

SPECIAL TREATS

GRILLS

Croacker fish full Platter	-	€45
Just Croaker fish	-	€35
Catfish full Platter	-	€40
Catfish	-	€35
Tilapia full platter	-	€40
Just Tilapia	-	€30
Seabass Full Platter	-	€60
Seabass	-	€45
Spiced Turkey plantain and yam	-	€35
Grilled boneless Chicken and prawn in a skewer with salad	-	€15
Spicy Half Chicken (Pulvera)	-	€15
Whole Grilled Chicken	-	€25
4 pieces Chicken wings (Hot)	-	€12
Roasted Mackrel (Titus fish)	-	€15
Suya Burger	-	€15
Suya Wrap	-	€15
Suya skewer	-	€12

SNACKS

Meat Pie	-	€3
Scotch Egg	-	€3
Fried Meat	-	€3
Peppered Pomo	-	€3

PEPPER SOUP

Goat meat	-	€15
Fish pepper soup	-	€15
Assorted	-	€15

DRINKS

Zobo Original (Hibiscus)	-	€5
Fruity Zobo	-	€5
Malt	-	€4
Fanta 'Nigeria'	-	€3
Coca Cola variants	-	€2.50
Water	-	€2.50
Others	-	€2.50

DESERTS: free on every €40 spend.

Students Special €15 every 2nd Wednesday of each month. ID compulsory

All you can eat €60 only ticketed event.

For cooperate catering please call 0874353532
we also cater at:

- Festivals • Cooperate catering •
- Group meetings • Weddings •
- Outdoor catering •

Upcoming : Mama Shee Special Event: Night of laughter and entertainment (ticketed) dates to be confirmed

FOR ALLERGEN ADVISE:

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. Dairy
7. Eggs 8. Molluscs 9. Soya 10. Fish 11. Mustard 12. Tree nuts
13. Sesame 14. Sulphites

Please note that prices are subject to changes based on prevailing market situations



MAMA Shee Restaurant Menu

1 Belgard Square West. Tallaght.

Opposite National Ambulance Service

Tallaght, Dublin 24

D24N525

T: 087 435 3532, 083 87 12938

Opening Hours:
Tuesday - Saturday
and Bank Holidays
1pm - 9:00pm
Sunday 3pm - 9:00pm



Management



VEGETARIAN OPTIONS

RICE BASED MEALS

Jollof Rice	-	€12
Fried Rice	-	€12

Native Rice (OFADA) €13

Coconut Rice	-	€12
Rice and Beans with stew	-	€12

PLANTAIN/YAM BASED MEALS

Yam Porridge	-	€12
Boiled Plantain with sauce	-	€12
Fried Plantain with sauce	-	€12
Fried Plantain with eggs	-	€15/18
Yam, Plantain combo with Eggs (fried)	-	€15
Yam & Plantain combo (boiled) with sauce	-	€12

BEANS BASED

Mashed Beans (Ewa Aganyin)	-	€12
Beans Porridge	-	€12
Beans with Corn Porridge	-	€12
Moin moin	-	€5

STUDENTS SPECIALS

Indomie with fried eggs and vegetable	-	€15
Jollof Spaghetti	-	€15

SIDE

Plantain	-	€3
Coleslaw	-	€3
Boiled Egg	-	€3

PLANTAIN/YAM BASED MEALS

Yam Porridge	-	€12
Boiled Plantain with sauce	-	€12
Fried Plantain with sauce	-	€12
Fried Plantain with eggs	-	€15/€18
Yam, Plantain combo with Eggs (fried)	-	€15
Yam & Plantain combo (boiled) with sauce	-	€12

BEANS BASED

Mashed Beans (Ewa Aganyin)	-	€12
Beans Porridge	-	€12
Beans with Corn Porridge	-	€12
Moin moin	-	€15

SPECIALS

Indomie with egg fried	-	€15
Jollof Spaghetti	-	€15

SIDE

Plantain	-	€3
Coleslaw	-	€3
Boiled Egg	-	€3

SWALLOW

Poundo Yam with egusi/vegetable (spinach) with choice of protein (standard)	-	€20/22
Eba (plain/yellow) with egusi/vegetable (spinach) with choice of protein (standard)	-	€20/22
Amala with egusi/vegetable (spinach)/Abula with choice of protein (standard)	-	€20/22

SWALLOW (continued)

Starch (Fufu) with egusi/vegetable (spinach) with choice of protein (standard)	-	€20/22
Semovita with egusi/vegetable (spinach)/Abula with choice of protein (standard)	-	€20/22
Tuwo with egusi/vegetable (spinach)/Abula with choice of protein (standard)	-	€20/22

PROTEINS

Beef in stew	-	€5
Fried Fish	-	€5
Grilled Turkey	-	€7
Grilled Chicken thigh	-	€7
Boneless Turkey	-	€5
Goat Meat (peppered)	-	€5
Orishirishi (assorted)	-	€5
Ayamatsé (sau)	-	€5
Hake Fish in stew	-	€5/7
Ox-Tail	-	€5
Snail (peppered)	-	€7
Egg	-	€3
Prawn	(1)	€2
Drumstick/wing	-	€2.50
Suya (Contains Nuts)	-	€5/12

FINGER FOODS

Yam Fries	-	€10
Plantain fries	-	€10
Boiled Plantain and yam	-	€15
Roasted Plantain and Roasted Yam	-	€15

SOUPS (Takeaway Portions) – 500ml

Egusi Soup	-	€13
Vegetable Soup (Spinach)	-	€13
Seafood Okro	-	€15
Ogbono Soup	-	€13
Just Ewedu	-	€7
Just Gbegiri	-	€7
Just Okro Soup	-	€7

