

mama's soup

menu

taste the goodness of mama's kitchen

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

Our Story

At Mama's Soup, it's all about the nostalgic feeling of coming home.

Do you remember those days? When you were welcomed by the delightful scent of your mother's cooking, prepared with love and care just for you.

Our dishes draw inspiration from traditional Mediterranean recipes from mothers across different countries, enhanced with a modern, healthy twist. We consciously choose fresh, plant-based ingredients because good food is the foundation of feeling good. And Mama's love, you can still taste it!

We believe in the power of a meal to bring people together, to evoke memories, and to create new ones. Here, everyone is family. It's a place where you can escape the hustle and bustle of daily life, a place where you can take the time to truly enjoy good food and company.

We serve memories, mama's love and a piece of home

OUR STORY



Allergens & ingredients

Available in: EN NL DE

MENU

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

Breakfast

Spanish Brunch Plate — 22
Spanish butter beans with chorizo or sausage, scrambled eggs with cheese, feta and avocado slices. Served with Greek pita.

Mama's Shakshuka — 17
Traditional Mediterranean dish of bell peppers, onions and two eggs, simmered in a chopped tomato sauce. Garnished with parsley, feta and mint, served with Greek pita.

Spanish Tortilla (Spanish omelette) — 17
Traditional Spanish potato omelette with grilled onion. Served with grilled tomato slices, mixed greens with feta, tomato, cucumber and olives.

Authentic Breakfast Platter — 17
Gözleme (1 piece), Greek pita, cheese, scrambled eggs, tomatoes, cucumbers, olives, jam, butter.

Greek Flatbread (Gözleme) — 14
Flatbread filled with spinach and feta.

Mama's Weekend Special
Ask our staff.

RECOMMENDED ADD-ON:
Turkish bagel (Simit) — 3.5

Mediterranean Brunch (per person)

- ✓ Gözleme (4 large pieces)
- ✓ Small bowl of soup
- ✓ Grilled vegetables
- ✓ Mini dessert
- ✓ Cheese and olive platter
- ✓ Menemen (Turkish scrambled eggs with tomatoes)
- ✓ Sliced tomatoes and cucumbers
- ✓ Butter and jam
- ✓ Turkish bagel (Simit) and bread basket
- ✓ Tea or coffee of your choice

per person (min. 2 people) — 25

Sandwich & Omelette



Mama's Sandwich — 16
Fried egg, grilled halloumi, avocado slices, pesto sauce, Catalan sauce, hummus, sautéed chickpeas, sweet corn, served with mixed greens with feta.

Papa's Sandwich — 16
Fried egg, avocado slices, beetroot slices, cottage cheese, pesto sauce, hummus, sweet corn, sautéed chickpeas, served with mixed greens with feta.

Mama's Salmon Sandwich — 19
Smoked salmon slices, avocado slices, pesto sauce, scrambled egg with vegetarian cheese, served with mixed greens and feta.

Zucchini Fritters (Mücver) — 17
Zucchini, potato, carrot, egg, mint, cheese and dill, served with creamy yogurt sauce.

Mama's Royale Mushroom Omelette — 17
Mushrooms, vegetarian cheese, fresh herbs and tomato wrapped in an organic tortilla, served with a side salad.

Gluten-free option available for all sandwiches — +3

Large Pita Sandwiches

Mediterranean Meatball Pita — 18
Homemade meatballs, Greek sauce, hummus, tomato sauce, greens, onion.

Grilled Chicken Pita — 18
Freshly baked Greek pita filled with marinated grilled chicken, homemade sauces and crisp fresh vegetables.

Salmon & Avocado Pita — 18
Smoked salmon, avocado slices, red onion, cucumber, yogurt-dill sauce and greens.

Turkey & Scrambled Egg Pita — 17
Scrambled eggs with turkey ham and cheese, Catalan tomato sauce, hummus and avocado slices.

Catalan Pita Bread with Vegetables — 15
Served with homemade tomato sauce, olive oil and fresh vegetables of the day.

Gluten-free option available for all pita sandwiches – +3

BREAKFAST, BRUNCH & SANDWICHES

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

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

Mama's Homemade Soup

special
Chicken Soup — 11.5

special
French Onion Soup with cheese — 11

Lentil Soup — 10.5

Pumpkin Soup — 10.5

Mushroom Soup — 10.5

Seasonal Special — 10.5

Sun-Dried Tomato Soup — 10.5

Broccoli Soup — 10.5

Asparagus Soup — 10.5

Spinach Soup — 10.5

Small portion: — 6

Suggested: Butter or olives with special olive oil & large Greek pita — 7.5

Not every soup is available every day, because we make them fresh.

Gluten-free dishes: We do our utmost 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 people with gluten intolerance or serious gluten allergies.

Salads

All salads are generous portions, served with olives.

Shrimp and Avocado Salad — 22
Fresh lettuce, shrimp, avocado, red onion, seeds, sweet corn, radish, chickpeas, tomatoes, cucumber, yogurt and olive oil dressing. Served with a slice of toasted bread.

Caesar Salad with Grilled Chicken & Avocado — 21
Mixed lettuce with warm grilled chicken, avocado, red onion rings, cherry tomatoes, Parmesan cheese and Caesar dressing. Served with a slice of toasted bread.

Salmon Salad — 20
Fresh lettuce, salmon, red onion, sweet corn, seeds, dill, chickpeas, radish, cucumber, tomatoes, yogurt and olive oil dressing. Served with a slice of toasted bread.

Avocado Salad — 19
Fresh lettuce, avocado, mozzarella, red onion, mixed seeds, baked bread, chickpeas, tomatoes, sweet corn with olive oil dressing. Served with a slice of toasted bread.

Greek Salad — 18
Fresh lettuce, tomatoes, cucumber, feta cheese, red onion, sweet corn, radish, fried bread and olive oil dressing. Served with a slice of toasted bread.

Mama's Vegan Protein Bowl — 18
A fresh mix of quinoa, chickpeas, lentils, beans, mixed greens, beetroot, sweet corn, parsley, nuts, dill, spring onion and cherry tomatoes, dressed with olive oil. Served with gluten-free bread.

For kids (up to 14 years)

Tomato Pasta — 13
Penne with pomodoro sauce and parmesan.

Mama's Kids — 13
Vegetarian meatballs in tomato sauce with mashed potatoes and parmesan.
3 homemade meatballs (beef) — +7

SOUP, SALADS & KIDS

Allergens & ingredients

Available in: EN NL DE

MENU

Ravioli & Tagliatelle

Ravioli with Truffle Mushrooms — 22
with parmesan

Ravioli with Ricotta and Spinach — 21
with parmesan
Gluten-free option available — +3

special

Manti — 22
Turkish ravioli with spiced minced meat (beef) and mild chili dressing, served with creamy yogurt sauce.

Mama's Tagliatelle Mediterranean — 22
Tagliatelle with spinach, mozzarella, parmesan, tomato and olives, inspired by Mediterranean cuisine.

Tagliatelle with Salmon and Spinach — 25
Salmon, spinach, tomato, sweet corn and onion, with parmesan.

special: organic tagliatelle

Squid Ink Tagliatelle — 26
with mixed seafood and parmesan



Papa's pastas

special

Penne Alfredo — 23
Penne with chicken pieces and mushrooms in creamy cheese sauce, with parmesan.

Penne Pesto with Chicken — 23
Penne with chicken pieces, with parmesan.

Papa's Penne Broccoli Verde — 20
Penne with broccoli, tomato, sweet corn, mozzarella and parmesan. A delicious Mediterranean pasta creation.

Spinach Spaghetti — 19
Spinach, parmesan, tomato and herbs.

Spaghetti Bolognese — 18
Spaghetti with tomato sauce and vegetarian mince, topped with parmesan.
3 homemade meatballs (beef) — +7

Gluten-free option available for all penne dishes — +3

Ask our staff about gluten-free options.

Risotto

Mushroom Risotto — 21.5
with parmesan

Risotto with Vegetables — 21
with parmesan

Seasonal Special *seafood risotto* — 26
with mixed seafood and parmesan

Mama's specials

Mama's Cretan Beef Stew — 30
Tender beef, slow-cooked in the oven with sweet shallots, tomato, sweet potato and pumpkin, delicately seasoned with aromatic Cretan herbs and spices. Served with rice or a large Greek pita, and tzatziki.

Greek Style Moussaka — 27
Aubergine grilled in olive oil, vegan mince, tomato sauce, aromatic Mediterranean herbs, vegan cream sauce and vegan cheese, oven-baked. Served with rice.

Zucchini, Sweet Potato or Pumpkin Surprise
Choose one of the seasonal vegetables.
Oven-baked, filled with spinach, feta and tomatoes, special herbs and olive oil, topped with melted mozzarella. Served with a mini mixed salad and pita.

22
Filled with baked chicken pieces and mushrooms, special herbs and olive oil, topped with melted mozzarella. Served with a mini mixed salad with feta and pita. — 25

Stuffed Peppers — 20
Stuffed peppers with a mix of cheeses, rice and herbs, served with mixed greens with feta.

Dolma (Sarma) — 19
Grape leaves stuffed with rice and Aegean herbs.

Extra side of rice or mashed potatoes — +6

PASTA, RISOTTO & MAMA'S SPECIALS

ADD-ONS

Only available with a main course

BREADS & BASICS

Bread (slice)	1
Vegan & gluten-free bread (slice)	1.5
Bread basket	4
Bread basket (gluten-free)	5
Turkish bagel (Simit)	3.5

PROTEINS & TOPPINGS

Parmesan	3
Mozzarella cheese (grated)	3
Burrata	7
Feta	3.5
Smoked salmon	7
Egg	3.5

PITA

Greek pita (small)	2
Greek pita (large)	3

OTHER

Avocado	3.5
Butter	2.5
Olive oil	2.5
Rice	6
Mashed potatoes	6
Butter or olives with special olive oil & large Greek pita	7.5
Gluten-free option (supplement)	+3

Vegetarian

Vegan

Lactose-free

Gluten-free

Allergens & ingredients

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Available in: EN NL DE

MENU

Tapas platter

Assortment of hummus, tzatziki, grilled vegetables, dolma and gözleme, salad, pepper with mozzarella, olive mix and large Greek pita

Tapas platter (suitable for 2 people) — 38

Mediterranean Cheese & Mezze Platter

To share (serves 2). 3 types of cheeses with fresh fruit, dried fruit and nuts. Served with mini hummus, tzatziki, tomato, cucumber, radish and a large Greek pita.

20

Grilled Chicken (3 pieces) — 14
With pita.

Hummus — 8
Served with Greek pita.

Tzatziki — 7
Served with pita.

Tapas Shakshuka — 11
With pita.

special

Tapas Manti — 12
Turkish ravioli with spiced minced meat (beef) and mild chili dressing, served with creamy yogurt sauce.

Tapas Grilled Vegetables — 9.5
Eggplant and bell peppers served with tomato sauce and Greek pita.

Tapas Greek Flatbread (Gözleme) — 8
Flatbread filled with spinach and feta, with salad.

Tapas Dolma (Sarma) — 9
Grape leaves stuffed with rice and Aegean herbs, served with yogurt.

Grilled Halloumi Plate — 13
Grilled halloumi slices on grilled tomatoes with Mediterranean herbs and soy sauce, served with Greek pita.

Mini Avocado Salad — 13
Mixed lettuce, avocado, mozzarella slices, pesto sauce and tomato.

Mini Greek Salad — 12
Mixed lettuce, feta, tomato, cucumber, sweet corn, beetroot, olives and olive oil.

Papa's Seasonal Specials

Papa's Beef in Aegean Sauce — 29
Sautéed beef pieces marinated with Aegean herbs and spices, served on grilled zucchini and eggplant slices, topped with a special sauce and grated fresh cheese. Served with Greek pita and tzatziki, or rice.

Spanish Albóndigas in Tomato Sauce — 27
Homemade meatballs with mozzarella in special tomato sauce with olive oil and onion, served with warm Greek pita and tzatziki, or rice.

Aegean Pita Bowl — 26
Grilled eggplant and juicy meatballs in organic tomato sauce with herbs, served on Greek pita, topped with hummus and tahini sauce.

Greek Kofta (Meatballs) — 26
Meatballs grilled with onions, tomatoes and bell peppers, on Greek pita with authentic salad. Served with Greek rice and tzatziki.

Gyros Dish — 25
5 grilled chicken pieces on Greek pita with salad with feta. Served with Greek rice and tzatziki.

Tuscan Caprese Chicken — 25
Chicken, mozzarella cheese, Tuscan olive oil, mushrooms, spinach and spices. Served with a large Greek pita.

Extra side of rice or mashed potatoes — +6

TAPAS & PAPA'S SEASONAL SPECIALS

Allergens & ingredients

Available in:
EN
NL
DE

MENU

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

Hot Beverages

All coffees are available decaf.

Coffee — 3.5

Espresso — 3.75

Double Espresso — 4.75

Cappuccino with oat or cow's milk — 4.8

Latte Macchiato — 4.8

Fresh Tea (large glass) — 4.9
A generous fresh mint tea with fresh ginger and honey.



Tea various flavors — 3.8

Kids' Hot Chocolate with whipped cream — 5.5

Cold Beverages

Homemade Lemonade with seasonal fruit — 6.5

Fresh Orange Juice — 5

Natural Apple Juice — 4.8

Smoothie — 8
Jungle Juice with strawberry, açaí, blueberry, mango, oat milk

Frappé Iced Coffee — 8

Greek Frappé — 7

Ginger Beer — 5

Tomato Juice — 4.8



Bitter Lemon — 4

Ginger Ale — 3.8

Cola Zero — 3.8

Cola — 3.8

Iced Tea peach or green tea — 3.8

Water still or sparkling — 3.5

HOT & COLD BEVERAGES

Allergens & ingredients

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MENU

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

Wine

0% ALCOHOL

BY THE GLASS. A SMALL BITE FROM THE KITCHEN WITH YOUR FIRST GLASS

Sparkling White or Rosé — 7.5
Fresh, light, celebratory
Lively and refreshing. Ideal at any time of the day.

White — 7
Crisp, fruity, refreshing
Light acidity, fresh grape flavors. Pairs well with vegetables, chicken and Mediterranean dishes.

Red — 7
Soft, elegant, Mediterranean
Smooth and softly fruity.

Rosé — 7
Pale, dry, refreshing
Berry and citrus notes. Light, dry and easy-going, equally happy on its own or alongside light fare.

BYOB

Bring Your Own Bottle
Prefer alcoholic wine? Bring your own bottle and we will gladly serve it.

Corkage (per bottle) 10

SUGGESTED PAIRING

Mediterranean Cheese & Mezze Platter — 20
To share (serves 2). 3 types of cheeses with fresh fruit, dried fruit and nuts. Served with mini hummus, tzatziki, tomato, cucumber, radish and a large Greek pita.

Mocktails

0% ALCOHOL

Mama's Garden Mojito — 8.5
Mint, lime & soda. Cool, green & refreshing.

Sunset Spritz — 8.5
Fresh and lightly bitter, with a hint of orange.

Fresh Margarita Cooler — 8.5
Lime, citrus & a light salt rim. Bright and zesty.

Caribbean Sunset — 9
Almond drink, lime & warm spice.

Espresso Martini — 9
Especially recommended with desserts.

Mama's Colada — 10
Pineapple, coconut & cream. Tropical and creamy.

Rose Berry Spritz — 8.5
Fresh and lightly bitter, with a hint of red fruit.

Velvet Martini — 9
Strawberry, smooth & lightly aromatic. Served chilled.

Papa's Tonic — 8
Tonic, citrus & a clean bittersweet finish.

WINE & MOCKTAILS

Allergens & ingredients

Available in:
EN
NL
DE

MENU

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

Desserts

Homemade Rice Pudding (Sütlaç) — 8.5
with cinnamon

Red Velvet Cake — 8.5

Apple Pie — 8
with whipped cream

Chocolate Tart — 8

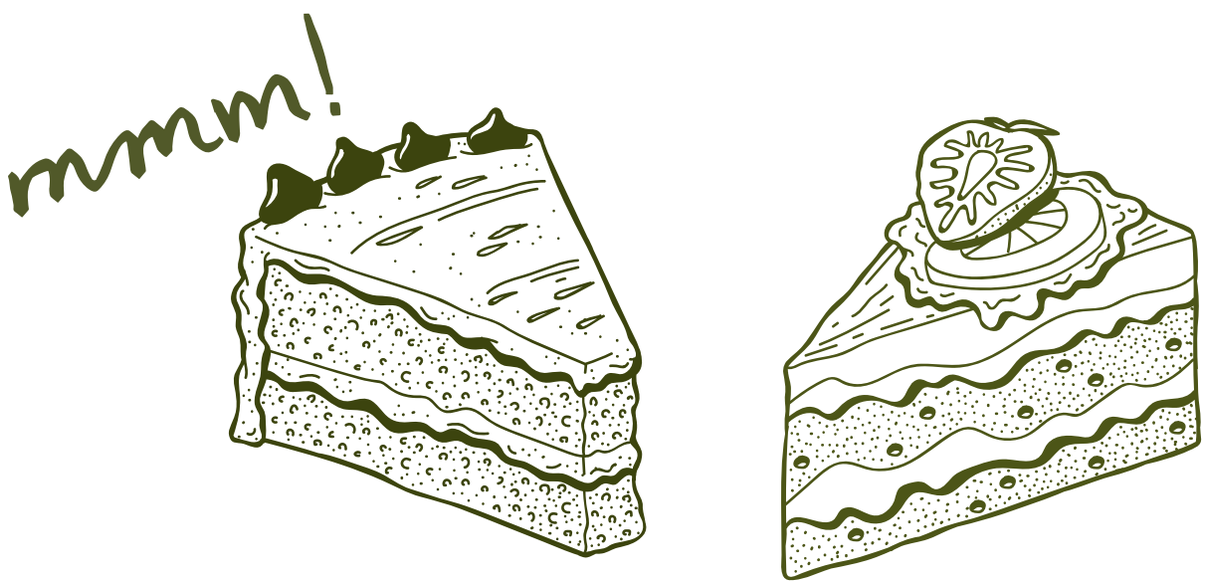
Caramel Cheesecake — 8

Brownie with Orange — 8

Tiramisu (small) — 7

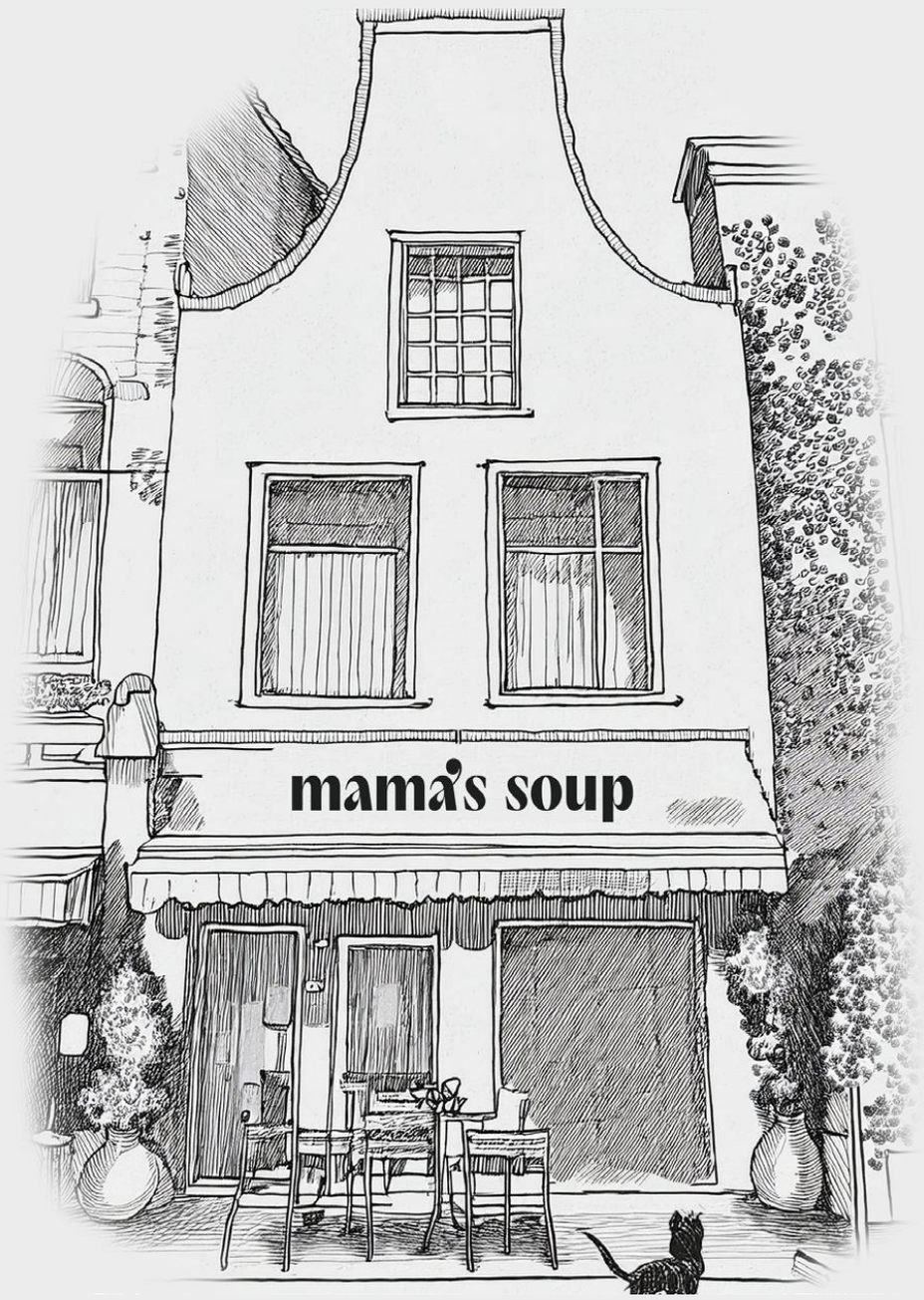
Strawberry Cheesecake (small) — 7

Seasonal Dessert — 7 / 8.5
Ask our staff.



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DESSERTS



Grote Houtstraat 146, Haarlem