

MAMA'S[®]



‘Specialists in South African Traditional Cuisine’





A love letter from mom

“Regardless of where you are from, I hope that every bite you take from our menu takes you home, and on a trip down memory lane to the family table where mom made the best meals with love. At Mamas we believe that anyone can make food, but love is what ultimately makes a meal special. This is the one place where love never runs out, because love is what is served at Mamas, on a daily basis”

- Mama Makgethoa (Founder & Head Cook)



PRIVATE DINNER EXPERIENCES
HOME DELIVERIES
EVENT CATERING
TV & FILM SHOOT CATERING
MOBILE FOOD TRUCK
COOKING CLASSES



Our love story

Mamas is a boutique mobile food kitchen that specializes in traditional South African cuisine. All our food is made and produced locally by moms from all walks of life. Our secret lies in mom. So what exactly is it that makes mom's cooking so special? It's not that she prepared it with the worlds most exotic spices, or fancy recipes from a Michelin star chef. But what makes moms food so special, is that it is made with love. A home cooked meal is a meal made with love. Home is where the heart is. This love ethos is what Mamas is all about, and that's why we say Mama's tastes like home.



Our love for food

We love our food. Because our food is part of our story. Growing up, we didn't have much, which meant that our meals had to be very simple, so a little could go a long way. But Sundays were special, because it was the one day of the week when we could afford to feast. So mom would bring out the best food, with the best meat, the best veggies, and best salads, all served in the best dishes. As a family, we would gather around the table and enjoy what we call '7 Colors'. And that is where our love for food was born.



Our love for collaboration

The very essence of the South African cuisine is built on collaboration. There is no major family event or celebration where mom would cook alone. Moms, Aunties, and Gogos would bring their pots and recipe books to the home of the celebrant, and together would collaborate to cook the very best meals. This amalgamation of passion and food enthusiasts called moms (who would come together to create something amazing) is our approach to how we prepare meals at Mamas. Our cooking method is collaborative. Two moms, from two different walks of life, collaborating and fusing South African cuisine with the best of the world. At Mamas we don't have one man shows, we don't have superstar chefs with egos, but we have food enthusiasts coming together to prepare the best meals with love.





Our love for serving you

S E R V I C E S

1. EVENT CATERING
2. TV & FILM SHOOT CATERING
3. MOBILE FOOD TRUCK
4. COOKING CLASSES
5. PRIVATE DINNERS
6. HOME DELIVERIES



LUNCH BUFFET MENU

(Build your own menu)

MENU

‘Easy Just’

1 Meat, 1 Starch, 1 Veg, 1 Salad

(Build your own menu)

Meat Options:

Grilled Chicken, Chicken Stew, Steak,
Beef Stew, Lamb Curry

Starch Options:

Pap, Basmati Rice, Brown Rice, Samp

Veg Options:

Roasted Veggies, Stir Fry Veggies,
Pumpkin / Butternut, Cream Spinach

Salad Options:

Coleslaw, Chakalaka, Salsa, Beetroot,
Black Bean Salad, Cucumber, Tomato, Onion & Avo



MENU

‘Tse Monate’

1 Meat, 1 Starch, 2 Veg, 2 Salad

(Build your own menu)

Meat Options:

Grilled Chicken, Chicken Stew, Steak,
Beef Stew, Lamb Curry

Starch Options:

Pap, Basmati Rice, Brown Rice, Samp

Veg Options:

Roasted Veggies, Stir Fry Veggies,
Pumpkin / Butternut, Cream Spinach

Salad Options:

Coleslaw, Chakalaka, Salsa, Beetroot,
Black Bean Salad, Cucumber, Tomato, Onion & Avo



MENU

‘Zonke Bonke’

2 Meat, 2 Starch, 2 Veg, 2 Salad

(Build your own menu)

Meat Options:

Grilled Chicken, Chicken Stew, Steak,
Beef Stew, Lamb Curry

Starch Options:

Pap, Basmati Rice, Brown Rice, Samp

Veg Options:

Roasted Veggies, Stir Fry Veggies,
Pumpkin / Butternut, Cream Spinach

Salad Options:

Coleslaw, Chakalaka, Salsa, Beetroot,
Black Bean Salad, Cucumber, Tomato, Onion & Avo



CONTACT US

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