

MENU

URBAN

ROMANIAN

CUISINE



CA LA MAMA ACASĂ[®]

since 1999

Sponsor of
GEORGE ENESCU FESTIVAL





CA LA MAMA ACASĂ®

since 1999

Our Story

"We started with an idea and a desire. I wanted to eat well, I wanted to eat out with my friends and feel full. I worked all day, without finding time to go home, tired of the same old fast-food sandwiches. I dreamt of the times when hot, warm, and tasty food awaited me on the table, with something really good in it. In my dreams, I was eating at my mother.

That's how the idea was born. That's how La Mama was born. 25 years ago. Out of necessity, longing, and why not, hunger. Mothers always make the food really good. Mom doesn't mind that I eat a lot. I always feel good at my mom's because it's something different."

Cătălin Măruș



CA LA MAMA ACASĂ®
since 1999

Dear Guests,

At La Mama, we do not use food additives (E-numbers) in our cooking process. Any E-numbers that may appear in our recipes come from the ingredients, some of which are part of their preservation process.

Food is cooked daily at each La Mama restaurant, which is why some products may no longer be available after a certain hour. We use as many fresh products as possible. For this reason, our supply is replenished daily, from Monday to Saturday, and whenever possible, from Romanian producers.

PS: We do not use palm oil, monosodium glutamate, or other flavor enhancers, as well as no added food starch, etc!

BREAKFAST

AVOCADO TOAST (340g) 203.25 Kcal / 849.6 Kj

Ingredients: **2 eggs**, guacamole (avocado, tomatoes, onion, lemon juice, garlic, parsley, salt, pepper), bacon, **salmon, bread**.

Allergens: eggs, gluten, fish

CHEF'S BREAKFAST (420g) 294.41 Kcal / 1230.65 Kj

Ingredients: **2 eggs**, tomatoes, **cheese** (olive oil, bell pepper, parsley leaves, garlic, thyme), beetroot salad (beetroot, vinegar, sugar, salt), **pan-fried sausages**, Kalamata olives, bacon, cucumbers, **breaded cheese**.

Allergens: milk, eggs, gluten

EGGS BENEDICT with bacon and smoked salmon (300g) 312.27 Kcal / 1305.27 Kj

Ingredients: **2 eggs**, **2 butter croissants**, **hollandaise sauce** (palm and rapeseed oil, water, egg yolk, **skimmed milk powder**, salt, sugar, dextrose, **milk** and celery flavors, **traces of gluten**), smoked salmon*/bacon, lettuce.

Allergens: gluten, celery, eggs, milk, fish, barley

SUNNY SIDE UP EGGS (240g), 246.99 Kcal / 1032.41 Kj

Ingredients: **3 eggs**, **pan-fried sausages**, **cheese**, smoked bacon, capia peppers, oil, salt, pepper.

Allergens: milk, eggs, gluten

FRIED OR POACHED EGGS (180g), 220.56 Kcal / 921.92 Kj

Ingredients: **3 eggs**, oil, salt.

Allergens: eggs

OMELETTE (180g), 221.97 Kcal / 927.84 Kj

Ingredients: **3 eggs**, oil, salt, pepper.

Allergens: eggs

EXTRA TOPPING for omeletts (20g)

Options: bell peppers / onions / mushrooms / tomatoes / bacon / cheese / pastrami

CROISSANT WITH BUTTER AND JAM (65g/50g) 320.61 Kcal / 1340.14 Kj

Ingredients: **butter croissant** (wheat flour, water, **butter**, sugar, **eggs**, yeast, **gluten**, salt, **malt flour (barley)**), blackberry or cherry jam.

Allergens: milk, eggs, gluten

Note: Breakfast is served until 12:00 PM.

Eggs Benedict with bacon & smoked salmon

38

54

42

38

18

18

5

16



Sunny Side Up Eggs



COLD & HOT APPATIZERS

CARP ROE SALAD (100g/35g/15g) 495.47 Kcal / 2071.05 Kj
Ingredients: carp roe salad (oil, **carp roe**, **tarama roe**, salt, lemon juice), Kalamata olives, red onion.
Allergens: fish

ROMANIAN DELICACIES

For 1-2 people (380g), 202.13 Kcal / 844.91 Kj
Ingredients: tomatoes-50g, cucumbers-50g, **aged Ibănești cheese**-40g, **cheese**-40g, Tatar ghiudem-30g, babcic-30g, beef pastrami-30g, smoked pork neck-30g, green onion-30g, smoked bacon-30g, marinated turkey breast-30g
Allergens: milk

EGGPLANT SALAD (210g/30g/10g), 89.63 Kcal / 374.65 Kj
Ingredients: roasted eggplants*, tomatoes, red onion, oil, salt.

MASHED BEANS (210g/50g), 190.09 Kcal / 794.59 Kj
Ingredients: dried beans, sauce (onion, oil, tomato paste, garlic), salt.

BOEUF SALAD (270g/40g) 241.93 Kcal / 1011.25 Kj 2E
Ingredients: boeuf salad (potatoes, mayonnaise sauce, beef pulp*, carrots, peas*, pickled peppers, pickled cucumbers (mustard seeds), Kalamata olives, salt, pepper), sourdough bread.
Allergens: eggs, mustard, gluten, flaxseed

APPETIZER TASTING MENU (350g), 156.05 Kcal / 652.27 Kj 2E
Ingredients: carp roe salad-70g, eggplant salad-70g, boeuf salad-70g, guacamole-70g, mashed beans-70g
Allergens: fish, eggs, mustard

26 BULZ (440g), 253.68 Kcal / 1060.37 Kj 1E **34**
Ingredients: **polenta**, **rustic kaizer**, **Ibănești sheep's cheese**, **eggs (1 piece)**, **aged cheese**.
Allergens: eggs, milk

70 BREADED CHEESE (170g/50g), 367.88 Kcal / 1537.74 Kj **34**
Ingredients: **cheese**, **flour**, **breadcrumbs**, **eggs**, **grated cheese (cow's cheese)**, salt.
Allergens: gluten, milk, eggs

PANCAKES WITH CHICKEN AND MUSHROOMS **36**
(220g/100g), 249.78 Kcal / 1044.09 Kj
Ingredients: **cream**, **flour**, **eggs**, **milk**, **chicken breast***, **champignon mushrooms**, onion, oil, dill, pepper, salt.
Allergens: eggs, gluten, milk

22 POLENTA WITH CHEESE AND CREAM **34**
(300g/150g/125g/50g), 125,6 Kcal / 525,03 Kj
mămăligă, **smântână**, **brânză proaspătă de vaci**, **telemea de vacă**.
Alergeni: lapte

29

37



GOURMET SALADS

CAESAR SALAD (270g) 1E, 202.28 Kcal / 845.52 Kj

Ingredients: 80g grilled chicken breast*, romaine lettuce, **Caesar dressing** (anchovy fillets, mustard, oil, lemon juice, **Worcestershire sauce**, Tabasco, **eggs**, garlic, Gran Formaggio cheese), **croutons** (white bread, salt, pepper, oregano, olive oil), Gran Formaggio **cheese**.

Allergens: eggs, mustard, fish, milk, gluten

44

SMOKED SALMON SALAD (450g) 1E, 127.03 Kcal / 531 Kj

Ingredients: 80g **smoked salmon***, salad mix (green and red lettuce, arugula, baby spinach, valerian in various proportions), **eggs**, cherry tomatoes, bell peppers, avocado, cucumbers, red onion, **dressing** (olive oil, lemon juice, sugar, mineral water, pickled capers, salt, pepper, **mustard**).

Allergens: fish, eggs, mustard

48

ROMANIAN SALAD (400g), 101.96 Kcal / 426.17 Kj

Ingredients: tomatoes, 70g grilled pork neck, salad mix (green and red lettuce, arugula, baby spinach, valerian in various proportions), cucumbers, bell peppers, red onion, dressing (olive oil, lemon juice, salt, pepper, oregano).

48

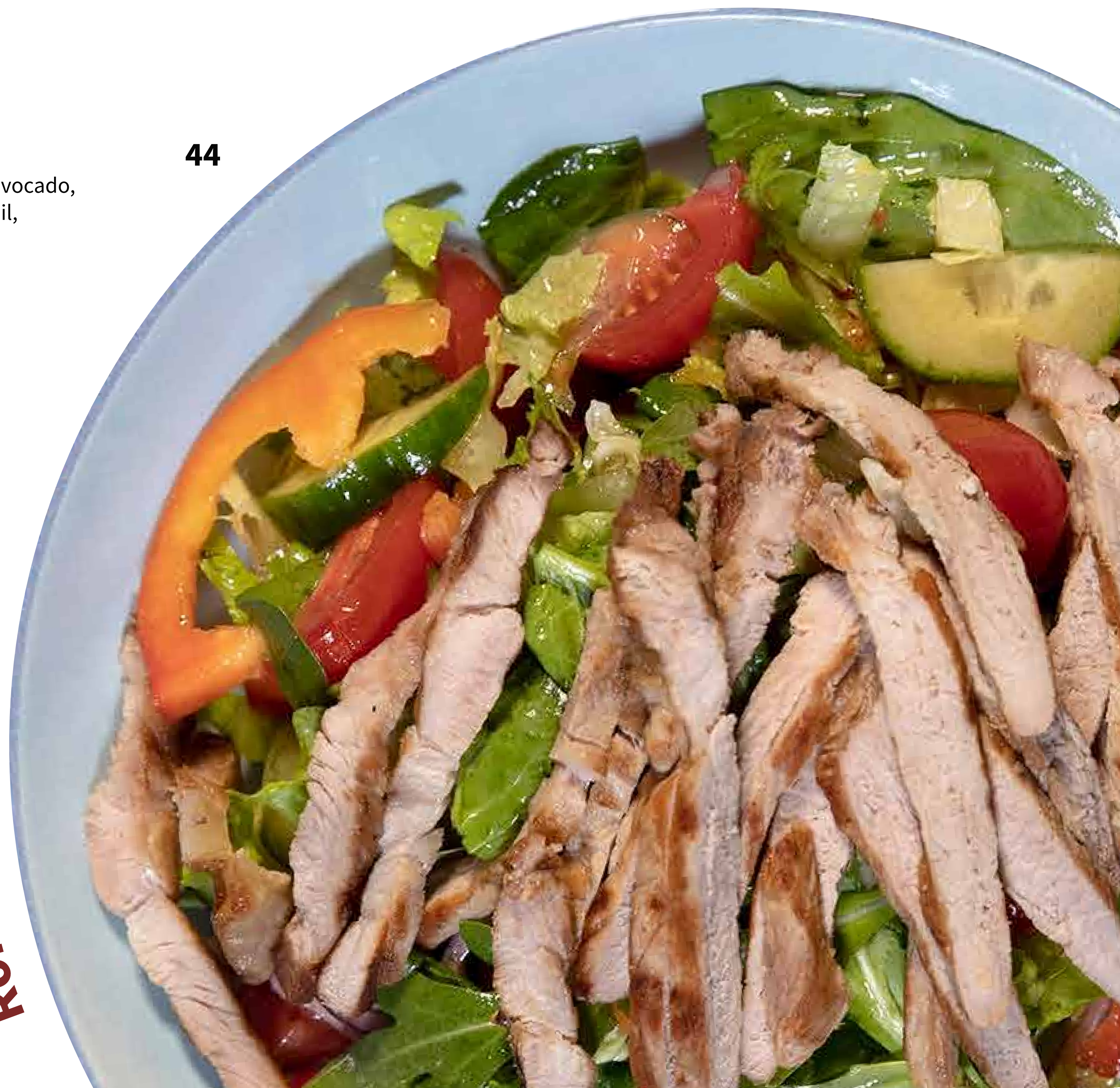
VEGETABLE BOWL (450g) 1E, 133 Kcal / 555.96 Kj

Ingredients: pan-seared chicken breast* with **sesame**, basmati rice, avocado, radish, cucumbers, carrots, peas*, teriyaki sauce, green onion, olive oil, honey, pepper, salt.

Allergens: sesame seeds

44

Romanian Salad



SOUPS AND BROTHS

Tripe Soup (440g) 1E, 141.95 Kcal / 593.35 Kj

Ingredients: beef bone soup, 100g beef belly meat, **sour cream**, vinegar, **eggs**, pickled bell peppers, oil, salt, garlic.

Allergens: eggs, milk, celery

29

Beef Soup (450g) 1E, 59.22 Kcal / 247.54 Kj

Ingredients: 90g boiled beef pulp, **borscht**, bell pepper, tomatoes in broth, carrots, onion, zucchini, tomato paste, beef bones, parsnip root, parsley root, **celery root**, salt, lovage.

Allergens: celery, gluten

27

Radauti Soup 1E, 165.98 Kcal / 693.78 Kj

Ingredients: 90g boiled chicken meat (from whole chicken), **sour cream**, **eggs**, carrots, onion, oil, wine vinegar, garlic, salt.

Allergens: eggs, milk, sulfites

27

Peasant Soup with Smoked Meats (420g) 4E, 224.96 Kcal / 940.35 Kj

Ingredients: 100g smoked pork rib, potatoes, **sour cream**, **borscht**, tomatoes in broth, **eggs**, onion, carrots, **celery root**, oil, parsnip root, parsley root, parsley leaves.

Allergens: celery, eggs, milk, gluten

29

Bean Soup with Smoked Meats (440g) 2E, 86.75 Kcal / 362.6 Kj

Ingredients: 50g fried smoked kaizer, beans, tomatoes in broth, onion, bell pepper, carrots, **celery root**, tomato paste, smoked bone rack, oil, lovage, thyme.

Allergens: celery

27

Creamy Vegetable Soup (440g), 66.36 Kcal / 277.38 Kj

Ingredients: potatoes, carrots, zucchini, **celery root**, bell pepper, onion, oil, salt.

Allergens: celery

26

Croutons (50g), 293.58 Kcal / 1227.16 Kj

Ingredients: **white bread**, oil, salt, oregano, pepper.

Allergens: gluten

Beef Soup



Peasant Soup with Smoked Meats



FISH & SEAFOOD

Oven-Baked Turbot (300g) 157.5 Kcal / 658.35 Kj

Ingredients: turbot, olive oil, salt, pepper, spices.

Allergens: fish

Shrimps in Garlic Butter Sauce (150g/50g), 310.6 Kcal / 1298.31 Kj

Ingredients: shrimp, butter, garlic, lemon juice, olive oil, wine, tomato, arugula, parsley, salt, pepper, spice, bread.

Allergens: crustaceans, lactose, sulfites, gluten

Mussels in Wine Sauce (1000g), 199.86 Kcal / 835.39 Kj

Ingredients: mussels in shell, oil, wine, lemon juice, onion, butter, hot pepper, garlic, green onion, thyme, salt, pepper.

Allergens: mollusks, lactose, sulfites

Grilled Sea Bass with Herbs (260g), 148.58 Kcal / 621.05 Kj

Ingredients: marinated sea bass (lemon, olive oil, salt, rosemary, pepper)

Allergens: fish

Spicy Salmon Fillet

on a bed of baby spinach and red beet salad

(180g/30g/30g) 1E 188.86 Kcal / 789.43 Kj

Ingredients: oven-baked **salmon** fillet with chili flakes (red beets, water, vinegar, sugar, salt).

Allergens: fish

Mustard Sauce (50g) 2E, 86.6 Kcal / 361.99 Kj

red bell pepper, **Dijon mustard**, wine

Allergens: mustard, sulfites

Grilled Trout with Lemon and Polenta

(260g/60g/300g), 129.79 Kcal / 542.53 Kj

Ingredients: marinated **trout** (lemon juice, olive oil, rosemary, salt, pepper) grilled, lemon, tomatoes, polenta (cornmeal, water, salt, oil)

Allergens: fish

Grilled Dorada (260g), 167.22 Kcal / 698.98 Kj

Ingredients: **dorada**, 60g lemon, olive oil, salt, pepper.

Allergens: fish

Vegetable Sauce (50g) 288.46 Kcal / 1205.76 Kj

Ingredients: tomatoes, olive oil, garlic, green basil, salt, pepper.

Anchovies with Polenta and Garlic Sauce

(200g/300g/70g), 140.91 Kcal / 589.02 Kj

Ingredients: **fried anchovies** (anchovies, flour, cornmeal, oil, salt), polenta, garlic sauce

Allergens: fish, gluten

130

52

64

54

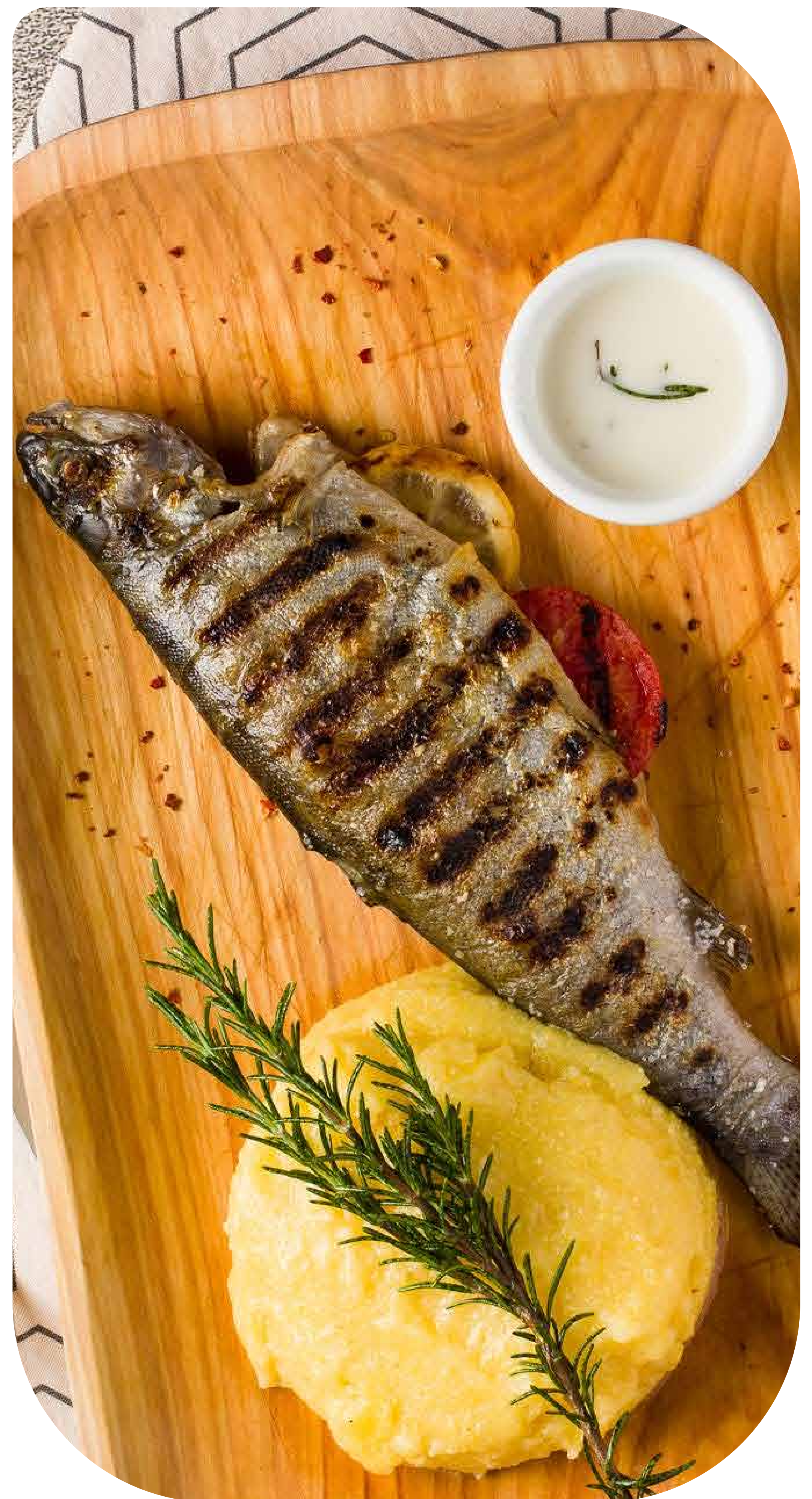
66

52

54

36

Grilled Trout with Lemon and Polenta



Note: Products marked with * are available in LaMama Ateneu and LaMama Clubul Taranului Roman restaurants.

TASTING MENU

Available only at La Mama Ateneu

"Expect the best of Romanian cuisine in a complete culinary and sensory experience. A fairy tale menu designed to stimulate all five senses. A blend of carefully selected fresh ingredients to offer dishes with authentic taste and delightful aroma. Enjoy your tasting!"

SOUP TASTING MENU (750g)

134.98 Kcal / 564.22 K

Peasant Soup with Smoked Meat 3E (150g): Smoked rib 30g, potatoes, sour cream, borscht, tomatoes in broth, eggs, onion, carrots, celery root, oil, parsnip root, parsley root, parsley leaves.

Tripe Soup 1E (150g): 30g beef belly meat, beef bones, eggs, sour cream, onion, carrots, celery root, garlic, vinegar, salt, oil, pickled peppers.

Radauti Soup 1E (150g): 30g chicken meat, sour cream, eggs, carrots, onion, oil, vinegar, garlic, salt.

Bean Soup with Smoked Meat 2E (150g): 15g fried smoked kaizer, beans, tomatoes in broth, onion, bell pepper, carrots, celery root, smoked bone rack, tomato paste, oil, lovage, thyme.

Young Beef Soup 1E (150g): 30g boiled beef pulp, borscht, bell pepper, tomatoes in broth, carrots, onion, zucchini, tomato paste, oil, beef bones, parsnip root, parsley root, celery root, salt, lovage.

Allergens: celery, eggs, milk, gluten

110

ROMANIAN FOOD TASTING MENU (900g)

264.6 Kcal / 1106.01 KJ

Sausages with Cabbage (150g): Grilled fresh sausages, cabbage dish (carrots, bay leaves, tomato paste, pepper, salt, oil, cabbage, bell pepper, onion, thyme, dill, pickled cabbage).

Transylvanian Goulash (150g) 1E: 30g beef pulp, onion, red bell pepper, garlic, potatoes, oil, tomatoes in broth, parsley leaves, salt, pepper, goulash spices.

Sarmale with Polenta (2x55g + polenta 40g): Minced beef and pork, fried smoked kaizer, rice, onion, tomato paste, pickled cabbage, bay leaves, pepper, oil, thyme, salt, polenta.

Grilled Mititei (2x75g) 1E: Garlic, baking soda, sweet and hot paprika, pepper, thyme, salt, beef, pork, sheep meat.

Duck with Red Cabbage, Raisins, and Apples 3E (150g): 70g sous-vide duck pulp, red cabbage, onion, apples, golden raisins, orange juice, sugar, dry red wine, balsamic vinegar, garlic, salt, thyme, pepper, bay leaves.

Bean Stew with Pork Shank (150g) 3E: Beans, tomato paste, carrots, onion, yellow bell pepper, celery root, oil, dried thyme, bay leaves, salt, 70g pork shank. Allergens: celery, sulfites, gluten

155



BURGER & MORE

SHEEP BURGER (335g) 1E, 262.02 Kcal / 1095.25 Kj
Grilled patty-100g (98% sheep meat, onion, salt, pepper),
burger bun (flour, milk, sugar, salt, fresh yeast, **butter**, **sesame seeds**),
sauce (**sour cream**, **goat cheese**, mint, pepper, salt),
tomatoes, **pickled cucumbers** (**mustard seeds**), **cheese**, red onion, lettuce.
Allergens: gluten, eggs, milk, sesame seeds, mustard

BLACK ANGUS BEEF BURGER (310g) 2E, 286.52 Kcal / 1197.65 Kj
Angus beef burger patty - 120g (beef, onion, salt, pepper),
bun (flour, milk, sugar, salt, yeast, butter, **sesame seeds**), **cheese**, **pickled cucumbers**
(mustard seeds), tomatoes, red onion, lettuce, sauce (**sour cream**,
mayonnaise sauce, salt, pepper).
Allergens: gluten, milk, eggs, sesame seeds, mustard

HALLOUMI BURGER (280g) 2E, 341.02 Kcal / 1425.47Kj
Grilled halloumi cheese - 90g, **burger bun** (flour, milk, sugar, salt, yeast,
butter, **sesame seeds**), zucchini, **mustard**, cherry tomatoes, red onion,
sauce (olive oil, honey, mint, salt, pepper), lettuce.
Allergens: gluten, milk, mustard, sesame seeds

Note: Burgers come with a side of chips or fried potatoes (90g).
Potato Chips (90g) 1E, 294.24 Kcal / 1229.94 Kj
Ingredients: Potatoes, oil, salt, pepper.

54 Grilled Halloumi Cheese (130g/45g), 491.32 Kcal / 2053.73 Kj **38**
Ingredients: **Halloumi cheese**, cherry tomatoes, olive oil, salad mix (green and red lettuce,
arugula, baby spinach, valerian in various proportions), oregano, lemon juice.
Allergens: lactose

Breaded Zucchini (170g), 387.95 Kcal / 1621.64 Kj **26**
Ingredients: Zucchini, **flour**, **eggs**, oil, salt, pepper.
Allergens: eggs, gluten

Chicken Breast Croquettes (210g) 289.25 Kcal / 1209.07 Kj **34**
Ingredients: Deboned chicken breast*, cornflakes, **eggs**, **flour**, salt, pepper, sauce.
Allergens: gluten, eggs

52 Breaded Chicken Wings with Fried Potatoes **36**
(7x30g/200g/50g) 325.07 Kcal / 1358.8 Kj
Ingredients: Chicken wings*, **Panko breadcrumbs**, **eggs**, **flour**, salt, pepper, **fried potatoes**.
Allergens: gluten, eggs, lactose

Breaded Chicken Drumsticks with Fried Potatoes **36**
(3x90g/200g/50g) 231.18 Kcal / 966.33 Kj
Ingredients: Chicken drumsticks*, **Panko breadcrumbs**, **eggs**, **flour**, salt,
pepper, fried potatoes.
Allergens: gluten, eggs, lactose

Note: Items in this category come with a choice of one of the following sauces: Garlic sauce,
Horseradish cream sauce, Garlic cream sauce, Mayonnaise sauce, Calypso sauce.
For ingredients, allergens, and nutritional values, please consult the "EXTRA" page.

Peasant Soup with Smoked Meats



PLATTERS FOR FAMILIES AND GROUPS



Cauldron Chicken with Fried Potatoes (1250g) 1E, 205.53 Kcal / 859.12 Kj **85**

Ingredients: Cauldron-fried chicken - 750g (half a chicken*, salt, pepper, pork lard), fried potatoes with hard **cheese** - 500g, garlic **cream sauce** - 70g.
Allergens: milk

Homestyle Platter for 1-2 People (1455g) 2E, 201.4 Kcal / 841.87 Kj **135**

Ingredients: Fried potatoes with hard **cheese** - 750g, grilled **deboned chicken thighs** - 240g, pickled peppers - 200g, **grilled pork neck** - 180g, grilled small sausages - 2x75g, Pleşcoi sausages - 100g, freshly **grilled sausages** - 85g.
Allergens: milk, sulfites, gluten

Grilled Minced Meat Rolls Party (Hora Mititeilor)(1800g) 2E, for 3-4 People **160**

288.81 Kcal / 1207.24 Kj
Ingredients: Grilled minced meat rolls - 14 pcs x 75g, fried potatoes with **hard cheese** - 750g.
Allergens: milk

Family Platter (2790g) 6E, for 3-4 People 243.56 Kcal / 1018.07 Kj **360**

Ingredients: Cauldron chicken - 750g, fried potatoes with hard **cheese** - 750g, oven-baked **pork ribs** - 450g, sous-vide duck breast* - 200g, **grilled pork neck** - 180g, freshly grilled smoked sausages - 170g, grilled sheep **pastrami** - 150g, barbecue sauce - 70g, garlic **cream sauce** - 70g.
Allergens: milk, sulfites, gluten

The platter is accompanied by a bottle of RĂSFĂȚ Fetească Neagră wine 750ml.

*Note: The platters are composed of finished dishes included in this menu.
For viewing ingredients, please study the information displayed next to each dish on the corresponding page.

GRILL

Beef Entrecote (150g), 171.6 Kcal / 717.29 Kj **85**
Ingredients: Boneless beef entrecote, salt.

Pork Chop (230g), 277.67 Kcal / 1160.67 Kj **52**
Ingredients: Pork chop with bone, marinade for grilling (olive oil, salt, pepper, garlic, thyme, rosemary, **wine**).
Allergens: sulfites

Pork Neck (180g), 277.67 Kcal / 1160.67 Kj **42**
Ingredients: Pork neck*, marinade for grilling (olive oil, salt, pepper, garlic, thyme, rosemary, **wine**).
Allergens: sulfites

Pleșcoi Sausages (150g), 393.72 Kcal / 1645.75 Kj **42**
Ingredients: Pleșcoi sausages (sheep meat, beef, salt, garlic, sweet and hot paprika).

Fresh Sibiu Sausages (170g), 206.35 Kcal / 862.56 Kj **42**
Ingredients: Smoked Sibiu sausages (pork shoulder 85%, water, salt, garlic, pepper, **oat** fiber).
Allergens: gluten

Chicken Breast (160g), 178.13 Kcal / 744.59 Kj **36**
Ingredients: Chicken breast*, marinade for grilling (olive oil, salt, pepper, garlic, thyme, rosemary, **wine**)
Allergens: sulfites

Turkey Breast (160g) 1E, 256.09 Kcal / 1070.45 Kj **39**
Ingredients: Turkey breast*, marinade (**butter**, spirits, salt, pepper).
Allergens: milk

Deboned Chicken Thighs (240g), 201.83 Kcal / 843.65 Kj **39**
Ingredients: Deboned chicken thighs, marinade (olive oil, salt, pepper, garlic, thyme, rosemary, **wine**).
Allergens: sulfites

Mititei (75g) 1E, 128 Kcal / 536 Kj **10**
Ingredients: Minced meat mixture (beef, pork, sheep, garlic, baking soda, sweet and hot paprika, pepper, thyme, salt).



MAIN COURSES

Duck on Red Cabbage (200/260g) 3E, 192.98 Kcal / 806.67 Kj **68**

Ingredients: Sous-vide duck breast, red cabbage, onion, apples, golden raisins, orange juice, sugar, **dry red wine**, balsamic vinegar, garlic, salt, thyme, pepper, bay leaves.
Allergens: sulfites

Mushroom Stew with Polenta (300/300g) 103.84 Kcal / 434.05 Kj **36**

Ingredients: Mushroom stew (champignon mushrooms, **celery root**, onion, oil, bell pepper, **flour**, dill, salt), polenta (cornmeal, water, salt, oil).
Allergens: gluten, celery

Chicken Liver Sauté (240g), 231.77 Kcal / 968.78 Kj **39**

Ingredients: Chicken livers, oil, garlic, **wine**, salt, pepper.
Allergens: sulfites

Chicken Schnitzel (110g or 220g) 1E, 324.07 Kcal / 1354.6 Kj **32/42**

Ingredients: Chicken breast, **breadcrumbs**, **flour**, **eggs**, oil, salt, pepper.
Allergens: gluten, eggs

Turkey Schnitzel (110g or 220g) 1E, 317.07 Kcal / 1325.34 Kj **32/42**

Ingredients: Turkey breast, **breadcrumbs**, **flour**, **eggs**, oil, salt, pepper.
Allergens: gluten, eggs

Pork Schnitzel (120g or 240g) 1E, 302.56 Kcal / 1264.71 Kj **32/42**

Ingredients: Pork fillet, breadcrumbs, flour, eggs, oil, salt, pepper.
Allergens: gluten, eggs

Smoked Pork Shank (650g) 3E, 108 Kcal / 451.44 Kj **64**

Ingredients: Smoked pork shank with bone.

Choose your ideal side: bean stew, cabbage dish, fried potatoes, Braşov-style potatoes, etc.
The side dish is included in the price. For weights, ingredients, allergens, and nutritional values, please consult the "SIDES-SALADS" page.



Duck on Red Cabbage

Smoked Pork Shank



MAIN COURSES

Oven-Baked Pork Ribs (450g) 3E, 349.11 Kcal / 1459.28 Kj **58**
Ingredients: Pork ribs, rib marinade (thyme, onion, bay leaves, salt, pepper, oil, dark beer, light beer), barbecue sauce.

Transylvanian Goulash (480g) 1E, 143.15 Kcal / 598.36 Kj **54**
Ingredients: 100g boiled beef pulp, onion, potatoes, tomatoes in broth, goulash spices, oil, bell pepper, parsley leaves, garlic, salt, pepper.

Spicy Pan with Peasant Flatbread (240g/90g) 231.28 Kcal / 966.75 Kj **54**
Ingredients: Pork fillet, pork neck, chicken breast, onion, bell pepper, garlic, capia peppers, oil, **dry white wine**, hot peppers, paprika, salt, pepper, chili flakes, **peasant flatbread**.
Allergens: gluten, sulfites, milk

Stuffed Cabbage with Polenta **42/56**
(355g/110g/300g) or (555g/150g/300g) 1E, 184.62 Kcal / 771.73 Kj
Ingredients: Minced pork and beef, onion, tomato paste, rice, oil, salt, bay leaves, pepper, thyme, pickled cabbage (water, salt, dill), rustic kaizer, smoked bacon, polenta.

Sheep Pastrami with Polenta (150g/300g), 170.28 Kcal / 711.78 Kj **64**
Ingredients: Pan-fried sheep pastrami (sheep pastrami, garlic, oil, **dry white wine**), polenta (cornmeal, water, salt, oil).
Allergens: sulfites

Oven-Baked Pork Neck with Truffle Mashed Potatoes **52**
(180g/300g), 212.58 Kcal / 888.6 Kj
Ingredients: Oven-baked pork neck (pork neck, oil, **dry red wine**, garlic, salt, pepper, bay leaves, thyme), mashed potatoes (potatoes, **milk**, **butter**, mushroom and truffle sauce, salt).
Allergens: milk, sulfites

Stuffed Cabbage with Polenta



SIDE DISHES

Pan-Seared Asparagus (100g), 228.38 Kcal / 954.61 Kj

Ingredients: Asparagus, tomatoes, **butter**, olive oil, garlic, salt, pepper.

Allergens: milk

Mashed Potatoes (300g), 123.33 Kcal / 515.53 Kj

Ingredients: Potatoes, **milk**, **butter**, salt.

Allergens: milk

Braşoveni Potatoes (230g/20g) 1E, 250.96 Kcal / 1048.99 Kj

Ingredients: Potatoes, smoked kaizer, onion, oil, salt, pepper, sweet paprika.

Basmati Rice (250g), 141.75 Kcal / 592.51 Kj

Ingredients: Basmati rice, salt, anise.

Pan-Seared Spinach (300g), 63.38 Kcal / 264.93 Kj

Ingredients: Spinach, onion, oil, garlic, salt, pepper.

Fried Potatoes with Hard Cheese (230g/20g) 1E

177.39 Kcal / 741.48 Kj

Ingredients: Potatoes, oil, Gran Formaggio **cheese**, garlic powder, salt, parsley leaves, pepper.

Allergens: milk

Grilled Vegetables with Basil Dressing (220g/20g)

67.63 Kcal / 282.67 Kj

Ingredients: Grilled vegetables (champignon mushrooms, capia peppers, tomatoes, red onion, zucchini), dressing (olive oil, garlic, salt, fresh basil, pepper).

Mushroom Sauté with Garlic-Rubbed Baguette (240g/60g)

143.98 Kcal / 601.84 Kj

Ingredients: Champignon mushrooms, **baguette**, oil, garlic, **dry white wine**, parsley leaves, salt, pepper, sugar.

Allergens: gluten, sulfites

Bean Stew (300g), 109.27 Kcal / 456.73 Kj

Ingredients: Beans, onion, tomato paste, carrots, bell pepper, oil, **celery root**, salt, thyme, bay leaves.

Allergens: celery

Cabbage Dish (300g), 119 Kcal / 497.42 Kj

Ingredients: Fresh cabbage, pickled cabbage (cabbage, salt, dill), tomato paste, carrots, onion, bell pepper, oil, dill, salt, pepper, bay leaves, thyme.

Polenta (300g), 81.01 Kcal / 338.64 Kj

Ingredients: Cornmeal, water, salt, oil.

22 Green Salad with Lemon Dressing 15

(180g/30g) 64.56 Kcal / 269.87 Kj

Ingredients: Green salad, dressing (lemon juice, olive oil, salt, pepper).

15 Mixed Salad (300g), 18 Kcal / 75.24 Kj 16

Ingredients: Tomatoes, cucumbers, onion, dressing (lemon juice, olive oil, salt, pepper).

16 Cabbage Salad (260g) 1E, 98.12 Kcal / 410.12 Kj 16

Ingredients: 200g white cabbage, 40g red cabbage, carrots, oil, vinegar, dill, salt.

15 Roasted Pepper Salad (200g/20g) 1E, 71.28 Kcal / 297.93 Kj 22

Ingredients: Capia peppers, tomatoes, red onion, dressing (oil, vinegar, garlic, sugar).

22 Beetroot Salad with Horseradish (200g/20g) 3E, 41.91 Kcal / 175.18 Kj 18

Ingredients: Red beetroot, sugar, salt, vinegar, hot **horseradish** sauce (61% horseradish, water, sugar, alcohol vinegar, rapeseed oil, salt).

Allergens: may contain traces of eggs, soy, milk, celery, mustard seeds

22 Pickled Cucumber Salad (200g) 1E, 27 Kcal / 112.86 Kj 16

Ingredients: Pickled cucumbers (vinegar, sugar, salt, **mustard** seeds, dill, onion) or in brine (salt, horseradish, sour cherry twig, dill, onion).

Allergens: mustard

22 Onion Salad (200g) 1E, 47.02 Kcal / 196.54 Kj 12

Ingredients: Red onion, balsamic vinegar, salt, pepper.

22

18

18

8

Fried Potatoes with Hard Cheese



EXTRAS

Peasant Flatbread (90g), 262.29 Kcal / 1096.37 Kj

Ingredients: Flour, yeast, butter, sugar, salt.

Allergens: gluten, milk

White Bun (45g) 5E, 320 Kcal / 1337.6 Kj

Ingredients: Wheat flour, water, yeast, salt, malt flour.

Allergens: gluten, may contain traces of soy, milk, sesame seeds

Sourdough Bread (120g), 219.8 Kcal / 918.76 Kj

Ingredients: Additive-free flour, sunflower seeds, filtered water, salt.

Allergens: gluten

Garlic Sauce (70g), 91.07 Kcal / 380.68 Kj

Ingredients: Water-50g, garlic, oil, salt.

12 Horseradish Cream Sauce (70g) 5E, 243.86 Kcal / 1019.32 Kj

Ingredients: **Cream** -50g, horseradish sauce (61% horseradish, water, sugar, vinegar, rapeseed oil, salt)-20g.

Allergens: milk, may contain traces of egg, celery, mustard

3 Garlic Cream Sauce (70g), 292.66 Kcal / 1223.31 Kj

Ingredients: **Cream**, garlic, oil, salt.

Allergens: milk

8 Mayonnaise Sauce (70g) 2E, 680 Kcal / 2842.4 Kj

Ingredients: **Eggs**, 78% rapeseed oil, 8.2% water, 2.1% **egg yolk**, vinegar, sugar, salt, concentrated lemon juice, paprika extract.

Allergens: eggs

6 Calypso Sauce (50g) 7E, 331.42 Kcal / 1385.34 Kj

Ingredients: **Cream**, mayonnaise sauce, ketchup, garlic, sugar, spirit.

Allergens: eggs, milk

8 Natural Cream (70g), 200 Kcal / 836 Kj

Ingredients: **20% fat cream**.

Allergens: milk

8 Butter (40g), 746 Kcal / 3118.28 Kj

Ingredients: 82% **fat butter**.

Allergens: milk

8 Telemea Cheese (50g), 198 Kcal / 827.64 Kj

Ingredients: Aged cow's **Telemea** cheese from Ibănești.

Allergens: milk

Hot Pepper (1 piece)

8

8

6

8

8

8

8

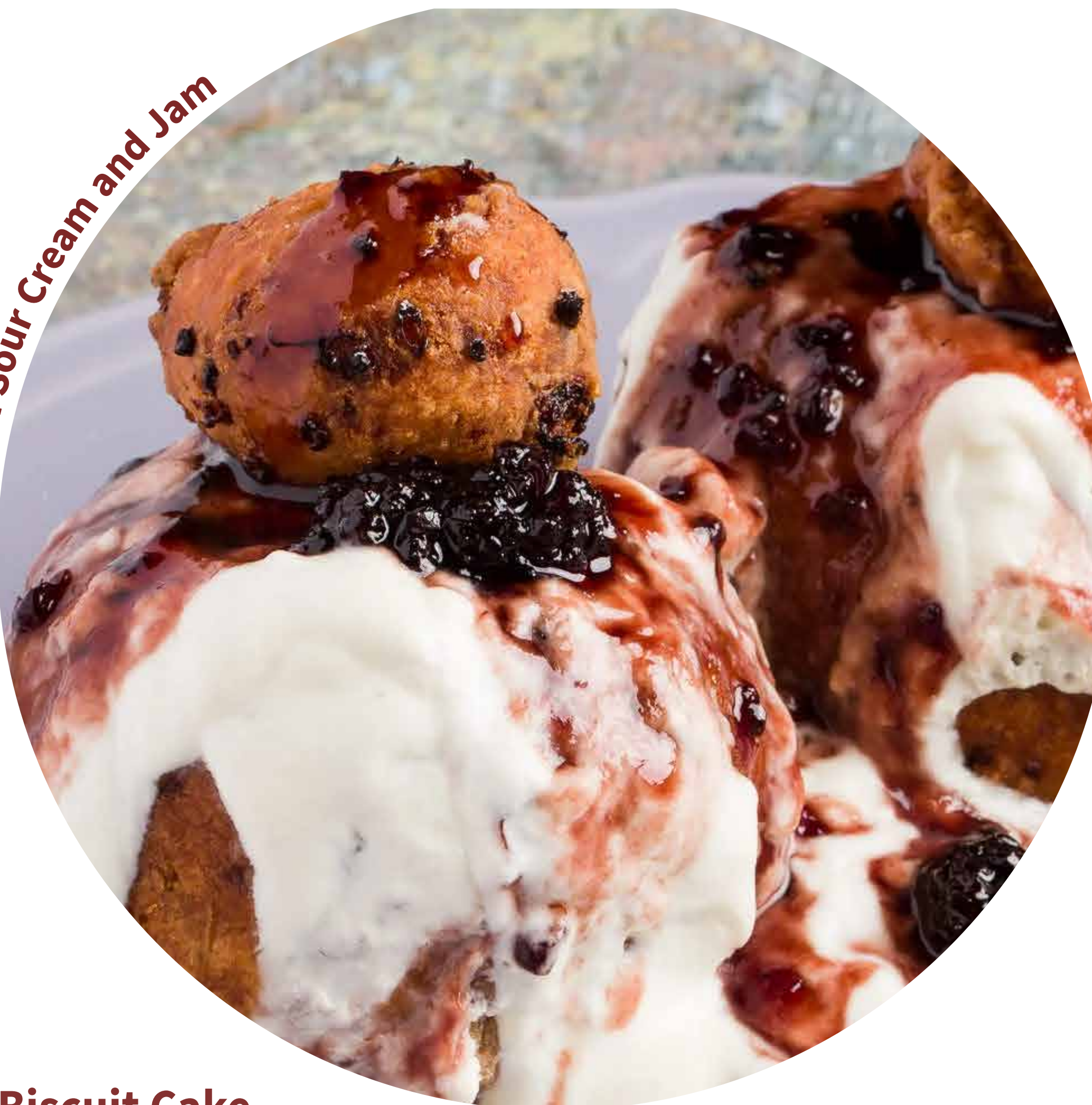
2



Peasant Flatbread

DESSERT

Papanasi with Sour Cream and Jam



Biscuit Cake (200g) 8E, 364.62 Kcal / 1524.11 Kj **30**

Ingredients: **Petit beurre biscuits, flour, milk, butter, eggs,** sugar, cocoa powder, dark chocolate.

Allergens: soy, sulfites, gluten, milk, eggs

Oreo Cake (165g) 7E, 665.75 Kcal / 2782.84 Kj **34**

Ingredients: **Whipping cream,** white and dark chocolate, **Oreo biscuits,** cream cheese, **butter, flour, eggs,** sugar, cocoa, baking soda.

Allergens: gluten, eggs, milk

Apple Cake with Ice Cream **28**

(175g/50g) 4E, 482.72 Kcal / 2017.78 Kj

Ingredients: Apples, **eggs, flour,** sugar, flavors, **whipping cream,** ice cream-50g.

Allergens: gluten, eggs, milk

Ice Cream in a Cup (50g), 204 kcal / 852.72 kj **10**

Flavor: Chocolate / Vanilla

Allergens: milk, may contain traces of peanuts, eggs, gluten, and soy

Papanasi with Sour Cream and Jam **21/32**

(1x150g/50g/50g) or (2x150g/100g/100g) 2E, 273.05 Kcal / 1141.36Kj

Ingredients: Fresh cow's **cheese, flour,** sour cherry jam, **cream, eggs,** sugar, vanilla sugar, baking soda, rum and vanilla essence.

Allergens: gluten, milk, eggs

Pancakes with Cheese and Raisins **28**

(340g) 1E, 186.43 Kcal / 779.29Kj

Ingredients: Pancake batter (**flour, eggs,** salt, oil, **milk**), **fresh cow's cheese,** cream, golden raisins, sugar, powdered sugar, rum essence.

Allergens: gluten, eggs, milk

Pancakes with Bananas and Cocoa Cream **28**

(265g) 2E 245.98 Kcal / 1028.2 Kj

Ingredients: Pancake batter (**flour, eggs,** salt, oil, **milk**), bananas, **Fineti cocoa cream,** powdered sugar.

Allergens: gluten, eggs, milk, tree nuts

Pancakes with Jam (160g), 315.3 Kcal / 1317.97Kj **20**

Ingredients: Pancake batter (**flour, eggs,** salt, oil, **milk**), sour cherry jam, powdered sugar.

Allergens: gluten, eggs, lactose

Homestyle Doughnuts **29**

(5pcs*50g) 2E, 485.43 Kcal / 2029.09 Kj

Ingredients: **Milk, flour,** sugar, **eggs,** powdered sugar, yeast, rum and vanilla essence, oil.

Allergens: gluten, eggs, lactose

Biscuit Cake



Dear Customers,

Pricing Information: Prices are expressed in LEI and include VAT. The prices are valid for this edition of the menu. The weights represent the average value of the finished portions. The energy values are average values for 100 grams of the finished product.

Product Availability: Products are available while stocks last. We apologize for any temporary inconvenience.

Service Policies: We do not serve inebriated individuals. We do not serve alcoholic beverages and tobacco to minors, in accordance with Law 349/2002, OG 13/2003, and Law 275/2003. Non-compliance with these laws will result in a fine ranging from 1,000 to 5,000 LEI. Our products contain salt and food allergens or traces of them: gluten, fish, hazelnuts, nuts, peanuts, eggs, wine, mustard, milk, celery, soy, sesame.

Regulatory Compliance: In accordance with ANPC Order 183/2016 regarding the information provided by economic operators engaged in the sale of products obtained from frozen products or raw frozen materials, items in this list marked with an asterisk (*) represent products made from defrosted product, according to the "La Mama" menu, edition 1/2024.

Menu Photography: The images in this menu are for presentation purposes only.



The poster features the coat of arms of Romania at the top center. Below it, the text reads "GUVERNUL ROMÂNIEI" and "MINISTERUL FINANTELOR PUBLICE". The main message is in blue and red text, stating that if a customer does not receive a fiscal receipt, they have the right to request it. If refused, they can receive the goods or services for free. It also mentions that fiscal receipts are required for participating in lotteries. A warning states that handing over documents other than fiscal receipts to clients is prohibited. A contact number for the TelVerde service is provided. At the bottom, there is an illustration of a hand pointing to a receipt labeled "BANI" and "BON FISCAL" next to a cash register and a bag of bread. A small note at the bottom explains that these rights and obligations are established by a government emergency ordinance.

GUVERNUL ROMÂNIEI
MINISTERUL FINANTELOR PUBLICE

Dacă nu primiți bonul fiscal, aveți obligația să-l solicitați

În cazul unui refuz, aveți dreptul de a beneficia de bunul achiziționat sau de serviciul prestat fără plata contravalorii acestuia

Solicitați și păstrați bonurile fiscale pentru a putea participa la extragerile lunare și ocazionale ale loteriei bonurilor fiscale

Este interzisă înmânarea către client a altui document, care atestă plata contravalorii bunurilor sau serviciilor prestate, decât bonul fiscal

Pentru a semnala nerespectarea obligațiilor legale ale operatorilor economici, puteți apela gratuit, non-stop, serviciul TelVerde al Ministerului Finanțelor Publice 0800.800.085

BANI
BON FISCAL

Aceste drepturi și obligații sunt stabilite prin prevederile Ordonanței de urgență a Guvernului nr. 28/1999 privind obligația operatorilor economici de a utiliza aparate de marcat electronice fiscale.

LA MAMA **ATENEU**
str. Episcopiei nr. 9
0721 52 62 62

LA MAMA **ȘTEFAN CEL MARE**
str. Barbu Văcărescu nr. 3
0723 29 28 63

LA MAMA **DELEA VECHE**
str. Delea Veche 51
0723 29 28 46

LA MAMA **ORHIDEEA**
Splaiul Independenței 210-213
(Galeria Comercială Orhideea)
0724 50 56 05

LA MAMA **CLUBUL ȚĂRANULUI ROMÂN**
Str. Monetăriei nr. 3
0721 10 21 01

LA MAMA **UNIVERSITATE**
Bd. Regina Elisabeta 11-13
0721 10 44 51

MENU



www.lamama.ro



[lamamarestaurant](https://www.instagram.com/lamamarestaurant)



[lamama.ro](https://www.facebook.com/lamama.ro)



[tripadvisor®](https://www.tripadvisor.com)

SC TROTTER RESTAURANT SRL
CUI RO 11466740, J40/1438/1999,
Splaiul Independenței nr. 319 OB,
sect. 6, București,
Capital social: 10.000 lei,
IBAN: RO27BTRLRONCRT00S7207304,
Banca Transilvania, Suc. Otopeni