

BREAKFAST & SANDWICH

BELGIAN WAFFLE & OATMEAL \$23 Contains Nut

(1) Belgian Vanilla Bean Waffle, House Organic Cashew Coconut Cream, served with 8 oz of warm oatmeal & 8 oz orange lemonade beverage or (s) hot coffee **WAFFLE VEGETARIAN**

BERRIES BELGIAN WAFFLE & OATMEAL \$26 Contains Nut
WAFFLE VEGETARIAN

(1) Belgian Stuffed Berries Vanilla Bean Waffle, House Organic Cashew Coconut Cream, Fresh Berries jam on top, served w/ 8 oz of warm oatmeal & 8 oz orange lemonade beverage or (s) hot coffee

2 STUFFED TOSTONES PLANTAIN (GF) \$14

Contains Nut

Tostones Cup stuffed w/ Grounded Walnut & sprout & carrots

AT MAMA CHEA'S mindful culinary ALWAYS air fry, baked COOKING WARE stainless steel, ceramic

SOURDOUGH TOFU EGG SANDWICH \$18

Toasted Sourdough bread, House Tofu, Mixed peppers, Mixed Trio Potatoes, Tomato, Sprout

TUNA JACKFRUIT CHICKPEA SANDWICH \$19

Classic Tuna Sub on sourdough toast, jackfruit, tomatoes, chickpeas peppers celery, tomatoes & nori

TUNA JACKFRUIT CUCUMBER SLIDERS (GF) \$17

(4) pcs Cucumber jackfruit, tomatoes, chickpeas peppers celery, sundry tomatoes & nori

BURGERS & GREENS

NIKKI'S TRIO'S BBQ BURGER W/ FRIES \$26

Chef Pattie Ingredients: Organic Tri Quinoa Ancient Grain, Black Bean, Kidney Beans, Beets, Carrots, Ginger, Sunflower Seeds,

House Chea Pattie w/House BBQ Jackfruit, sweet plantain, sprout, Carrots, ketchup, chipotle mayo, & cheese includes french fries or sweet potato fries (+\$2)

ITALIAN WALNUT MEATBALLS MELT SUB \$19

Contains Nut

Local Italian Bread, 8 inches. 3 jumbo Walnut Meatballs in Basil Tomato sauce & Melted Cheese

WALNUT HIPPIE CHEESE BURGER \$18

Contains Nut

Gourmet Walnut Meat w/ olives, cheese & BBQ, ketchup, pickles, chipotle mayo, pretzel bun

CITRUS FRESH JACKFRUIT TACOS (GF) \$17

(2) smoky pulled-jackfruit tacos, carrot citrus slaw, salsa, avocado crema

MINTSTACHIO WATERMELON SALAD (GF) \$22

Contains Nut

Mixed Sprouts, Spring mix, tomato, cucumber, watermelon, mint, basil, cilantro, raw pistachio crumbles, hemp seed, tossed in fresh watermelon dressing

EMPANADAS \$7 each

- Black Bean Corn
- Buffalo Chicken

FRESH HOUSE SOUP

8 OZ- \$ 11 | 16 OZ- \$ 14

Creamy ButterSquash | Garnish w/ Pumpkin Seeds

Trio Lentils | Assortment Lentil & Legumes

SIDES

Sourdough Grill Cheese Sandwich -\$14

Truffle Mac & Cheese- 8 oz- \$12 | 16 oz- \$14

Sweet Potatoes Fries-\$9 | Potatoes Fries-\$8 **(GF)**

Sweet Plantain | Yucca Fries- \$ 8 -4 pcs **(GF)**

COFFEE & TEAS

BASE MYLKS - ALMOND • COCONUT • SOY | BROWN • CANE SUGAR

Latte Ice/ Hot Coffee (S) \$6.50 | (L) \$7.50

Cold Frappuccino Coffee (S) \$7.50 | (L) \$8.50

Ice Brew Coffee (S) \$6 | (L) \$7

Americano Coffee (S) \$5.50 | (L) \$6.50

Espresso Single Shot \$2.75 | Double \$4.75

Pure Matcha (S) \$ 10 | (L) \$12

Pure Matcha Latte (S) \$9 | (L) \$11

FRESH HOUSE MYLK \$ 3 Contains Nut

PUMPKIN SEED • HEMP SEED • OAT • CASHEW • PISTACHIO • WALNUT • BRAZIL NUT • PECAN • SUNFLOWER SEED

MONIN FLAVORS \$ 1

VANILLA -SALTED CARAMEL- HAZELNUT- PUMPKIN SPICE- AMARETTO- PISTACHIO- COCONUT- COOKIE DOUGH- BLACKBERRY- CHERRY- CARAMEL

BETTER SWEETNERS \$ 2

CINNAMON- MCT OIL - MAPLE SYRUP- MONK FRUIT- AGAVE- EARTH STEVIA- DATE SYRUP

SUPERFOOD SMOOTHIES

COLD PRESSED JUICES

16 OUNCES | \$13

16 OUNCES | \$14

HIPPIE GREEN AVOCADO

Avocado- Hemp Seed-Kale- Daily Green Powder- Almond Mylk

ALMOND BANANA CREAM

Almond Butter, Banana, Dates, Protein, Hemp Seeds

ZEN ZAP MANGO!

Mango- Banana- Hemp Seeds- Dates- Almond Mylk

U IZ NUTTY!

Hemp Seeds- Cashew - Sunflower Seeds- Peanut Butter- Cacao- Dates

FANCY ERICA STRAWPINE!

Strawberry- Banana- pineapple- Almond Mylk

SEAMOSS MINERAL DETOX

Mix Berries-Banana- Hemp Seeds- Seamoss Gel- Almond Mylk

GUT DETOX

Apples-Kale- Lime- Celery- Ginger

LIQUID GOLD

Pineapple- Turmeric- Ginger- Lemon

PRANA SUNRISE

Carrots- Apples- Turmeric- Ginger- Red Beets

ACAI BOWLS | \$13.50

Acai- Wild Blueberries- Banana

Acai- Pineapple- Strawberries

Acai- Mango- Strawberries- Granola

ADD ON ENHANCERS+ \$3 EACH

Nuts | Seeds | Fruits | Vegetables
Seamoss Gel + Minerals
Organic Vegan Protein Powder + Probiotics
Daily Superfood
Grass Fed Collagen + Biotin (Vegetarian)
Naked Casein (Vegetarian)

HOUSE ICE CREAM & MYLKSHAKES

| 8 OUNCES \$10 | 16 OUNCES \$15

| 16 OUNCES \$15

INCLUDES BASE: VANILLA | RAW CACAO

Create your own - \$1.00 Monin Flavor | Raw - \$ 1.50 (EACH)

APPLES	CHUCK OF DATES	SALTED CARAMEL
STRAWBERRY	PUMPKIN SPICE	HAZELNUT
LAVENDER	BANANAS	HEMP SEEDS
COCONUT	JACKFRUIT	GRANOLA
MANGO	DRAGONFRUIT	PEANUT BUTTER
FRESH COFFEE	PINEAPPLE	PECAN
CHOCOLATE CHIPS	AMARETTO	PISTACHIO
RAINBOW SPRINKLES	POMEGRANATE	MATCHA
		OREOS
		CHOCOLATE SPRINKLES

(MYLKSHAKE- ONLY 16 OZ)

DESSERT

Banana Walnut Bread- \$8.50

Traditional | Pistachio | Rose Raspberry

Cinnamon Roll- \$9

Turnover- Apple | Raspberry - \$7

Cookie Flavored \$5.50- Matcha | Smore | Peanut

Butter

Chocolate Chip Cookie- \$5