

Over 150
seats inside!

Mamuška!
Restaurant and Bar

SUMMER MENU

JUNE 2026



Sizzling Summer Deals

**GRILLED
KARKÓWKA
PORK STEAK**

 **AIR-CON**  **ICE-COLD DRINKS**  **ICE-CREAM**

"Had another cracking night at Mamuška! ... our go-to spot for the real deal Polish grub. If you're after massive portions of schabowy or some seriously good pierogi, this is the place. ... Super attentive and friendly service. We honestly had a blast, and the best part? The bill didn't hurt one bit. Highly recommend!"

- Thomas Dogiel, Google Review

OPENING HOURS

SUNDAY - TUESDAY 12.00 - 22:00
WEDNESDAY - SATURDAY 12.00 - 23:00
Open Late on Request

*OUR FABULOUS KITCHEN SERVES FROM
12:00 NOON UNTIL 21:30, DAILY

WWW.MAMUSKA.NET

WiFi: Mamuska Guests
Password: mamarocks

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VISIT MAMUSKA.NET

Summertime Fun with Mama!

A discretionary 12.5% service charge will be added to your bill and goes directly to the Team!

Drinks Menu

*MEANS ALCOHOL FREE | All spirits are 40% abv unless otherwise stated



DRAUGHT BEER

PINT HALF 2L Jug

GREAT VALUE

BRIXTON BREWERY

Coldharbour Lager (4.5%)£7.50 £4.00 £24.00
Reliance Pale Ale (4.2%)£7.50 £4.00 £24.00

NAMYŚLÓW BREWERY

Namysłów Pilsner (6.0%)£7.50 £4.00 £24.00
Namysłów Shandy (3.0%)£7.00

ŻYWIEC BREWERY

Żywiec Polish Lager (5.6%)£7.50 £4.00 £24.00



CRAFT BEER

500ml BOTTLE

STAROPOLSKIE BREWERY



(OPEN FERMENTATION)

Staropolskie Dworskie - Lager (5.7%)£8.20
Staropolskie Kozłak - Kozłak Bock (6.2%)£8.20
Staropolskie Pszenne - Wheat beer (5.2%)£7.90
PRL Ciemne - Dark beer (5.0%)£7.90



BEERS & CIDERS

500ml BOTTLE

Lech (5.0%)£7.20
Perła Export (5.2%)£7.20
Perła Miodowa (Honey) (5.4%)£7.20
Perła Pilsner (6.0%)£7.20
* Perla Lime Mint Alcohol Free (0.0%)£5.00
Tyskie (5.2%)£7.20
Żywiec IPA (5.0%)£7.20
Żywiec Białe (4.9%)£7.20
* Żywiec Alcohol Free (0.0%)£5.00
Cider Lubelski 400ml (4.5%)£8.30
Perry Lubelski 330ml (4.5%)£8.30



MOCKTAILS

£5.00

- ***Virgin Mango:** Pineapple juice, orange juice, vanilla syrup, mango purée, lime juice
- ***Virgin Szarlotka Sip:** Lemon juice, simple syrup, cinnamon stick, apple juice
- ***Petal Pop:** Cranberry, elderflower and soda
- ***Virgin Mojito:** All of the calories, none of the fun. Classic, mango or passionfruit
- ***Warszawa Eden:** The angelic twin of Warszawa garden. Cucumber, lemon juice, elderflower syrup, mint and soda.

SOFT DRINKS

Still/Sparkling Water (500ml) £3.00
Coke, Diet Coke, Coke Zero, Sprite, Fanta (330ml) £3.00
Tymbark: £3.00
Apple & mint, apple & cherry, orange & peach (250ml)
Lemonade: (250ml) £3.50
(1ltr) £8.00
Assorted Juices:
Apple, orange, cranberry, pineapple) (250ml) £3.00
(1ltr) £7.00
Fruit Kompot (250ml) £3.50
(1ltr) £8.00



MILKSHAKES

£5.50

Vanilla, Chocolate, and Berry Milkshakes
2 scoops of ice cream, milk and whipped cream

MAMA'S COCKTAIL CREATIONS

£11.50, TWO FOR £20.00 WHEN ORDERING THE SAME

Bydgoszcz Fresh
Gdańsk Beach Punch
Gdynia Rebel
HuGo-es to Zielona Góra
Katowice PEARfection
Kraków Old Town
Łódź Cherry Fizz
Lublin lip-lock
Rzeszów Kick
Szczecin Sea Mist
Mamuśka! Spritz
Wrocław Dwarf Elixir
Warszawa Garden

Great Value

FROZEN MARGARITA £10 TWO FOR £18

Tequila, Triple Sec, lime juice and sugar syrup, frozen into a delicious iced cocktail.

CLEAR VODKA (40%)

Belvedere (Proper posh)
50ml | £12.70 / 700ml | £164.50
Luksusowa Potato & Rye
50ml | £8.30 / 700ml | £107.30
Pan Tadeusz
50ml | £8.30 / 700ml | £100.00
Wyborowa (Best-selling rye)
50ml | £6.60 / 700ml | £85.80
Wyborowa Exquisite (Founder's Fav)
50ml | £12.70 / 700ml | £159.50
Wyborowa Potato
50ml | £6.60 / 500ml | £59.40
Żubrówka Czarna (Best value)
50ml | £7.70 / 700ml | £100.00

CLASSIC COCKTAILS

£10.90, two for £18.00 when ordering the same.

Check out our full Drinks Menu for our classic cocktail list, and detailed descriptions of all our cocktails, including the luscious ingredients!

BEAT THE HEAT! VODKA SLUSHIES 250ML 5% £6



Szarlotka: Żubrówka Bison Grass & Apple juice

Cherry: Żołądkowa BlackCherry, Sopllica Cherry & Apple juice

SOPLICA

50ml | £5.50 / 500ml | £48.00
(28% to 32%)

Apricot, Blackcurrant, Cherry, Cherry Chocolate, Coffee, Hazelnut, Hazelnut Chocolate, Lemon & Mint, Lemon & Quince, Lemon & Honey, Lemon & Raspberry, Mirabelle, Plum, Quince, Raspberry, Strawberry

VODKA BOARDS



FRUITY & NUTTY

6 x 50ml | £31.00 / 6 x 25ml | £18.00
Sopllica Mirabell, Apricot, Quince, Hazelnut, Hazelnut in Chocolate, Zoladkowa Fig

RAINBOW LOVE

6 x 50ml | £31.00 / 6 x 25ml | £18.00
Sopllica Lemon Honey, Quince, Mirabelle, Strawberry, Cherry, Plum

BERRY GOOD

6 x 50ml | £31.00 / 6 x 25ml | £18.00
Bocian Cherry, Sopllica Lemon & Raspberry, Cherry Chocolate, Strawberry, Raspberry, Żołądkowa Black Cherry

CLEAR SAILING

6 x 50ml | £46.00 / 6 x 25ml | £28.00
Wyborowa, Wyborowa Potato, Luksusowa, Żubrówka Czarna, Belvedere & Wyborowa Exquisite (served with Smalec!)

YES!

We have a great **WINE LIST** and lots of other delicious liquid treats!
Ask your server for our **Drinks Menu!**

Starters, Lunch & Sides

STARTERS

*Allergens: please check allergens with your server

SIDES & Extras



Chłodnik | 200ml £3.70 | 450ml £5.50

The Spanish aren't the only ones smart enough to eat chilled soup in the summer! Try this buttermilk-based beetroot soup with lots of chives for a healthy, light delight!

🌿 🥚 🍞 (bread)

Rosół | 200ml £3.70 | 450ml £5.50

Sure, we have barszcz, chilled chłodnik and żurek soups, but let's face it; if you are visiting Mama on the weekend you might be looking forward this classic Polish chicken noodle soup. Traditions are respected here! 🐔 🍞



Small Barszcz Czerwony Beetroot Broth | £3.20
Poland's classic broth, to get your tummy ready!

🌿 🍷



Żurek | 200ml £4.40 | 450ml £7.60
Yes, we know! We should have done this long ago. Poland's famous sourdough extract soup with white sausage and boiled egg is now available every day!

🐔 🌿 🍷 🍞 🥚



Krokiet Kapusta | £8.00
(with cup of Barszcz or Chłodnik)
Traditional kapusta & mushroom filled crepe, breaded, deep fried and perfect for dunking!

🌿 🍷 🍞 (chłodnik) 🥚

Original Recipe!



Sałatka Jarzynowa | £6.80
The vegan terrorists have been defeated! We have finally grown some 'eggs' and are bringing back the original Polish recipe.

🌿 🥚 🍷 🍞 (bread)



Krokiet Pork | £8.00
(with cup of Barszcz or Chłodnik)
Breaded deep-fried crepe stuffed with minced seasoned pork.

🐷 🍷 🍞 (chłodnik) 🥚



Smalec | £6.80
Nothing like a little fat to start your meal! This rich and creamy paté goes best with a vodka shot.

🐷 🍷 (bread)

CHIPS.....	£4.50
KIDS CHIPS.....	£2.60

FRESH BAKED BREAD ...	£2.60

GRATED CHEESE.....	£2.50
VEGAN CHEESE ✓.....	£3.50

MASHED POTATOES.....	£3.70
KIDS MASH.....	£2.10

WILD MUSHROOM SAUCE.....	£4.50

MUSHY PEAS.....	£2.10

PORK GULASZ GRAVY ..	£3.70

SALAD BAR.....	£3.70

SOUR CREAM.....	£2.10

BUTTER.....	Just Ask

LUNCH DEALS £8.00 £9.00 WITH SOFT DRINK OR SMALL BARSZCZ £10.00 WITH HAPPY DRINK* OR LARGE BARSZCZ

Lunch sized portions of our favourite dishes | Monday - Friday, 12.00-4.00 PM | Includes small salad bar serving



- Pork Gulasz, mash
- Vegan Leczo, mash
- Bigos, bread
- Half Kiełbasa Polish Sausage, chips
- Placki - 2 small potato Pancakes, any topping



- 5 Pierogi (boiled only), any flavour, toppings
- Chicken Fingers, battered & fried, chips
- Half Breaded Chicken, chips
- Half Schabowy, mash
- Half Grilled Karkówka, chips

A discretionary 12.5% service charge will be added to your bill and goes directly to the Team!

(*HALF PINT BEER OR SMALL HOUSE WINE)

Pierogi & Pancakes

All 10pc Pierogi, Placek, Big Plates and Tasting Menu come with a visit to the salad bar.

PIEROGI DUMPLINGS PLATTER



Ruskie 🌱🍷 blended white cheese, potato and onion	5 PCS £9.50	10 PCS £17.90
Pork 🐷🍷	£9.50	£17.90
Goat Cheese & Spinach 🌱🍷	£9.50	£17.90
Sauerkraut & Mushroom 🌱🍷	£9.50	£17.90
Veggie Mixed 🌱🍷	£9.50	£17.90
Mixed Set 🐷🍷	£9.50	£17.90

Pierogi Party Platters 🍷 Pork, Vegetarian or Mixed (boiled only)	30 PCS	£47.50
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HOW TO ORDER
4 SIMPLE STEPS

STEP 1: CHOOSE PORTION SIZE
STEP 2: CHOOSE FILLING FLAVOUR
STEP 3: BOILED OR FRIED? (ADD £1.50 FOR FRIED)
STEP 4: CHOOSE TOPPINGS FROM ONION, BACON AND SOUR CREAM!

ALLERGENS & DIETARY

All allergens are shown as icons, but if you would like to see our fancy, full Allergen Chart, please ask and we will fetch it for you.

SEVERE ALLERGY? If you have a SEVERE allergy to a food item, please ALWAYS consult staff before ordering.

DIETARY KEY		
BEEF	FISH	POULTRY
CELERY	GLUTEN	SOY
CRUSTACEAN	MUSTARD	SULPHITES
MILK / DAIRY	NUTS / SESAME	VEGAN
EGGS	PORK	VEGETARIAN

We have a nut-free and sesame free kitchen (but the bar has nut flavours!). Please also 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. (i.e. air-borne flour particles from pierogi dumpling production may find their way into GF product.)

PLACEK WITH GULASZ & SOUR CREAM



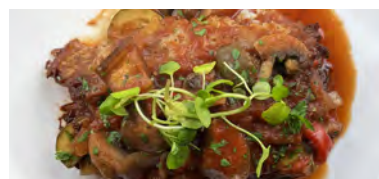
Potato pancakes - placki ziemniaczane - are as Polish as food can get! Finely grated raw potato batter, seasoned and shallow fried, then topped as you like it!



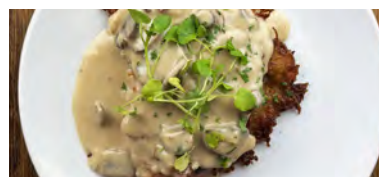
Naked
🌱🍷..... £12.90



Sour Cream
🌱🍷..... £15.00



Vegan Leczo
🌱🍷..... £16.40



Wild Mushroom Sauce
🌱🍷..... £17.40



Po Węgiersku (pork gulasz)
🐷🍷..... £19.10

Add dairy cheese on top 🌱🍷 £2.50

Add vegan cheese on top 🌱 £3.50

(Placek have eggs & are not vegan)

BIG Plates

Choose from our AMAZING regular line-up!



CHOOSE YOUR CARB! Plus ONE visit to the salad bar included
Our carbohydrate accompaniments are swappable. This isn't football mate, so feel free to change sides! And don't forget to visit the salad bar!



NO CARBS



BREAD (Gluten)



MASH GF



CHIPS GF



NEW!

Summer Salad | £10.50

A light refreshing salad pimped up with protein or enjoyed on its own. Fresh lettuce tossed with cucumber and cherry tomatoes, with a sprinkle of pumpkin seeds, some tortilla chips for a crunch and a creamy dill dressing! (Hold the dressing to make it vegan.)

Add Halloumi | £3.50 🥛

Add Breaded Chicken | £3.50 🐔

Hold the dressing for ✓



Grilled Karkówka | £19.90

Our summer spotlight dish!

Marinated pork shoulder steaks, grilled to perfection. Paired with grilled vegetables, we recommend our grilled bread to complete this light delicious treat!

(To enjoy this as a gluten-free dish, choose potatoes or chips.)



Beer Battered Cod | £19.90

In Poland breaded fish is slightly more popular, but here in London? Well, let's just say the tourists know what they want! Our Polish-beer-battered cod and chips with minted mushy peas is the simply the best for miles around! Perfect with a pint of Polish draught!

BATTERS UP!



Grilled Kiełbasa | £16.90

Poland has so many types of sausage that it would amaze you! We serve "toruńska" sausage, served on a bun with spicy fried onion, chips included. Ask for a cheesy top for an extra treat!

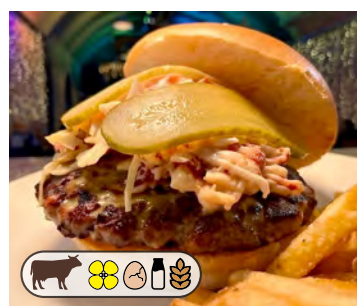
Add melted cheese | £2.50 🥛



Pork Gulasz | £16.90

We have finally come to terms and made peace with the vegetarians, making a flavourful addition to our tender pork and onion gulasz. We've added capsicum and mushroom. That's it. If you want to dilute your meat any more, visit the salad bar.

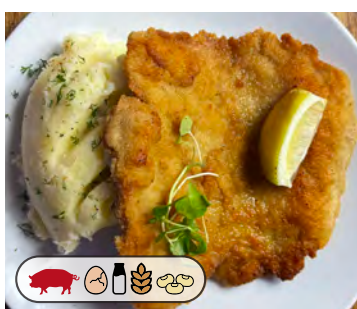
Add melted cheese | £2.50 🥛



The Waterloo Beef Burger | £19.90

200g of prime beef chuck, minced on site and seasoned to perfection. Char-grilled to medium, cheese added to taste, topped with our own freshly made coleslaw and Polish gherkin, on a toasted brioche bun. Perfect!

Add melted Monterey Jack cheese for only £1! 🥛



Schabowy | £19.50

Our top-seller has become even more authentic by giving it an overnight bath in milk, onion and garlic (I wish I were a schabowy...) before breading and shallow frying.

Add melted cheese | £2.50 🥛

Add wild mushroom sauce | £4.50 🍄

NEW!



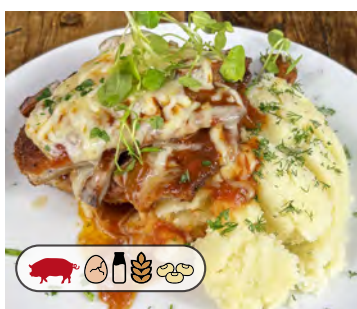
Breaded Chicken Breast | £19.50

Kurczak panierowany! Our breaded pan-fried chicken just became much more extravagant now that it is bathed overnight in milk, onion and garlic.

Add melted cheese | £2.50 🥛

Add wild mushroom sauce | £4.50 🍄

NEW!



Tower Temptation | £21.90

Some say there is nothing better than a tenderised, breaded, shallow-fried cutlet. Normally we would agree, but for a twist on the original try our Head Chef's pimped-up version with cheese and some kiełbasa leczko stew. Select **chicken** 🐔 or **pork** 🐷 and enjoy these new culinary heights!



Bigos | £16.90

Poland's very famous bigos "Hunter's Stew", made with kapusta kiszona, sausage, wild mushrooms, pork shoulder meat and a touch of tomato to bring it all together. Hearty and very gut-healthy! And it's gluten free when served with mash!

NEW!

WEEKLY SPECIALS - GREAT FOR OUR REGULAR GUESTS!

There are so many great Polish dishes but only so much space on our regular menu! So if you're looking to venture into new territory, ask your server which Polish Classic is on special this week, and grab one while you can!

A discretionary 12.5% service charge will be added to your bill and goes directly to the Team!

Set Menu, Vegan & Kids

SET MENU FOR TWO

£57.50

3 course tasting menu made for sharing!

Starters: Sałatka Jarzynowa, Smalec, Mixed Pierogi (all toppings, 8 pcs), Kapusta & Mushroom Krokiet and Chilled Chłodnik

Mains: Placek, Bigos (200g), Gulasz (200g), Schabowy

Dessert: Sernik - Cheesecake to share

(For allergens check page 4)



Add melted vegan cheese on top | £3.50

Vegan Leczo | £16.90

Chef decided that we need a break from Vegan Stew ... so he's serving Vegan Leczo Stew! The difference? More peppers, less chick peas and a lot more Polish.



Vegan Kotlet Tower | £19.50

Can't decide between our home-style delicious vegan stew and the vegan kotlet? Problem solved! Order this Tower of a meal and get two tastes in one! Enjoy!



Add melted vegan cheese on top | £3.50

Vegan Kotlet | £16.90

Our Vegan Kotlet is made from Moving Mountains™. We make a perfect cutlet, bread it and shallow fry it ourselves - just like we do with Schabowy! So if you're looking to cut down on meat and still want those Polish flavours, this is for you, complete with 22g of vegetable protein.

KIDS' MENU

FOR CHILDREN UNDER THE AGE OF 12
INCLUDES SALAD BAR SERVING

*One free kids' item for a child under 12 with every Big Plate, 10 pc Pierogi or Placek order. You qualify for 2 kids' items if you order Mama's Set Menu.



5 pieces of
Pierogi | £9.50

(Allergens pg4)



Half Schabowy |
£8.90



Chicken Fingers
& chips | £8.90



Fish Fingers
& chips | £7.90



Half Breaded
Chicken | £8.90



**KIDS EAT
FREE***

**ALL DAY
EVERY DAY!**

Desserts

ALL CAKES AND CREPES MADE ON SITE, IN OUR NUT & SESAME FREE KITCHEN

Naleśniki with Cheese | £7.20 🌿🥚🥛

If there is dessert (beyond szarlotka and sernik) that all Poles love and were raised on, it is this. Sweet-cheese-filled crepes with a chocolate drizzle and icing sugar. Thank you, Chef! Ask your server to add an extra scoop of ice cream! (+£1.00)

Szarlotka | £7.20 🌿🥚🥛

Polish apple cake with a thick layer of apples and a crumble crust. Ask your server to add an extra scoop of ice cream! (+£1.00)

Royal Cheesecake Sernik | £7.20 🌿🥚🥛

Polish style (baked) with a chocolate base and a caramel glaze.

Marshfield's Local Ice Cream 🥛

£2.60 - 1st scoop, £1.00 - extra scoop

Ask your server about flavours! (May contain 🥚🥛🌿🥚🥛)

Marshfield's Sundae | £6.30 🥛

(Add Krupnik Dessert Vodka 50ml | +£2.50)

Made with Marshfield's Local Ice Cream and whipped cream

Magnum | £3.20

(May contain 🥚🥛🌿🥚🥛)

Classic 🥛 / Caramel 🥛 / Vegan / Oreo Sandwich 🥚🥛



SZARLOTKA



NALEŚNIKI



MARSHFIELD'S



SERNIK

COFFEE & TEA



Espresso (single)	£2.80
Espresso (double)	£3.00
Americano	£3.00
Cappuccino/Latte/ Flat White.....	£3.50
Mocha.....	£3.90
Filter Coffee	£2.50
Iced Latte (250ml).....	£4.00
Tea	£2.50
Iced Tea (250ml).....	£3.50
Hot Chocolate	£3.50

LOVE SMOOTHIES

£5.00



- Strawberry Split**
Strawberry & Banana
- Berry Go Round**
Blackberry, Strawberry & Raspberry
- Pash "n" Shoot**
Passionfruit, Mango & Pineapple

KRUPNIK DESSERT VODKA

25ml | £2.80

50ml | £3.90

500ml | £37.40

(abv 16%)

- Coconut, Raspberry,
- Cappuccino, Pistachio,
- Salted Caramel

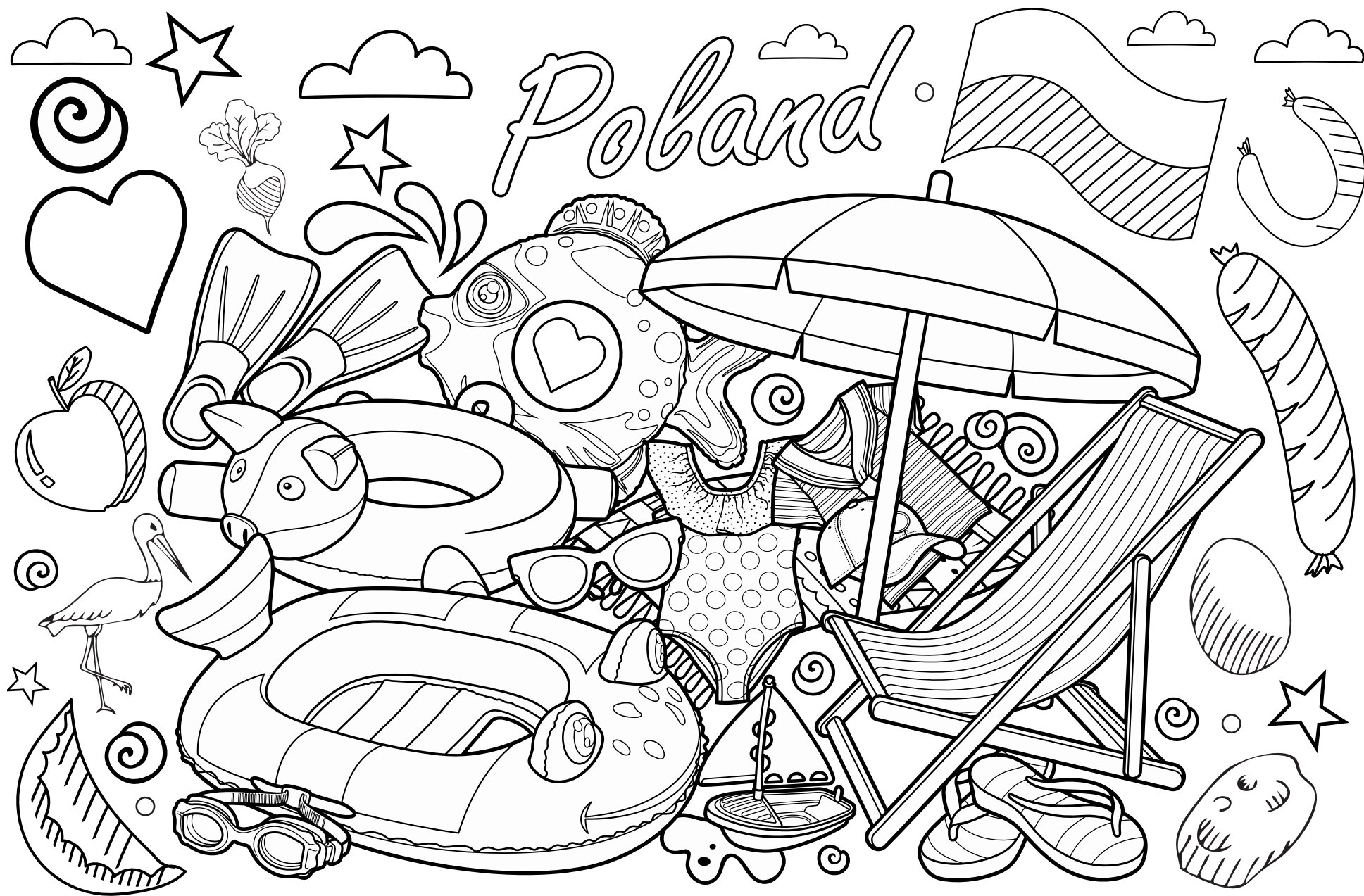
MUST TRY!

THE DESSERT VODKA BOARD 6 x 50ML

£22.00



Includes KRUPNIK original spiced honey vodka 38% abv for a kick at the end!



DID YOU KNOW?

The famous seaside resort town of Sopot is home to Europe's longest wooden pier, which stretches over half a kilometre (511 meters) out into the Baltic Sea.

WORD SEARCH

q o c c d t j i q t d w u u d
o j o i d c d m o r p i a a g
p f i n q k x o d u i n n f d
a f e l j s v l z s a s x m l
r t b s k r k o e k s ł h z a
a k s a t k i z w a e o e w t
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a i p e n t w k m k p c m d a
n i o p q b y a s a d e g f i
b n t k o h i k l u t x l n a

parawan
sopot
bałtyk

truskawka
molo
piasek

słońce
lato
festiwal

WATCH TEAMS
POLAND

@ Mamuśka!
Restaurant and Bar

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