

Mama Shee The Authentic Flavours of Nigeria

1 Belgard Square West. Tallaght.D24N525

Opening Hours 1- 9:30pm

Tuesday - Saturday

Sunday and Bank Holidays 3pm -11pm

T: 0874353532, 0838712938

All social media handles@

Mamashee

Picture of Jollof/plantain

Meal Deals

3x Course Meal €60

2 Course Meal €35

Rice Dishes

Just Jollof Rice €10.00 (Vegetarian Vegan and Gluten free)

***Active ingredients: tomatoes pure, rice, onions, bell peppers, scotch bonnet
veg oil seasoning***

white Rice and Sauce

Active ingredients: Rice, tomatoes, onions, chilli, red peppers, veg. seasoning, vegetable oil

Jollof Rice and Chicken €18.00

Active ingredients: Rice, tomatoes, onions, chilli, red peppers, veg. seasoning, chicken, cooking oil.

Jollof Rice, Turkey and Plantain €20

Active ingredients: Rice, tomatoes, onions, chilli, red peppers, veg. seasoning, Turkey, plantain, cooking oil.

Jollof Rice, Plantain and Chicken €20.00

Active ingredients: Rice, tomatoes, onions, chilli, red peppers, veg. seasoning, chicken, plantain, cooking oil.

Jollof Rice, Plantain and Lamb €20.00

Active ingredients: Rice, tomatoes, onions, chilli, red peppers, veg. seasoning, Lamb, plantain, cooking oil.

Jollof Rice, Plantain and Beef €20.00

Active ingredients: Rice, tomatoes, onions, chilli, red peppers, veg. seasoning, Beef, plantain, cooking oil.

Jollof and Beef €18.50

Active ingredients: Rice, tomatoes, onions, chilli, red peppers, veg. seasoning, Beef, cooking oil.

Jollof and Lamb €20.00

Active ingredients: Rice, tomatoes, onions, chilli, red peppers, veg. seasoning, Lamb, cooking oil.

Jollof and Fish €20.00

Active ingredients: Rice, tomatoes, onions, chilli, red peppers, veg. seasoning, fish, cooking oil.

Fried Rice Dishes

Fried Rice and 2-piece Chicken €18.00

Active ingredients: basmati rice, mixed vegetables, veg oil. Vegetable seasoning onions, herbs, curry, thyme, veg seasoning.

Fried Rice, Plantain and 2-piece Chicken €20.00

Active ingredients: basmati rice, mixed vegetables, veg oil. Vegetable seasoning onions, herbs, curry, thyme, veg seasoning.

Stir fried rice full blown (meat feast) €25

Active ingredients: basmati rice, chilli, prawns, beef sausages, turkey gizzard, red pepper, onions, stir fry oil, sesame oil, (allergen advice)

Local Rice (Ofada with sauce) €20

Active ingredients: Ofada , chilli, onions, peppers, palm oil, vegetable seasoning

Vegetarian meals

Jollof Rice and Plantain €15.00

Active Ingredients: rice, plantain, tomatoes, vegetable oil, puree, veg seasoning, onions, curry, thyme,

Rice Combo (Jollof and Fried Rice) €18

Active Ingredients: rice, tomatoes, vegetable oil, puree, veg seasoning, onions, curry, thyme,

Vegetable stir fried rice with plantain €18

Active ingredients: rice, plantain, stir fried vegetables, sesame oil stir fry oil, vegetable seasoning,

Fried Rice and Plantain €18.00

Active Ingredients: rice, mixed veg, onions, thyme, curry, vegetable oil vegetable seasoning

Beans in a sauce €12.00

Active ingredients: beans, onions, chili, red peppers

Beans and Plantain €18.00

Active ingredients: beans plantain, vegetable oil onions chilis, red peppers

Beans and Rice with a choice of protein €18.50

Active ingredients: beans, plantain, onions, chili, red peppers

Mama Shee signature - Akara Burger (beans cake, and salads) €12

Active ingredients: peeled beans, scotch bonnet, onion, burger bread, lettuce, cheese tomatoes, pickles

Yam Porridge and plantain €20.00

Active ingredients: yam, plantain, chili, red peppers, onions, vegetable oil, or palm oil, vegetable seasoning,

Yam Porridge and sauce €15.00

Active ingredients: yam, chili, red peppers, onions, vegetable oil, or palm oil, vegetable seasoning,

Swallows (Fufu)

All swallows are from €20 depending on your choice of soup

Amala: *Active ingredients: yam flour*

Pounded Yam: *Active ingredient: yam flour*

Eba: *Ingredients - cassava flour*

(Maize) Pap,

Active ingredient: dried corn flour

Stews

Egusi €12 with pounded yam €20

Vegetables (Efo Riro) €12 with Swallow €20

Fish soup €15

Ayamase (Variety sauce) € 12

Alasepo okra €15

Fisherman Soup with swallow €25

Assorted meat soup

Active ingredients: tripe, pomo, meat,

Soups

Chicken curry €10

Active Ingredients: chicken, curry, onions,

Fish pepper soup €12

Cow tail €15

Lamb €12

Goat meat pepper soup €15

Dinner Delight

Full house: fish delight (Seabass platter)

€50

Croaker Fish platter €45

Catfish platter €45 sides (fries or plantain)

Peppered stock fish with cow foot and yam fries €25

Snails (4 €20)

Goat Meat pepper soup with homemade bread €20

Peppered Goat meat €18

Turkey Gizadodo €15 per portion

Sides

Moimoi €5 (*peeled beans, onions, chili,oil*)

Just Plantain from €10

Mama Shee Suya €10

Salads from €10

Mama Shee Snacks and Spices available in store

Kilishi Beef Jerky (Hot) €5

Kilishi Beef Jerky (Mild) €5

Mama Shee Suya spices €5 per pack

All-purpose Spices €5 , €5, €10

Meat pie €3

Scotch eggs €3

puff puff 7pieces €5

Fried meat €10

Fried goat meat €13

Peppered Pomo €10

Peppered dried fish €15

Peppered snails €20

Special Order: call to pre book

Full Seabass and Plantain €45.00 (contain bone)

Peppered croaker fish €45

Whole grilled peppered Chicken €25

Peppered Turkey wings €15

Nija authentic Suya €10

Active ingredients: this product contain (PEANUTS)

Drinks Delight

These are healthy Homemade drinks made by Mama Shee.

Hibiscus Drink (zobo) €5

Active ingredients: hibiscus, pineapple, apple, dates, ginger

Hibiscus and Ginger (zobo and Ginger) €5

Active ingredients: hibiscus and, ginger

Water and can drinks €2.50

Malt drinks €5

For cooperate catering please call 0874353532 we also do the below:

Festivals,

Cooperate catering,

Group meetings

Weddings

Outdoor catering

Night of laughter and entertainment

For Allergen:

Please let us know if you have any special dietary requirements and tell us if you have any allergen not listed and declared by the EU regulations as an allergen. See list below:

1.Celery 2. Gluten,3.Lupin,4.Peanuts, 5.ShellFish,6.Diary, 7.Eggs, 8.Molluscs, 9.Soya, 10.Fish, 11.Mustard,12. Tree nuts, 13. sesame, 14.Sulphites

