



menu

**mama's
soup**

menu




Grote Houtstraat 146, Haarlem

mama's food



Do you have any allergies? Please let our staff know.

Breakfast

Mama's Shakshuka  **14.00**
(for 1 person)
mediterranean shakshuka with
avocado feta and bread (+ egg 1.50)

Large 25.00
(for 2 people)

Greek Flat Bread (Gozleme)  **11.00**
spinach with feta flat bread (gozleme) and salad

Homemade Rice Pudding (Sutlac/Rizaulait/Rizogalo)   **8.50**
vegetarian and gluten free with cinnamon,
caramel and red fruits

Croissant special **14.00**
croissant or bread with avocado, scrambled eggs,
cheese, lettuce and turkey ham

Tortilla Espagnole **14.00**
with burrata and salad

Greek Yogurt  **8.00**
Greek yogurt with oatmeal, fruit, honey

Breakfast platter **15.00**
scrambled eggs, a mix of cheeses, jams, coffee or tea,
yogurt with fruit, English clotted cream, salad, and bread

Large 27.00

Brunch

(We kindly request that you book in advance.)

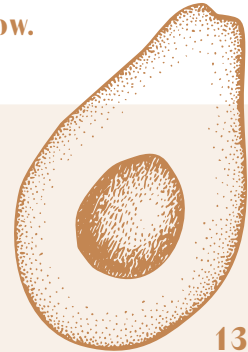
- Greek Flat Bread (Gozleme)
- Cheese Platter (Turkish, Greek, Italian authentic cheeses)
- Menemen (Turkish scrambled eggs with tomatoes and peppers)
- Olive Plattfer
- Sliced Tomatoes and Cucumbers
- Honey with Butter
- Turkish Bagel (Simit) and Bread Basket
- Tea or Coffee of Choice

€21 per person

For groups of 2 or more

€11 for children up to 12 years old

Sandwich & Omelet



Mama's Sandwich **13.50**
avocado, sun-dried tomatoes,
grilled halloumi, hummus and egg **gluten-free**
option available + 1,5 €

Papa's Sandwich  **13.50**
avocado, beet, cottage cheese
or burrata egg and saladmix **gluten-free**
option available + 1,5 €

Greek Authentic Menu  **14.00**
Mucver (Fried Zucchini Fritters)
potato, zucchini, carrot, cheese
with creamy yogurt (vegetarian)

Spanish Omelet  **12.00**
with tomatoes and salad

Champignon Omelet **13.50**
with Greek salad

French Toast **12.00**
cream, honey, egg, fresh fruits
and cinnamon **gluten-free**
option available + 1,5 €

Extras:

bread (slice)	1.00
bread (slice) (gluten-free)	1.75
bread basket (gluten-free)	4.75
bread basket	3.75
sausage	1.50
vegan sausage	3.00
turkey ham	1.50
cheese (slice)	1.50
salmon	4.00
burrata cheese	4.50
egg	1.50
avocado	1.50
butter	1.00










Please note: Card payments only.

 **Vegetarian**  **Vegan**  **Lactose-free**  **Gluten-free**

mama's food



Mama's homemade soup

Mama's French Onion Soup <small>with cheese</small>	9.50
Mama's Chicken Soup <small>special</small>	9.50
Mama's Pumpkin Soup 	8.50
Mama's Mushroom Soup 	8.50
Mama's Broccoli Soup 	8.50
Mama's Sun-Dried Tomato Soup 	8.50
Mama's Lentil Soup 	8.50
Mama's Asparagus Soup 	8.50
Mama's Spinach Soup 	8.50
Mama's Special Soup	8.50

Extras:

bread (slice)	1.00
bread (slice) (gluten-free)	1.75
bread basket (gluten-free)	4.75
bread basket	3.75
sausage	1.50
vegan sausage	3.00
butter	1.00

Please note that not all soup options may be available due to our commitment to fresh, daily preparations.

Ask our staff about lactose-free and gluten-free options as well as today's delicious selections!

For kids

Happy Kids Sandwiches 	8.00
speculoos spread with fruit and honey	
<small>gluten-free option available + 1,5 €</small>	
Twirly Tomato Pasta 	12.00
pasta pomodoro with parmesan cheese	
Mama's Kids 	12.00
vegetarian sausages or meatballs with mashed potatoes and tomato sauce	

new Shared Dining

Create Your Own Menu

Mama's Feast Menu	44.00
1 soup of choice	
2 types of tapas	
1 main course of choice	
1 dessert of choice (dessert OR mocktail)	
Mama's Table Menu	36.00
1 soup of choice	
1 type of tapas	
OR	
1 type of small salad (greek or avocado)	
1 main course of choice	
1 dessert of choice	
Papa's Tapas	36.00
4 types of tapas	
AND	
1 type of small salad (greek or avocado)	

Mama's specials

Paprika Dolma 	16.00
stuffed bell peppers with a mix of cheeses	
Zucchini Surprise 	16.00
zucchini with cheese and salad served with mashed potatoes	
Quiche of the Day	13.00
quiche filled with ricotta and spinach	
Greek Köfte Souvlaki (Meatballs)	19.00
Greek pita, authentic salad and creamy tzatziki	
Toscana Caprese Chicken	17.00
chicken, mozzarella cheese, Toscana's special tomato sauce and spices	
Dolma 	16.00
stuffed grape leaves and cabbage leaves	

 Vegetarian  Vegan  Lactose-free  Gluten-free



mama's food



Tortellini & Ravioli



- Tortellini with Ricotta and Spinach 17.00**
- Ravioli with Truffle Mushrooms 18.00**
- Ravioli with Ricotta and Spinach 17.00**

gluten-free
option available + 1,5 €

Manti special 17.00

Turkish ravioli with spiced minced meat and a mild chili dressing - served with creamy yogurt sauce

Extra Parmesan (veggie or normal) 1.50

Tagliatelle

Tagliatelle with Salmon and Spinach 19.00

Black Tagliatelle 19.50

with shrimp, seafood, and asparagus

Extra Parmesan (veggie or normal) 1.50

Papa's pasta's

Spaghetti Bolognese 15.00

spaghetti with plant-based minced meat.

Penne Alfredo 18.00

penne with chicken pieces and mushrooms in a creamy cheese sauce

Penne Pesto with Chicken 18.00

penne with chicken pieces

Spinach Spaghetti High Protein 16.00

pesto pasta

Papa's Seasonal Special 17.00

ask our staff to discover the seasonal special

Extra Parmesan (veggie or normal) 1.50

Please ask our staff for gluten-free options.

Risotto

Mushroom Risotto 18.00

Vegetarian Risotto Vegetables 18.50

Seasonal Special 19.50 risotto with seafood

Extra Parmesan (veggie or normal) 1.50

High Tea

(We kindly request that you book in advance.)

2 tuna and 2 cheese sandwiches

Mixed cheese and cucumber pepper sticks

8 sweet canapés

2 cups of soup with crispy bread

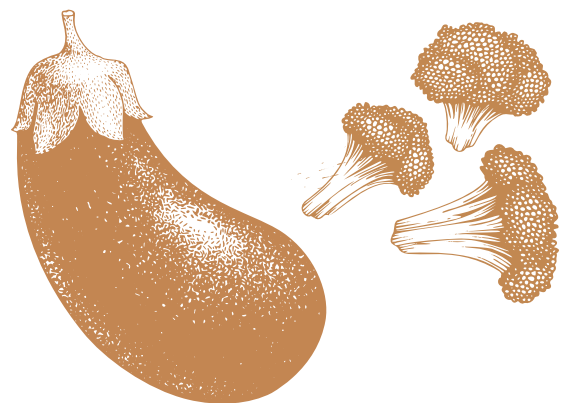
2 small plates of rice pudding

Cream cheese and hummus rolls

Choice of Spritz or mojito or mocktail

One cup of tea or coffee per person

20 € per person



Vegetarian Vegan Lactose-free Gluten-free

Gluten-Free dishes - We strive to prevent cross-contamination when preparing gluten-free dishes; however, we cannot guarantee the absence of gluten traces. Therefore, these dishes may not be suitable for individuals with gluten problem or severe gluten allergies.

mama's food



Tapas platter

Assortment of hummus, grilled vegetables, dolma or borek salad, olive mix, pepper with mozzarella, bread, and more...

Tapas platter	<i>suitable for 2 people</i>	27.00
Large	<i>suitable for 4 people</i>	47.00



Tapas Shakshuka (1 egg)  **8.00**

Tapas Mucver (2 slices)  **7.00**

Tapas Gozleme (Greek Flat Bread)  **8.00**
spinach with feta flatbread (gozleme) and salad

Hummus  **5.00**
served with bread

Tzatziki  **4.00**
served with bread

Veggie Rolls **7.00**
Choice of: Salmon or Cream Cheese, Spinach filling
(7 pieces per serving)

Grilled Vegetables  **7.00**
eggplant, bell pepper, and zucchini
with tomato sauce

Tapas Manti *special* **9.00**
Turkish ravioli with spiced minced meat and
a mild chili dressing - served with creamy yogurt sauce

Tapas Dolma   **8.00**
stuffed grape leaves and cabbage leaves


Empanada  **7.00**
1 piece served with a side salad

Salads

Avocado Salad  **14.00**

Salmon Salad **15.00**

Tuna Salad **14.00**

Greek Salad with feta and beets  **14.00**

Shrimp and Avocado Salad *special* **16.00**

Extras:

bread (slice)	1.00
bread (slice) (gluten-free)	1.75
bread basket (gluten-free)	4.75
bread basket	3.75
sausage	1.50
vegan sausage	3.00
turkey ham	1.50
cheese (slice)	1.50
salmon	4.00
burrata cheese	4.50
egg	1.50
avocado	1.50
butter	1.00



taste the goodness of
mom's kitchen

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mama's drinks



Hot Beverages

Coffee		3.25
Espresso		3.75
Double Espresso		4.75
Cappuccino	with oat or cow's milk	4.60
Fresh Tea	with mint & ginger	4.50
Tea	various flavors	3.25
Kids Latte	hot chocolate with cream	4.25

Cold Beverages

Smoothies **7.00**

Jungle Juice with strawberry, açai, blueberry, mango

Green Boost with pineapple, banana, broccoli, celery, spinach

Protein Smoothie **7.50**

Red Super Booster with strawberry, blueberry, vanilla whey protein, oat milk

Frappe Iced Coffee chocolate, mint, or vanilla **6.75**

Natural Apple Juice **3.75**

Homemade Lemonade with seasonal fruit **5.50**

Fresh Orange Juice **3.75**

Water still or sparkling **2.75**

Cola Zero **3.80**

Ginger Ale **3.80**

Ginger Beer **4.80**



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Vegetarian



Vegan



Lactose-free



Gluten-free


mama's desserts



mmm! Desserts

Apple Pie 5.75

Red Velvet 6.75

Tiramisu    5.50

Caramel Cheesecake    6.75

Strawberry Cheesecake Slice    5.50

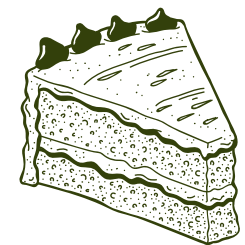
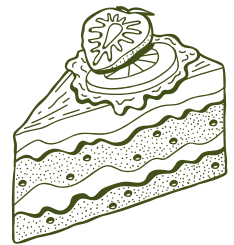
Brownie with Orange    6.75

Handmade Kavala Cookies 3.50

Greek butter cookies with whole almonds en pistache,
2 pieces - almond, plain and more...

Homemade Rice Pudding   5.50
(Sutlac / Riz au lait / Rizogalo)

vegetarian and gluten free with cinnamon,
caramel and red fruits



Aperitivo & Mocktails

Non-alcoholic - Vegan - Gluten-free - Low Calorie

Crodino Biando 4.50

Spritz 7.50

bitter orange spritz - dry and fresh citrus fruits (agrumes), Spumante

Pink Mocktail 7.50

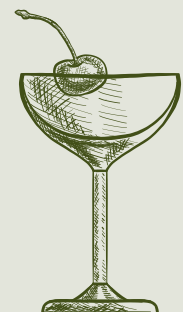
grapefruit, mint, tonic, and red fruit, spumante

Virgin Mojito 7.00

lemon and mint, spumante

Papa's Tonic 5.50

limon and lime/fruit



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