



# MENU

## SUNDAY TRADITIONAL LUNCH

### NIBBLES & STARTERS

**Olive di Cerignola, Altamura bread & Focaccia Barese** £ 7.50

A delightful trio: **marinated olives**, traditional **Altamura Bread Toasted**, and soft **focaccia Barese** to start your meal 'alla Pugliese'.

**Bruschetta Mo' Mo'** £ 8.50

Altamura bread with fresh **tomato**, **garlic**, oregano & extra virgin olive oil, **pesto pearls** (basil, wild rocket, mint, and pistachios) \*also available in the classic version (without pesto).

**Fritto Misto & Calamari** £12.50

Mini panzerotti, calamari, potato croquettes, olive ascolane, courgette flowers and traditional fried specialties of the day.

**Focaccia Barese** £8.95

Whole wheel of traditional Bari-style focaccia topped with cherry tomatoes, olives, and extra virgin olive oil.

**Pizza Marinara** £8.95

Thick Pizza bread topped with tomato sauce, garlic, oregano, and extra virgin olive oil.

**Antipasto Mo' Mo'**

Small £13.50 Large £24.50 XL £29.90

An abundant selection of Italian delights: homemade **taralli**, **cured meats**, **artisanal cheeses**, gourmet **crostini**, **pettole** (traditional Apulian deep-fried dough balls), **olives** from Cerignola, **focaccia**, perfect for an authentic Italian feast.

### PASTA & MORE

**Traditional Italian Lasagne** £ 15.95

Layers of fresh pasta with rich meat ragù, creamy béchamel, mozzarella, and Parmesan, baked until golden.

**VEGETARIAN Lasagne** £ 15.95

Layers of fresh pasta with seasonal vegetables, mushrooms, Parmesan, and smoked scamorza cheese, baked until golden.

**Rigatoni with Traditional Mixed-Meat Ragù** £ 17.25

Our mixed-meat ragù, faithfully prepared following Grandma Anna's traditional recipe, slowly simmered over a low flame for a rich and authentic flavour.

**Polpo alla Molfettese** £ 17.95

Grilled octopus marinated with lemon and balsamic, served with **crispy bacon**, **parmisan** and **straciatella cheese** and with **Apulian bread croutons**. A refined dish balancing smoky, fresh, and traditions.

Craving something sweet?

Ask our staff for the dessert menu from our in-house pastry kitchen.

*At our small Italian bistro, we embrace the philosophy of Slow Food - authentic recipes, fresh ingredients, and meals made to be enjoyed slowly. We invite you to experience the true taste and warmth of Italy, one dish at a time.*



ONLY SUNDAYS 11.30 - 14.30 | 71 Derby Road, Long Eaton / tel: 01159190722

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