

MAMA LOU'S

ITALIAN KITCHEN





Where it all began...

Mama Lou's was born out of a real kitchen, a modest one in a family home inside BF Homes, Las Piñas. Founded by Richard and the late Malou Tremblay, the restaurant opened its doors to welcome guests in 2010.

What started as a passion for serving home-cooked dishes has now become Mama Lou's Group comprising of two Italian concepts— **Mama Lou's Italian Kitchen** and **Nonna's Pasta & Pizzeria**.

In its expansion, Mama Lou's Group continues to be a family-run business while keeping its promise of providing guests the memorable experience of coming home to comforting food prepared by a loved one.

ANTIPASTI

ITALIAN MEATBALLS 325

homemade italian meatballs baked in our zesty pomodoro sauce topped with melted mozzarella cheese

CARPACCIO DI MANZO 425

thinly sliced beef fillet marinated with olive oil and balsamic vinegar

SPICY ITALIAN GARLIC SAUSAGE 265

juicy slices of italian garlic sausage, sautéed in garlic and rich pomodoro sauce

SQUID HEADS 295 🏠

saucy squid heads in a tasty chili garlic and oyster sauce

ONION RINGS 165

jumbo slices of sweet onions, hand breaded with seasoned bread crumbs then deep fried

MUSHROOM CHICHARON 180 🏠

crispy fresh oyster mushrooms served with vinaigrette

POUTINE 195

glorious french fries topped with smooth brown gravy, and mozzarella cheese. *(with bacon - add Php 50)*

BRUSCHETTA 295

fresh chopped tomatoes, garlic, mozzarella, basil and olive oil on top of our homemade bread

MOZZARELLA STICKS 225 🏠

deliciously gooey cheese sticks breaded and fried to a golden brown served with pomodoro sauce

CHICKEN WINGS 275

fried chicken wings with brown gravy

GAMBAS 350

shrimp sautéed with garlic, olive oil and jalapeño

ESCARGOTS 495

snails imported from France baked in garlic & parsley butter

ROSTITO DI MANZO 495 🏠

thin slices of beef roasted with garlic, rosemary, extra virgin olive oil, cherry tomatoes, arugula, and parmesan

FRIED CALAMARI 325

deep fried fresh calamari with special house dip



PEPATA 375 **NEW!**
clams and mussels in white wine and tomato

🏠 - HOUSE SPECIAL **NEW!** **- NEW ITEM**

Prices are inclusive of 12% VAT and subject to 10% service charge

INSALATE

great for sharing! all organic produce
(half orders also available)

CHEF'S SALAD 325

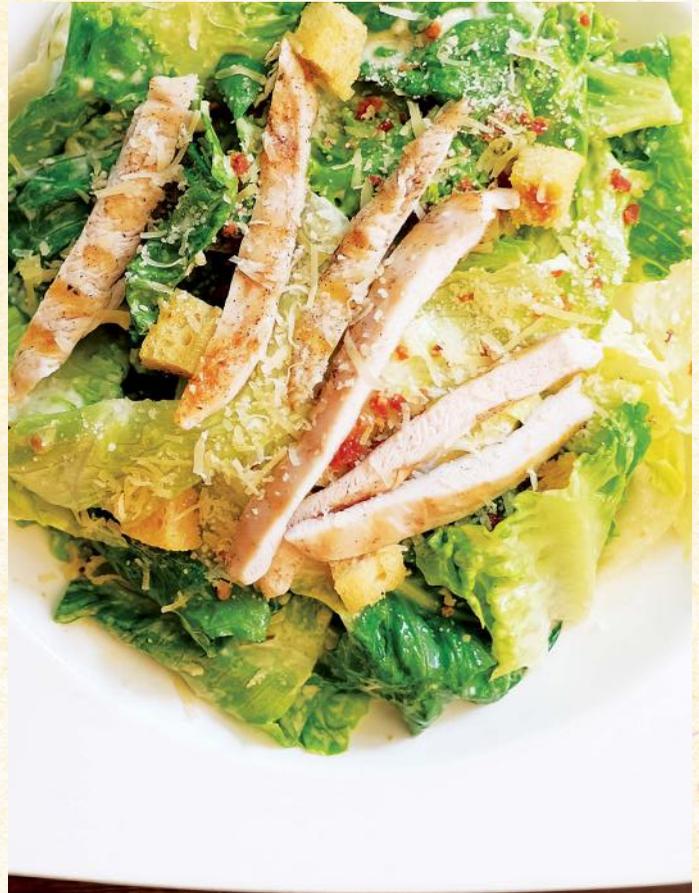
fresh garden salad of tomatoes, cucumber, mushrooms, capers, garlic sausage and shaved parmesan served with italian vinaigrette

GREEK SALAD 325 **NEW!**

refreshing and tangy salad of tomatoes, cucumber, onion, feta cheese, and olives, dressed with our own vinaigrette

ORIENTAL SALAD 325

fresh garden salad topped with fresh mango, apple, crabstick meat, arugula leaves with our special sesame dressing



CAESAR SALAD 295

tossed in a tangy caesar dressing, with croutons, bacon and fresh parmesan
(topped w/ grilled chicken breast - add P80)

PLATTERS *(good for 3-4 pax)*

CITY SAMPLER 495

chicken wings, fried calamari, Italian garlic sausage, and french fries with tartar, pomodoro and cheese sauce

COLD CUTS PLATTER 595/100g **NEW!**

choice of parma ham, salami, or combination of both

FISH & CHIPS 395

lightly breaded sole fillet served with fries and tartar sauce

ITALIAN PLATTER 625

assorted cold cuts and cheese

ZUPPE

CLAM CHOWDER 225

FRENCH ONION 250

CREAM OF TOMATO 180

MINISTRONE 195

MUSHROOM 180

PUMPKIN 180

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**COLD CUTS
PLATTER**

595/100g

parma ham and salami

AL DENTE BARILLA PASTA

POMODORO

ITALIAN SAUSAGE POMODORO 295

pasta with Italian sausage and tomatoes tossed with garlic and herbs

SPAGHETTI POMODORO BASILICO 250

al dente pasta in our homemade pomodoro sauce with basil

VESUVIO 495

mountain of rigatoni stuffed w/ mozzarella, ricotta, peas, Italian meatballs and egg

SPAGHETTI SEAFOOD POMODORO 350

clams, shrimp, squid rings, and mussels in a light red sauce

SPAGHETTI ALLA PUTTANESCA 275

spaghetti sautéed with olives, capers, anchovy

SHRIMP FORMAGGIO 325

penne pasta with shrimps, mozzarella, white cheese and basil in cream and tomato sauce

SPAGHETTI MEATBALLS 295

spaghetti with mouthwatering homemade meatballs

SPAGHETTI BOLOGNESE 295

more than a “meat sauce”, this bolognese is a work of love and an incredible italian classic

RIGATONI ALLA ROSSA 350

rigatoni cooked in a mixture of alfredo & semi dried tomatoes and ricotta cheese

ALFREDO

TRUFFLE MAC & CHEESE 325

scrumptious and comforting original blend of cheeses and truffle cream over tender elbow macaroni, topped with melted mozzarella and cheddar cheese

SPAGHETTI ALLA CARBONARA 335

prepared the classic way with only parmigiano cheese, eggs & pancetta

LUCIO'S TRUFFLE PASTA 350

pasta bathed in a creamy blend of cheese & truffle

CREAMY SALMON LINGUINI 350

fresh salmon combined w/ smooth cream sauce

SEAFOOD ALFREDO 325

assorted seafood pasta in a light and delicious alfredo sauce

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🏠 SPAGHETTI BOLOGNESE 295

more than a “meat sauce”,
this bolognese is a work of
love and an incredible
Italian classic



LUCIO'S TRUFFLE PASTA 350 **NEW!**

pasta bathed in a creamy blend
of cheese & truffle

OLIO

SPAGHETTI SEAFOOD OLIO 350

the aroma of sautéed garlic and assorted seafood makes this dish simply irresistible

VONGOLE OLIO 295

sautéed clams with white wine, fresh tomato and garlic

SHRIMP A' LIMONE 350

spaghetti with garlic, a touch of lemon and shrimps

PENNE PESTO AL POLLO 295

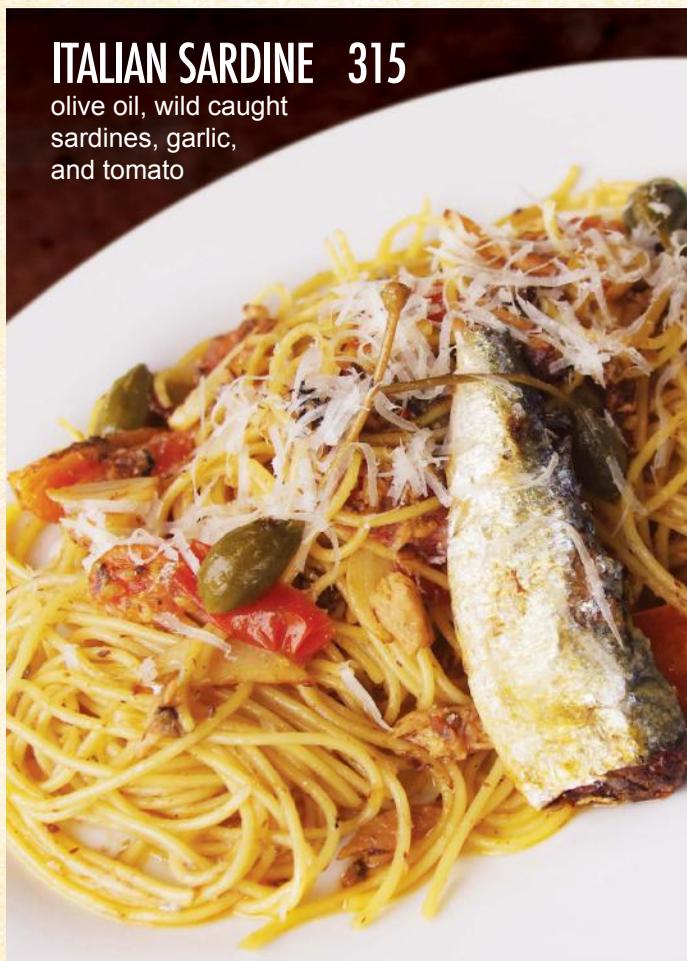
zesty penne paired with grilled juicy chicken fillet in basil and pine nuts pesto sauce

AGLIO OLIO 250

spaghetti tossed in olive oil, garlic and parsley

ITALIAN SARDINE 315

olive oil, wild caught sardines, garlic, and tomato



SPAGHETTI CON TUYO FILLETO 295

salted fish fillets with freshly chopped red tomatoes, arugula, garlic and olive oil

DIAVOLO

ARRABBIATA 275

arrabbiata sauce made with sun dried tomatoes, oregano and chili

PASTA AL NERO DI SEPPIA 295

squid ink pasta with chili in homemade squid ink sauce

CHILI MARGHERITA 275

tomatoes, garlic and basil with a kick of spice

AMATRICIANA 275

guanciale and chili in our homemade pomodoro sauce

JALAPEÑO 275

jalapeño with pine nuts, garlic and olive oil

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VONGOLE OLIO 295
sautéed clams with white wine,
fresh tomato and garlic



JALAPEÑO 275
jalapeño with pine nuts, garlic
and olive oil

BRICK OVEN Pizza

regular 12" / large 14"

served with
Arugula & Alfalfa



TABARNES 325/435 🏠

tomato, mozzarella, salami, anchovy, black olives, bell pepper

FRUTTI DI MARE 450/550

tomato, mozzarella, assorted seafood, garlic

PIZZA BIANCA 325/425

cream, mozzarella, mushroom, bacon

SPINACH AND GOATS CHEESE 350/450 🏠

alfredo, mozzarella, spinach, honey goat cheese

GARLIC & CHEESE 275/375

mozzarella, garlic confit, cheddar cheese

PIZZA MARGHERITA 295/395

tomato, mozzarella, basil

ALL MEAT PIZZA 375/475

tomato, mozzarella, ham, Italian sausage, garlic, pepperoni, bacon

QUATTRO FORMAGGI 350/450 🏠

tomato, mozzarella, cheddar, blue cheese, goat cheese

MAMA LOU'S SPECIAL 375/475 🏠

tomato, mozzarella, prosciutto, mango, arugula, balsamic cream

NAPOLI 295/395

tomato, garlic, mozzarella, anchovy

PEPPERONI 295/395

tomato, mozzarella, pepperoni

BREAKFAST PIZZA 435 **NEW!**

creamed spinach, mozzarella, sausage, caramelized onions, sun-dried tomatoes, and fresh eggs

PROSCIUTTO FUNGHI 325/425

tomato, mozzarella, mushroom, prosciutto

HAWAIIAN PIZZA 295/395

tomato, mozzarella, ham, pineapple

PIZZA SALSICCIA 325/425

tomato, mozzarella, garlic sausage, mushroom, onion

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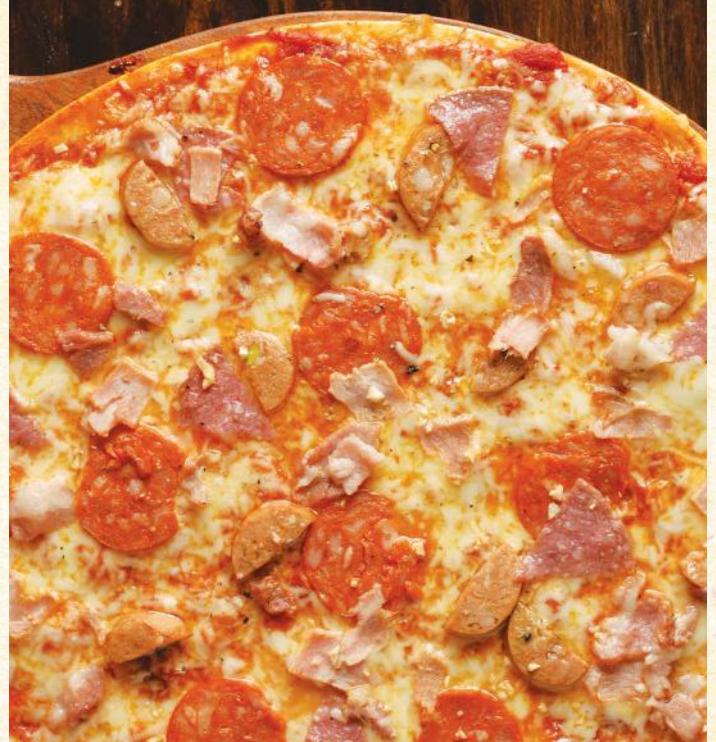
SPINACH & GOATS CHEESE 350/450 🏠

alfredo, mozzarella, spinach, honey goat cheese



ALL MEAT PIZZA 375/475

tomato, mozzarella, ham, Italian sausage, garlic, pepperoni, bacon



QUATTRO FORMAGGI 350/450 🏠

tomato, mozzarella, cheddar, blue cheese, goat cheese



🏠 TABARNES 325/435

tomato, mozzarella, salami, anchovy, black olives, bell pepper



MAINS

served w/ your choice of aglio olio pasta, rice, or mashed potato, and side veggies

POLLO

CHICKEN PICCATA 330

pan fried juicy chicken breast fillet in lemon, butter and capers sauce

ROLLO DI POLLO 390

breaded chicken rolls loaded with mozzarella cheese in pesto and pomodoro sauce

CHICKEN MARSALA 390

chicken breast fillet layered with ham and mozzarella cheese in creamy marsala wine and caper sauce

CHICKEN FRA DIAVOLO 425

roasted chicken with rosemary, garlic, oregano, and chili in extra virgin olive oil

CHICKEN PARMIGIANA 425

breaded chicken breast topped with prosciutto, pomodoro and mozzarella

SEAFOOD

PAN FRIED SOLE FILLET 390

delicately pan fried sole fillet with your choice of sauce: lemon butter and capers sauce, creamy pesto, or pomodoro

GRILLED TUNA BELLY 395

healthy tuna belly served with fresh onion, tomato and green bell pepper dip

PAN-SEARED SALMON FILLET 595

pan-seared Norwegian salmon fillet in lemon, butter and capers sauce

STEAMED SOLE FILLET IN BRODO 390

delicious sole fillet in light broth, with ginger and spring onions

CARNE

BRAISED SHORT RIBS 495

fork-tender beef short ribs braised in tomato, carrots and olives, served with fried zucchini

SALPICAO 325

tenderloin tips sautéed in olive oil with garlic and bell pepper

PAN-FRIED BEEF SCALOPPINE 350

tender beef slices with your choice of sauce: al limone or marsala

MOZZARELLA BURGER STEAK 375

moist and tender pure beef patty stuffed with mozzarella in brown mushroom sauce

MARBLED RIB EYE STEAK 695

exceptionally tender cut imported from Australia

GRILLED PORK CHOPS 415

flavorful & juicy pork chops grilled to perfection

OSSO BUCO CLASSICO 695

deeply flavored shanks slow cooked in tomato sauce served with bone marrow

ROSEMARY LAMB RACK 695

grilled 'grade A' New Zealand lamb rack with rosemary

DRY-AGED RIB EYE (400g) 2850

Tender and flavorful ribeye steak served with our homemade steak sauce, creamed spinach, and your choice of aglio olio, mashed potato or rice

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RISOTTO

SALTED EGG WITH PANCETTA 350 **NEW!**
hearty combination of rich salted egg and cured Italian pork

BUTTERED RISOTTO 295
simple and filling butter-rich risotto

RISOTTO DI MARE 425
creamy Italian arborio rice with mixed seafood

RISOTTO AL NERO 395 **NEW!**
cooked in squid ink and squid meat



HOMEMADE PASTA

RAVIOLI SPINACI 350
spinach, mushroom and ricotta stuffed ravioli in blue cheese sauce

LASAGNA 325 **🏠**
our savory lasagna with parmesan, mozzarella and hearty meat sauce, baked in our brick oven

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DESSERTS

TAKE THE CANNOLI 250

homemade cocoa-marsala shell filled with Italian mascarpone cheese, chopped pistachios & chocolate glaze

CHOCOLATE CAKE 180

clouds of Belgium chocolate covered with nuts

APPLE PIE 180

deep-dish apple pie served warm with ice cream

ITALIAN TIRAMISU 180

layers of biscuits dipped in espresso, and sweetened whipped cream cheese

MAMA LOU'S CHEESECAKE 180

simply delicious, made from the finest ingredients, topped with blueberries or mango

CAFÉ NESPRESSO®

AMERICANO	90
DECAF AMERICANO	90
ESPRESSO	90
DOUBLE ESPRESSO	150
CAFE LATTE	95

HOT TEA

(choice of green tea, peppermint, or chamomile)

BY THE CUP	60
BY THE POT	90

SPECIAL

CAPPUCCINO	125
DECACCINO	125
MOCHACCINO	155
VANILLA	155
HAZELNUT	155
HOT CHOCOLATE	125

ICE BLENDED COFFEE

MOCHA	175
HAZELNUT	175
CAPPUCCINO	175
ESPRESSO CHOCO	175
VANILLA	175
CHOCOLATE	175

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DRINKS

SOFTDRINKS

COKE PRODUCTS IN CAN 75

WATER

HOPE IN A BOTTLE 45
SAN PELLEGRINO (500ML) 170

FRESH FRUIT SHAKE

WATERMELON 160
GREEN/YELLOW MANGO 160
STRAWBERRY 160

FRESH FRUIT JUICE

PINEAPPLE 165
ORANGE JUICE 220
APPLE CARROT 180

ICED TEA

MAMA LOU'S ICED TEA 85
MAMA LOU'S ICED TEA PITCHER 250
BOTTOMLESS ICED TEA 95
REGULAR ICED TEA 65
RASPBERRY 85

BEERS & COOLERS

SAN MIGUEL BEER 80
SAN MIGUEL LIGHT 80
JOE'S BREW 220

HOUSE WINE

BY THE GLASS 225



MAMA LOU'S

ITALIAN KITCHEN

your taste of home

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- BF Homes Las Piñas • Ayala Malls Solenad 2 • Ayala Malls UP Town Center • Evia Lifestyle Center Vista City •
- Ayala Malls The 30th • Ayala Malls Vertis North • Ayala Malls Feliz • Ayala Malls Circuit •