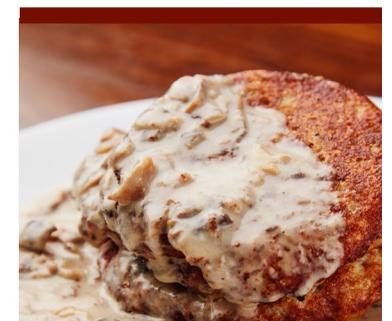
■ KIEŁBASA ON A BUN (AS GOD INTENDED) | £8.70

## CHOOSE YOUR SIDE!

Our carbohydrate accompaniments are swappable. This isn't football mate, so feel free to change sides!

- mash
- rice
- chips
- bread
- no carbs at all

REMEMBER THAT OUR GF AND VEGAN ICONS REFER TO THE MAIN ELEMENTS OF THE DISH. WE SOMETIMES ADD DAIRY TO THE POTATOES, BUT OFTEN DO NOT, SO SIMPLY ASK ON THE DAY.



## PLACKI ZIEMNIACZANE

These golden-brown potato pancakes are the perfect base for one of our stews or sauces... or amazing just on their own! Choose your topping:

NAKED | £7.00  
PORK GULASZ | £9.50  
WHITE MUSHROOM SAUCE | £9.00  
VEGAN STEW | £9.50  
SOUR CREAM | £7.50  
ADD GRATED CHEESE | £2.00

**Tap & Tip**  
contactless tipping

**Happy?  
Show the kids  
the cash!**

There's still no service charge at Mamuška!, but we have created an easy-to-tip solution, so you can show your love to the team directly.

QUESTION CORNER - BOILED OR FRIED?



# PIEROGI

Poland has LOTS of dumplings! They're all great, but the most popular are the classic half-moon shaped, stuffed pierogi. We make ours by hand right here on site, freeze them by the hundreds daily and boil them to order. Allow 10 minutes, longer if the joint is jumping.

CHOOSE YOUR FILLINGS

5 PCS	10 PCS	
£4.30	£8.60	<b>RUSKIE</b> 🌱 blended white cheese, potato and onion
£4.40	£8.80	<b>PORK</b> 🐷 🌱 seasoned, braised and minced
£5.00	£10.00	<b>BEEF</b> 🐮 🌱 seasoned, braised and minced
£4.40	£8.80	<b>GOAT CHEESE &amp; SPINACH</b> 🌱 🌱
£4.40	£8.80	<b>Z OWOCAMI</b> 🍏 seasonal fruit

## TOP IT!

choose **two** out of three:  
**SOUR CREAM / BACON / ONION**



SUSTAINABILITY FUN FACTS

- Despite our incredible low prices, Mamuška! has only ever used free range eggs.
- All our takeaway cutlery is made from corn starch.
- Our containers are reusable, microwavable and recyclable.
- We separate at source and recycle like cray! We have 5 waste streams: oil, food, glass, dry mixed recycling and lastly general waste, of which there is very little, as a result of this long-standing environmental policy.



# CATERING

IN-HOUSE DELIVERY STAFFED EVENTS

[www.mamuska.net/catering](http://www.mamuska.net/catering)

THE ADDICTIVE ADDITION



VISIT THE ISLAND FOR TODAY'S SELECTION

Summer is here and with it a new choice of fresh vegetables! We always make the best of this wonderful season, so we'll be offering a variety of changing seasonal salads until autumn. If your favourites are beetroot & white cabbage don't worry, they will be back soon!



- White mushroom 🌱 £2.20
- Pork gulasz 🐷 £1.50
- Sour cream 🌱 £1.50
- Grated cheese topping 🌱 £1.50



- Fresh baked bread & butter 🌱 £1.00
- Mash potato 🌱 🌱 £2.00
- Rice 🌱 £2.00
- Chips 🌱 £2.00

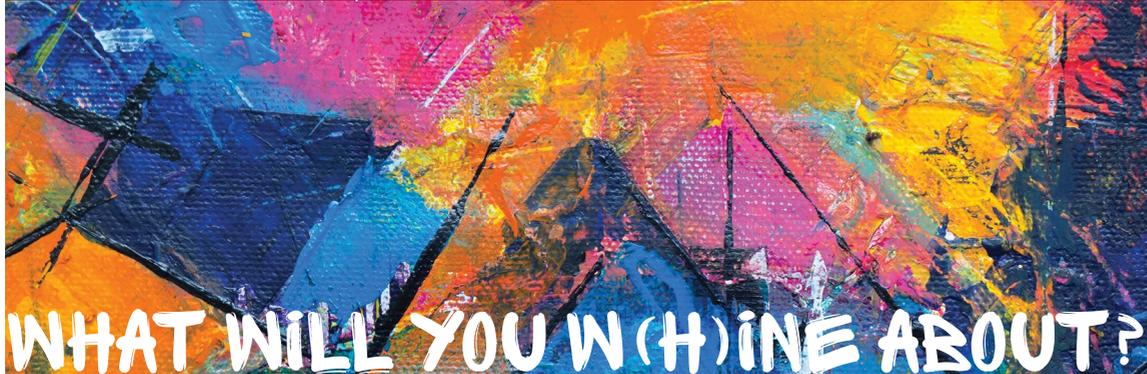


SCORCHING TALES

## HOT DRINKS

Espresso	£1.30
Extra shot	£0.50
Americano	£1.80
Cappucino	£2.00
Latte	£2.00
Flat white	£2.00
Mocha	£2.20
Filtered coffee	£1.00
Tea	£1.80
Hot chocolate	£2.00

TIPS(Y) - WINE DOESN'T JUDGE, WINE UNDERSTANDS



White	175 ml	Bottle
Le Rouleur   Blanc de Blancs <i>citrus/floral/crisp</i> [11.5%]	£4.50	£18.00
Primera Luz   Sauvignon Blanc <i>passion fruit/crispy</i> [12.5%]	£5.00	£20.00
Les Archeres   Vermentino <i>floral/peachy/creamy</i> [12.5%]	£5.00	£20.00
Tooma River   Reserve Chardonnay <i>vibrant/lime</i> [13%]	£5.50	£22.00
Vinamar   Chardonnay Reserva <i>tropical/dry/vanilla</i> [12.5%]		£28.00
Roquemoliere   Picpoul De Pinet <i>crisp/dry/aromatic</i> [13.5%]		£32.00
Yealands   Sauv Blanc <i>guava/herbs/zingy fruits</i> [12.5%]		£36.00
Fontanafredda   Arneis <i>exotic fruits/pear/dry</i> [12.5%]		£38.00
Chaffey Bros   Tripelpunkt Riesling <i>floral/dry/lemon</i> [11%]		£42.00
Rosé	175 ml	Bottle
Pretty Gorgeous   Rose <i>dainty rosé/lychee/strawberry</i> [12%]	£5.50	£22.00
La Vidaubanaise   Comte de Provence <i>peach</i> [13%]		£28.00
Red	175 ml	Bottle
Le Rouleur   Carignan <i>red berry/nutmeg</i> [12%]	£4.50	£18.00
Vinedos Puertas   Merlot Lanya <i>currant/plum/cherry</i> [13%]	£5.00	£20.00
Tooma River   Shiraz <i>red and black berry/chocolate</i> [12.5%]	£5.00	£20.00
Volpi   Barbera Amonte <i>blueberries/cherries/raspberries</i> [12%]	£5.50	£22.00
Trapiche   Melodias Malbec <i>plums/cherries/truffie/cocoa</i> [13%]	£5.50	£22.00
Quatre Cepages   Chusclan Cotes du Rhone <i>fruit</i> [13.5%]	£6.50	£26.00
Ramon Bilbao   Rioja Crianza <i>blackberries</i> [14%]		£30.00
Fowles Wine   Pinot Noir <i>redplum/cherry</i> [13.5%]		£36.00
Planeta   Frappato Vittoria <i>figs/ginger/fruit drops</i> [13%]		£42.00
Papale   Varvaglione Primativo <i>dark chocolate/cherries</i> [14.5%]		£48.00
Bubbles		Bottle
Brut Grande Reserve NV Gobillard [12%]		£69.00
Prosecco Quadri NV Extra Dry [11%]		£28.00

SOCIAL COLUMN



MEET "MAMA"

We know that our people – team members as well as customers – make Mamuška! what it is. We often explain to new members joining the team that "we are ALL Mamuška!". So here is our chance to show off some of the people that create the magic for you day after day.

Bartosz Piskorz

The front of house at Mamuška! is like a swan – all grace, poise and efficiency above the surface but peddling like mad below the water line to make it all happen! This takes a coordinated effort, so we are extremely pleased to introduce our new Restaurant Manager, Mr Bartosz Piskorz. Bartek has already impressed customers and team members alike and has a wealth of experience from successful London restaurants. But with his corny sense of humor and laid-back demeanor, we know he has found his true home at Mamuška! Welcome, Bartek!

Mamuška! Polish Kitchen and Bar

HEALTH > ALL YOU NEED TO KNOW ABOUT WEIGHT GAIN



Tarta | £4.90

What says 'summer' better than a buttery shortcake base filled with wonderful seasonal berries and other fruits as they hit their peak? Ask your Service Star for the flavour on offer today.

Kremówka cream cake | £4.90

Our version of this Polish classic uses filo pastry top and bottom, and two glorious hand-made creams in the centre. A magnificent treat!

Chocolate Mousse | £4.50

This is a favourite of quite a few of our regulars and frankly, if we failed to put it back on the menu in the summer, there would be hell to pay. Absolutely perfect to savour with a shot of hazelnut vodka.



GRYCAN®  
LODY OD POKOLEŃ

Grycan ice cream | £1.50 per scoop

We carry 7 flavours at a time, and rotate them a bit, so come have a look in the cart up at the front and pick your favourite. Or just ask for one of each!

CHILLING NEWS FROM THE FRIDGE



Kompot	£1.20	250ml
We make it ourselves, just like a good Polish mother does! With seasonal fruits and mixed berries when available.	£4.00	1000ml
Lemoniada	£1.20	250ml
So damn good! Made on site from real lemons and mint.	£4.00	1000ml
Tymbark & other juices by the glass	£1.80	250ml
apple, blackcurrant, cranberry, orange	£5.00	1000ml
Kubuś carrot juice (assorted flavours)	£1.80	330ml
Beetroot & other special polish drinks	various	various
Britvic tomato juice	£1.50	200ml
Tonic water and soda water	£1.40	200ml
Mineral water	£1.50	500ml
from the sweet, pure polish earth! Sparkling or still.		
Coke, Fanta, Sprite	£1.80	330ml
Diet Coke, Coke Zero	£1.60	330ml
Love smoothies	£2.80	250ml
choose from available flavours at the bar.		
Tymbark	£1.00	250ml
choose from available flavours at the bar. And remember to have a look under the cap!		
Kefir	£1.90	500ml



ALL OF OUR SHOTS ARE 50ML AS STANDARD

THE FINE ART OF DRINKING

# ALCOHOL

25 ML SERVINGS AVAILABLE ON REQUEST

ANY CLOSED ALCOHOL TAKE-AWAY 25% OFF



## FLAVOURS

<b>Soplica Flavours</b> [30%]	£40.00	500 ml
RASPBERRY, CHERRY, HAZELNUT, QUINCE, PLUM, BLACKCURRANT, WALNUT, STRAWBERRY, LEMON WITH HINTS OF HONEY, MIRABELL, BLUEBERRY	£4.50	50 ml
<b>Soplica 100ml Gift Bottle</b>	£9.00	100 ml
<b>Nalewka Babuni</b> [18%]	£30.00	500 ml
CHERRY, RASPBERRY, HONEY, QUINCE	£3.50	50 ml
<b>Żołądkowa Gorzka</b> [34%]	£40.00	500ml
MINT, BLACK CHERRY, FIG	£4.50	50 ml

<b>Krupnik Lemon</b> <i>polish limoncello</i> [32%]	500ml	£40.00	£4.50
<b>Żołądkowa Gorzka Classic</b> <i>spicy</i> [36%]	700ml	£54.00	£4.50
<b>Żubrówka</b> <i>Bison grass</i> [37.5%]	700ml	£59.00	£4.50
<b>Krupnik Old Style Honey</b> <i>spicy sweet</i> [38%]	700ml	£69.00	£5.50
<b>Sliwowica Podbeskidzka</b> <i>mighty strong plum</i> [50%]	700ml	£79.00	£6.50

## VODKA BOARDING

<b>RAINBOW LOVE</b> - a set of Lemon, Quince, Strawberry, Plum, Blueberry and Black Currant Soplica. 6 X 50ML   £ 25    6 X 25ML   £ 15	<b>JACOB'S LADDER</b> - Wyborowa, Żubrówka Czarna, Belvedere, Vestal, Wyborwa Exquisite, U'Luvka. 6 X 50ML   £ 38    6 X 25ML   £ 25
<b>FRUITY AND NUTTY</b> - Mirabelle Plum, Quince, Walnut, Plum, Blueberry and Hazelnut Soplica set 6 X 50ML   £ 25    6 X 25ML   £ 15	<b>PAUPER'S PICK</b> - Wyborowa, Luksusowa, Żubrówka Czarna, Soplica Plum, Cherry & Hazelnut 6 X 50ML   £ 25    6 X 25ML   £ 14
<b>BERRY GOOD VODKI</b> - a set of Cherry, Black Currant, Strawberry, Rasperry, Blueberry Soplica and Żołądkowa Black Cherry. 6 X 50ML   £ 25    6 X 25ML   £ 15	<b>SMOOTH MOVES</b> - Vestal, Konik's Tail, U'Luvka, Belvedere, Chopin, Wyborwa Exquisite 6 X 50ML   £ 45    6 X 25ML   £ 25

<b>WYBOROWA</b>	<b>Wyborowa rye</b> [40%]	£53.00	£4.00
	<b>Luksusowa potato</b> [40%]	£58.00	£4.50
	<b>Żubrówka Czarna best value</b> [40%]	£62.00	£5.00
	<b>Konik's Tail cheapest luxury</b> [40%]	£95.00	£7.00
	<b>U'Luvka sexy favourite</b> [40%]	£100.00	£7.50
	<b>Belvedere proper posh</b> [40%]	£110.00	£8.00
	<b>Vestal small batch potato</b> [40%]	£110.00	£8.00
	<b>Wyborowa Exquisite creamy</b> [40%]	£120.00	£9.00
	<b>Chopin musical potatoes</b> [40%] GF	£120.00	£9.00
	<b>Belvedere Bartęzek Lake bright, fragrant</b> [40%]	£169.00	£12.00
	<b>Belvedere Smogóry Forest rich, mello, sweet</b> [40%]	£169.00	£12.00

## USEFUL PHRASES

### Today's Polish Lesson

Congratulations on your introduction to the most awesome aspect of Polish culture; the food! Now, lets continue with some work on the language...

- kum-pel** /coom-pell/ - Mate. Pal. Buddy.
- spo-ko** /spoh-koh/ - Cool. Alright. "It's all good". Think Polish California
- piwo** /pee-voh/ - Beer!
- polej mi** /poh-lay-mee/ - Pour me another one.
- na drogą nóżkę** /na droo-gah noosh kaw/ - for the other leg (to keep me balanced).
- bosko** /boss-koh/ - divinely
- siema** /sheb-mah/ - How YOU doin'?
- cześć** /cheb-sh-t/ - Hi. Bye. Hey
- uśmiechnij się** /u-shmech-knee-y sheh/ - Smile. Yes, for some reason asking someone to smile in Poland is a big effort.

## MISCELLANEOUS BOOZE

<b>Angostura 1919 Rum</b> [40%]	£7.80	50 ml
<b>Angostura Reserva White Rum</b> [37.5%]	£6.90	
<b>Flor De Cana Rum</b> [40%]	£5.00	
<b>Sazerac Rye Whiskey</b> [45%]	£8.70	
<b>Glenlivet Scotch Whisky</b> [40%]	£8.00	
<b>Balvenie Scotch Whiskey</b> [40%]	£9.00	
<b>Elijah Craig Bourbon</b> [47%]	£9.50	
<b>Ungava Gin</b> [43%]	£7.50	
<b>Broker's London Dry Gin</b> [40%]	£4.90	
<b>Blue Bottle Gin</b> [47%]	£6.20	
<b>Bache Gabrielsen Cognac</b> [40%]	£6.50	
<b>Bailey's</b> [17%]	£4.80	
<b>Kahlua</b> [20%]	£4.80	

FEELING LIKE A WHOLE BOTTLE? ASK AT THE TILL FOR THE PRICE

FOR MIXES SEE - p. 7

## POLISH BEER

500ML UNLESS STATED OTHERWISE



near Białystok

<b>Export</b> [5.7%]	£4.80
<b>Non-pasturised</b> [5.7%]	£4.80
<b>Unfiltered</b> [5.7%]	£4.80
<b>Jasne Pełne</b> [6.0%] (COOL STUMPY 330ML)	£4.00
<b>Non-alcoholic</b> [0%]	£3.50
<b>Honey</b> [6%]	£4.80

## BROWAR AMBER

near Gdansk

<b>Pszencznik (WHEAT) crisp</b> [5.2%]	£5.90
<b>APA (AMERICAN PALE ALE) smooth</b> [5.2%]	£6.50
<b>Johannes (LAGER) full to mellow</b> [6.5%]	£5.70
<b>Grand Imperial (PORTER) bitter</b> [7.8%]	£7.30
<b>Koźlak (BOCK) caramel lager</b> [6.5%]	£6.00
<b>Żywe (UNPASTEURISED) creamy</b> [6.2%]	£5.70



## Browar Staropolski

near Łódź

<b>Kultowe Gluten-free light lager</b> [5.2%] GF	£5.20
<b>Kultowe Gluten-free Malinowe raspberry</b> [4.7%] GF	£5.70
<b>Bestbir Gruszka Melisa pear&amp;melissa</b> [4.7%]	£5.20
<b>Bestbir Kokos coconut</b> [4.7%]	£5.20
<b>Bestbir Malina Pigwa raspberry&amp;quince</b> [4.7%]	£5.20
<b>PRL Pełne fruity malty caramel</b> [5.8%]	£6.20
<b>Staropolskie Chmielne citrus&amp;unobtrusive bitterness</b> [5.5%]	£5.40

## Great Commercial Lagers

<b>Perła Export</b> [5.6%]	£4.80
<b>Żywiec</b> [5.6%]	£4.80
<b>Lech</b> [5.0%]	£4.80
<b>Żubr</b> [6.0%]	£4.80
<b>Tyskie</b> [5.2%]	£4.80
<b>Warka</b> [5.5%]	£4.80
<b>Dębowe</b> [7.0%]	£5.60
<b>Namysłów Pils</b> [6.0%]	£4.80
<b>Perła Pils</b> [6.0%]	£4.80
<b>Redds (RASPBERRY AND POMEGRANATE)</b> [4.5%]	400ml £4.40
<b>Redds (APPLE AND LEMONGRASS)</b> [4.5%]	400ml £4.40

## Draft Beer

<b>Brok craps&amp;fresh</b> [5.0%]	£2.60	£5.00
<b>Marynka IPA by Perun grapefruit</b> [5.6%]	£3.40	£6.50
<b>Żywiec lager crisp&amp;fresh</b> [4.2%]	£2.60	£5.00

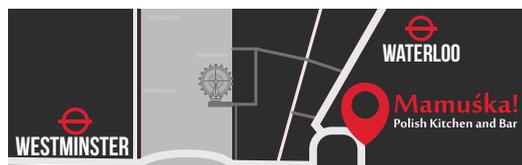
HONEY, I'M NOT THAT DRUNK. I SWEAR

### POLISH TONGUE-TWISTERS

**Czy rak trzyma w szczypcach strzęp szczawiu czy trzy części trzciny?** / chy rak chee-ma v shebi-pts-ab shtchemp shtchab-viu chy tsby che-sci tsb-ci-nee?/ - Does a crayfish hold in its claws a piece of dock [the plant] or three pieces of reed? Let's get another round, this matter needs careful consideration and a thorough discussion.

**W czasie suszy szosa sucha.** / v cha-sie soo-shy scho-sa soo-ha / - A way is dry when there's drought. And a throat is dry, when the glass is empty. Or when you wake up not sure exactly where you are, blood-shot eyes, and your mouth feeling like Sahara desert... dessert? I'd devour a kremówka, wouldn't you?

**Gibraltar** /dzt'br:ta(r)/ - sounds easy, no? Try it after a Jacob's Ladder.



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