

MUMZIES



mumzies

FOOD MENU



Opening Hours

Tue to Sun - 9:00am to 10:00pm
Monday - 9:00am to 4:00pm

Dine-in & Takeaway

All day Available
Tue to Sun - 9:00am to 10:00pm
Monday - 9:00am to 4:00pm

SWEET DESSERTS

Milk Cake _____ From £3.99

Cake + Custard (Hot / Cold) _____ £3.99

Halwa (Small / Medium / Large) _____ £3.99 / £4.99 / £6.99

MUMMZIES SPECIAL

Mumzies Special Chana Chaat _____ £3.99

Mumzies Special Samosa Chaat _____ £4.50

An authentic Punjabi Appetizing snack of boiled chickpeas & potatoes, dressed in zeera flavoured yoghurt.

Mumzies Special Pani Puri (Gol Gappay) 8pcs _____ £3.99

Served with Tamarind Drink

Dahi Masala Pani Puri (8Pcs) _____ £4.99

KIDS MENU

3 pcs Chicken Nuggets (Veg / Chicken) with Chips _____ £3.99

Beans on Toast (One Toast Only) with Chips _____ £3.99

2 pcs Chicken Strips with Chips _____ £3.99

Order online via Phone/Whatsapp/Website

07769 733 633

020 3093 2211

www.mumziesuk.com

No.1 Brooks Parade, Green Lane,
Goodmayes IG3 9RT

MUMZIES LAHORI KITCHEN

MUMZIES SPECIAL

Haleem + 2 Naan £8.99

A hearty and flavorful stew made with a slow-cooked blend of tender meat, wheat, lentils, and aromatic spices, offering savory comfort in every bite

Nihari + 2 Naan £10.99

A slow-cooked stew of tender meat, infused with rich spices and served with fresh naan. A true delicacy for flavor lovers!

Paya Curry + 2 Naan (1 Whole Paya) £8.99

A traditional dish of slow-cooked trotters, simmered with aromatic spices for a rich, flavorful broth. Perfect for hearty meals!

Chicken Biryani £5.99

Chicken biryani is a flavorful and aromatic dish made with marinated chicken, rice, and a blend of spices.

PARATHA - ROTI

*Add desi ghee for an extra £0.30

Chapati £0.99

Traditional home made Phulka / Roti

Tandoori Roti £0.99

Wholemeal flatbread, freshly baked in our Tandoor.

Tandoori Naan £0.99

A soft and fluffy, freshly baked flatbread made with plain flour

Puri £1.20

Made with whole wheat Atta

Bhaturay £1.20

Made with plain flour

Plain Paratha* £1.49

Traditional staple bread from South Asian Punjabi Culture

Lachha Paratha* £2.49

Whole meal handmade flat bread layered with oil or ghee

Aloo Paratha* £3.99

Home made Paratha with Stuffed Potatoes & Asian spices filling

Qeema Paratha* £5.99

Qeema Paratha is a flatbread stuffed with spicy and flavorful lamb mince mixture.

MUMZIES CURRY

Lahori Choley Chickpeas (Med / Large) £5.99/ £8.50

Mumzies special recipe curry made from chickpeas and other Punjabi spices

Jeera Aloo Curry Potatoes (Med / Large) £5.99/ £8.50

Traditional Punjabi potato curry cooked with traditional herbs and spices by Mumzies

Qeema Karahi Lamb (Med / Large) £6.99/ £9.50

Lamb mince cooked in a freshly prepared tangy tomato curry, spiced up with Mumzies magical spices & herb selection.

Chicken Karahi Boneless (Med / Large) £6.99/ £9.50

Boneless chicken cubes cooked in a homemade recipe by Mumzies finely selected spices & herbs.

All Day Menu
9AM - 10:00PM

BREAKFAST

***HOT OR COLD DRINK INCLUDED IN BREAKFAST**

UPGRADE YOUR DRINK FOR EXTRA £0.99

TO FRESH ORANGE JUICE / MILKSHAKE / LASSI / MOJITO

OMELETTES

Mumzies Special Omelette Served with Chips £6.99

(Plain / Mushrooms / Cheese)

Mumzies Special Omelette + Chips + Masala Beans £8.99

ENGLISH BREAKFAST

Veggie Victory £9.99

1x Veg Sausage + 2x Gralic Bread + 1x Veg Pattie + 2x Hash Brown + Masala Beans

Breakfast Bounty £9.99

1x Chicken Sausage + 2x Egg (Fried / Scrambled) + 1x Beef Pattie + 2x Hash Brown + Masala Beans

Millionaire's Munch Breakfast £8.99

Choose Any 4 items

Billionaire's Brunch Breakfast £9.99

Choose Any 5 items

CHOOSE YOUR BREAKFAST ITEMS

Extra items at £1.49 Each				Extra items at £0.99 Each	
1x Beef Pattie	2x Turkey Rashers	1x Veg Pattie	4x Onion Rings	Portion of Mushrooms	2x Toast
1x Chicken pattie	3x Chicken Nuggets	2x Garlic Bread	2x Hash Brown	Portion of Masala Beans	Tomatoes
1x Chicken Sausage	2x Eggs (Fried/Scramed)	1x Veggie Sausage		Portion of English Beans	Fresh Salad
				Portion of Chips	

LAHORI DESI NASHTA

Puri Halwa Platter £9.99

2x Puris (Wheat - Atta) + Portion of Halwa + Jeera Aloo + Channy Curry

Cholay Bhaturay Platter £9.99

2x Bhaturay (Plain Flour) + Portion of Halwa + Jeera Aloo + Channy Curry

DESILICIOUS PUNJABI NASHTA £9.99

1x Lachcha Paratha + Omelette with Vegetables + Masala Beans

PURE PUNJABI PLATTER £9.99

Stuffed Paratha (Potatoes / Qeema) + Small Portion of any Curry

Mumzies Signature Mint Chutney or Punjabi Pickled Sauce + Desi Masala Chai / Karak Chai

Included		Choose Your Filling for Extra £0.49 Each		
Green Coriander	Red Onion	Qeema	Pickle Sauce	Chicken Tikka
Tomatoes Chopped	Green Chillies	Cheese	Garlic Sauce	Capsicum

Note: Add Organic Desi Ghee for £0.25 Extra

ALL DAY MENU
9AM - 10:00PM

Upgrade to a meal with Chips & Cold Drink for **£1.99**

CHIPS

Regular Chips (Med / Large)	£2.99 / £3.99
Mumzies Peri Peri Masala Chips (Med / Large) Dry Masala / Sauces	£3.99 / £4.99
Mumzies Special Loaded Chips (Med / Large) Chips with bites of Chicken & Cheese Sauce	£5.99 / £6.99

APPETIZER

Chicken Corn Soup	£2.99
Chicken Sausage Roll	£2.99
Samosas (Veg / Chicken - 6 pcs)	£3.50
Chicken Nuggets (5pcs / 10pcs)	£2.99 / £4.99
Chicken Tandoori Bites (5pcs / 10pcs)	£2.99 / £4.99
Peri Peri Chicken Wings (Grilled - 6pcs)	£5.99

MUMZIES BURGERS

Veggie Burger	£4.99
Chicken Fillet Burger	£4.99
Grilled Quarter Pounder Burger (Beef)	£4.99
Grilled Chicken Steak Burger	£5.49
Grilled Half Pounder Burger (Beef)	£6.49
Smash Burger (Beef) Brioche Bun + 1x Smash Pattie (4oz) + American Cheese Slice + Mumzies Special Smash Sauce + Crispy Onion + Lettuce	£5.99
Smash Dash Burger (Beef) Brioche Bun + 2x Smash Pattie (4oz) + 2x American Cheese Slice + Mumzies Special Smash Sauce + Crispy Onion + Lettuce	£7.99

GRILL THRILL

Chicken Strips (3pcs)	£3.99
Grilled Peri Peri Wings (6pcs)	£5.99
Grilled Chicken Skewers With Chips	£6.99
Grilled Peri Peri Whole Chicken (1/4, 1/2, Full)	£4.99 / £6.99 / £11.95

All Day Menu
9AM - 10:00PM

DRINKS MENU

Lassi(Plain, Sweet, Mango) (250ml/500ml) £3.49 / £4.99

Orange Juice(250ml/500ml) £3.49 / £4.99
(Freshly Squeezed)

Mumzilicious Milkshake(250ml/500ml) £3.49 / £4.99
(Vanilla, Mango, Caramel, Strawberry, Chocolate, Rose)

Note: 1ltr Jug of any above drink £9.99

Fresh Mojito(250ml/500ml) £3.49 / £4.99
(Strawberry, Mango, Guava, Lychee)

Mineral Water(Bottle) £1.49

Coke, Fanta, Dr.Pepper(Various) £1.49

Ribena, Fruit Shoot, Caprisum £0.99

HOT DRINKS

Green Tea(250ml) £2.99

English Tea(250ml) £2.99

Karak Chai(250ml / 400ml) £2.99 / £3.99

Masala Chai(250ml / 400ml) £2.99 / £3.99

Pink Chai £2.99 / £4.50

Hot Chocolate(250ml / 400ml)Galaxy Cadbury £2.99 / £4.50

COFFEE (FRESHLY GROUND)

Latte(250ml) £3.49

Espresso(60ml) £1.99

Americano(250ml) £2.99

Cappuccino(250ml) £3.49

Mumzies Special Cold Coffee £3.99

Takeaway Menu

(Cash Payments Only)



**Lahori Haleem
+ 2 Naan**
(Reg Portion)

£6.99



**Lahori Paya
+ 2 Naan**
(Reg Portion)

From
£6.99



**Lahori Nihari
+ 2 Naan**
(Reg Portion)

£8.99



**Lahori Chanay
+ 2 Naan**

£4.99



**Mummzies Special
Chicken Biryani**

£3.99



**Pru Halwa
Platter**

£5.99



Chicken Corn Soup

From £1.99 Each



Milk Cake

2 FOR £5

From **£2.99** Each

**Add £1 for Card Payment
Add £2 for Eat In Option**