

Mama Chea Café

MADE IN HOUSE
100% SPECIALTY PLANT MEAT
ALWAYS WHOLE FOODS
ALKALINE WATER
NO JUNK OILS

Burgers & Greens

All house plant meat is gluten free, soy free & non-GMO.
Gluten-free bun available **+\$3.95**

Cheá's House Burger **N** **\$22**

A house-made patty topped with vegan pumpkin cashew cream, green pepper, greens, pickles, ketchup and tomatoes on a fresh pretzel bun.

Patty (GF): organic tri-color quinoa, black beans, kidney beans, beets, sunflower seeds

Southern BBQ Burger **\$21**

House-made BBQ jackfruit, pickles, shredded carrots, fresh greens, melted cheese, ketchup and chipotle mayo on a pretzel bun.

Italian Walnut Meatballs Melt Sub **N** **\$20**

Three jumbo walnut meatballs in basil tomato sauce with melted cheese, on 8-inch local Italian bread.

Hippie's Boat Tacos (3) **GF · N** **\$23**

Fresh romaine lettuce boats topped with house-ground walnuts, tomatoes, peppers, sprouts, chipotle sauce and a rich house pumpkin cashew cream.

Fresh House Soup

16 oz · \$14

Creamy Butter Squash

Garnished with pumpkin seeds

Harvest Sweet Squash

Japanese sweet potatoes with butter squash and pumpkin spice

Pinsa, Not Pizza

A Roman-style flatbread of wheat, rice and soy flours, slow-fermented 48–72 hours for a crispy crust and a light, airy center. Served on a 12-inch oblong sourdough crust: lighter than pizza, full of flavor.

Classic Margherita **N** **\$22**

Imported tomato sauce, fresh house pumpkin-cashew cream cheese and sweet basil.

Classic Veggie Capricciosa **N** **\$24**

Tomato sauce, fresh house pumpkin-cashew cream cheese, veggies, mushrooms, olives and artichokes.

Taurus' Buffalo Pineapple **N** **\$25**

Imported tomato sauce, pineapple, vegan buffalo chicken and fresh house pumpkin-cashew cream cheese.

Harvested BBQ Jackfruit & Caramelized Onions **N** **\$25**

Imported tomato sauce, house BBQ jackfruit, fresh house caramelized onions, carrots and fresh house pumpkin-cashew cream cheese.

Le' Casa Tour' Walnut Meat **N** **\$25**

Tomato sauce, cheese, walnut crumbles, arugula, balsamic glaze and cherry tomatoes.

Sides

Truffle Mac & Cheese 16 oz **\$15**

Sweet Potato Fries **GF** **\$9**

Potato Fries **GF** **\$8**

Sweet Plantains **GF** 4 pcs **\$8**

Coffee · Matcha & Teas

Lattes include our base almond mylk & cane sugar.

	SMALL	LARGE
Latte hot or iced	\$6.50	\$7.50
Frappuccino cold	\$7.50	\$8.50
Cold Brew Coffee	\$6.00	\$7.00
Americano	\$5.50	\$6.50
Espresso single · double	\$2.75	\$4.75
Pure Matcha	\$10.00	\$12.00
Pure Matcha Latte	\$9.00	\$11.00

Superfood Smoothies

16 oz · \$14

Tropical Rush

Mango, peaches, strawberries, pineapple

Pumpkin Spice Almond Cream

Almond butter, pumpkin seed, pumpkin, banana, dates, protein powder

Sea Moss Mineral Detox

Mixed berries, banana, hemp seeds, sea moss gel, almond mylk

U Iz Nutty!

Hemp seeds, cashew, pumpkin seeds, sunflower seeds, peanut butter, cacao, dates

Ice Cream & Mylkshakes

House-made · one size · 16 oz · \$15

Base: vanilla or raw cacao

Create your own: Monin flavor **+\$1** · raw **+\$1.50** each

FRUIT Apples, bananas, chunks of dates, coconut, dragonfruit, jackfruit, mango, mixed berries, pineapple, pomegranate, strawberry, tropical fruit mix

NUTS & CRUNCH Granola, hazelnut, hemp seeds, peanut butter, pecan, pistachio, Oreos

FLAVORS & TOPPINGS Amaretto, fresh coffee, lavender, matcha, pumpkin spice, salted caramel, chocolate chip sprinkles, rainbow sprinkles

MAKE IT YOURS

Fresh House Mylk \$3

Hemp · Walnut · Hazelnut · Pistachio · Brazil nut · Sunflower · Pumpkin seed · Pecan · Cashew · **Contains nuts**

Monin Flavor Syrups \$1

Vanilla · Salted caramel · Hazelnut · Pumpkin spice · Amaretto · Pistachio · Coconut · Cookie dough · Cherry · Caramel

Better Sweeteners \$2

Cinnamon · MCT oil · Maple syrup · Monk fruit · Agave · Earth stevia · Date syrup · Coconut sugar

Cold-Pressed Juices

16 oz · \$15

Gut Detox

Apples, kale, lime, celery, ginger

Liquid Gold

Pineapple, turmeric, ginger, lemon

Prana Sunrise

Carrots, apples, turmeric, ginger, red beets

Add-On Enhancers \$3 each

Nuts · Seeds · Fruits · Vegetables
Sea moss gel + minerals
Organic vegan protein powder
Daily superfood

Dessert

Banana Walnut Bread \$8.50

Traditional, pistachio or rose raspberry

Fresh House Cinnamon Roll \$10

Chocolate chip or matcha \$11

Cake Pop \$5

Vanilla or cacao