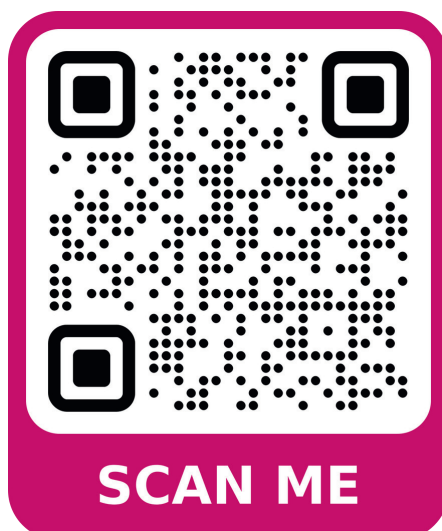




Welcome to
Mama Chea Cafe

Vegan Juice & Market
100% plant based

 **order
online**



W W W . M A M A C H E A C A F E . C O M

BREAKFAST & SANDWICH

- Fresh Vegan Lox/ Cream Cheese \$22.00**
Add on+ Capers & Red Onions + \$2.95
Bagel Lox in house-carrot lox "salmon", NY Style bagel : French fries or sweet potato fries (+\$2)
- Italian Walnut MeatBalls Melt Sub \$18.99**
Local Italian Bread, 8 inches. 3 jumbo Walnut Meatballs house crafted Sauce, vegan cheese
- No Chick Parmesan Sub \$17.99**
Local Italian Bread, 8 inches, vegan "chicken" house crafted Creamy Sauce, vegan cheese
- Tuna Jackfruit Chickpea sandwich \$17.99**
Classic Tuna Sub on thick slice local bread, jackfruit, tomatoes, chickpeas peppers celery, tomatoes, nori & kale

GLUTEN FREE BUN ADD ON + \$3.95

- 4 Stuffed Tostones Plantain \$21.00 (GF)**
Tostones Cup stuffed w/ Grounded Walnut & purple cabbage, cilantro & purple onions in sauce
- Hunny Ham Panini \$13.99**
Vegan toast 8 in bread hot pressed with cheese, House Hunny Ham (made from carrots) balsamic glazed & sun-dried tomatoes
- NY BAGEL W/ CREAM CHEESE -\$7.00**

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

BURGERS & GREENS

- Nikki's Trio's BBQ Burger w/ fries \$26.99**
Loaded Chea Pattie w/ BBQ Jackfruit, sweet plantain, purple cabbage, cilantro, ketchup, chipotle mayo, & cheese includes: French fries or sweet potato fries (+\$2)
- The Chea Burger w/ fries \$22.99**
Pattie Ingredients: Organic Tri Quinoa Ancient Grain, Black Bean, Kidney Beans, Beets, Carrots, Ginger, Sunflower Seeds,
Chea Pattie, Purple Cabbage, slice of vegan cheese, chipotle mayo on Pretzel Bun includes French fries or sweet potato fries (+\$2)
- Walnut Hippie Burger \$18.99**
Gourmet Walnut Meat w/ olives, purple cabbage, cheese & BBQ, ketchup, chipotle mayo on Pretzel Bun
- Nikki's Supreme Loaded Tacos \$21.99 (GF)**
Add on Jackfruit, Walnut+ \$2.95
(3) Fully Loaded Tacos: BBQ jackfruit, purple cabbage, cilantro, chopped sweet plantain on soft tortillas, shredded vegan cheese.
- Happy NoChick'n \$17.99**
Crispy plant-based chick'n on a toasted sesame bun with shredded lettuce, tomato, pickles, mayo and ketchup.

EMPANDAS \$6.75 each

- Grounded Walnut Meat
- Hunny Ham & Cheese
- NY Meaty Pizza
- BBQ Jackfruit

FRESH HOUSE SOUP

GF
GLUTEN FREE

- 8 OZ- \$12.00 | 16 OZ- \$16.00
- **NIKKI'S CHILI**
(walnut, carrot, red kidney beans, leeks, chives)
 - **Trio Lentil Soup**

KIDS & SIDES

- GRILL CHEESE SANDWICH -\$11.99**
- HUMMUS & FALAFEL (5 PCS)- \$13 (GF)**
- TRUFFLE MAC & CHEESE- (8 OZ) \$12 / (16 OZ) \$14**
- SWEET POTATOES FRIES-\$8 (GF)**
- POTATOES FRIES-\$7 (GF)**
- SWEET PLANTAINS- \$7 (4PCS) (GF)**
- SIDE SALAD - \$8.99 (GF)**
- 4 PCS OF DINO NO CHICK-\$8.99**

ACAI BOWLS (GF) \$13.00 *** ANY NUTS OR FRUITS ADD ON+ \$1.50 EACH +*

- TRADITIONAL AÇAÍ**
Acai with coconut pulp & chia seeds
- MANGO COCONUT BANANA**
Acai -mangos - banana - coconut shredded (Garnish hemp seeds)

- POMEGRANATE -RED BERRIES**
Acai w/ pomegranate, strawberry & raspberry (Garish hemp seeds , coconut pulp)

DESSERT

- RAW ALMOND | COCONUT | CHOCOLATE CHIPS DATE BITES (4PCS)- \$10.00 (GF)**
- RASPBERRY ROSE BANANA WALNUT BREAD- \$8**
- PISTACHIO BANANA WALNUT BREAD- \$8**
- BELGIAN CHOCOLATE CHEESECAKE- \$7.50**
- LEMON RASPBERRY CHEESECAKE- \$7.50**
- FLAVOR CHOCOLATE CHIP COOKIE- \$5.50**
- FRESH CHOCOLATE CHIP COOKIE- \$5.00**

VEGAN MACARONS

- \$4.50 (EACH) OR \$20.00 (5PC)
- **BIRTHDAY CAKE**
 - **HAZELNUT PISTACHIO**
 - **RED VELVET**
 - **VANILLA BEAN**
- GF
GLUTEN FREE
- GLUTEN FREE MADE W/ ALMOND FLOUR

SUPERFOOD SMOOTHIES

* 16 oz \$13.00

RADIANT ROOTS GLOW

CARROT • PINEAPPLE • JACKFRUIT
• PROTEIN POWDER

GREEN GODDESS ENERGY

KALE • APPLE • PINEAPPLE • PUMPKIN SEED BUTTER •

ZEN ZAP MANGO!

MANGO- BANANA- HEMP SEEDS- DATES- ALMOND MYLK

U IZ NUTTY

CASHEW - ALMOND - SUNFLOWERSEEDS- PEANUT BUTTER - CACAO-DATES

BERRY BLISS FUEL

STRAWBERRIES • MIXED BERRIES • BANANA • CHIA/ HEMP SEEDS

ISLAND SEAMOSS SMOOTHIE

MANGO • BANANA • PINEAPPLE • SUNFLOWER SEEDS • SEAMOSS GEL

COLD PRESSED JUICES

* 16 oz \$14.00

GREEN BOOSTER

CELERY- KALE- APPLE JUICE- SPINANCH- GINGER

GUT DETOX

APPLES- LEMON- LIME- CELERY

LIQUID GOLD

PINEAPPLE- TURMERIC- GINGER- LEMON

PRANA SUNRISE

CARROTS- APPLE JUICE- TURMERIC- GINGER- RED BEETS

Booster+

- NUTS, FRUITS & VEGETABLES- \$1.50 EACH
- SEAMOSS GEL- \$3.00 (1 SCOOP)
- VEGAN PROTEIN POWDER- \$3.50 (1 SCOOP)

HOUSE ICE CREAM / MYLKSHAKES

(MYLKSHAKE- only 16 oz)

MAIN BASE: VANILLA OR RAW CACAO CHOCOLATE

8 OZ- \$ 10 | 16 OZ-\$ 15 CREATE YOUR OWN - \$1.00 FLAVOR| OR 1.50 (EACH)



SALTED CARAMEL
HAZELNUT
HEMP SEEDS
GRANOLA
PEANUT BUTTER
PECAN
PISTACHIO

OREOS
CHUCK OF DATES
PUMPKIN SPICE
CHOCOLATE CHIPS
RAINBOW SPRINKLES
CHOCOLATE
SPRINKLES
AMARETTO

JACKFRUIT
DRAGONFRUIT
PINEAPPLE
APPLES
STRAWBERRY
MANGO
BANANAS
LAVENDER
COCONUT
MANGO
FRESH COFFEE
MATCHA



HOUSE BREWERS COFFEE & TEAS

BASE MYLKS - ALMOND or SOY

- LATTE ICE/ HOT COFFEE (12 OZ) \$6.50
- LATTE ICE/ HOT COFFEE (16 OZ) \$7.50
- COLD FRAPPUCCINO COFFEE (12 OZ) \$7.50
- COLD FRAPPUCCINO COFFEE (16 OZ) \$8.50
- COLD ICE BREW/ COFFEE (16 OZ) \$7.50
- COLD ICE BREW COFFEE (12 OZ) \$6.00
- AMERICANO COFFEE (16 OZ) \$6.50
- AMERICANO COFFEE (12 OZ) \$5.50
- ESPRESSO SINGLE SHOT \$2.75
- ESPRESSO DOUBLE 2X SHOT \$4.75
- MATCHA LATTE (12 OZ) \$8.75
- MATCHA LATTE (16 OZ) \$10.00
- HOUSE TEA BLEND (16 OZ) \$10.00

ASK FOR SWEET MYLK OR UNSWEET
CANE OR BROWN SUGAR



ADD A SPECIALITY MYLK \$2.95

PUMPKIN SEED • HEMP SEED • OAT • CASHEW • PISTACHIO MYLK •

ADD ON FLAVORS \$1.00

VANILLA -SALTED CARAMEL- HAZELNUT- PUMPKIN SPICE-RAW CACAO- AMARETTO- PISTACHIO- MATCHA- CINNAMON- MCT OIL - MAPLE SYRUP- MONK FRUIT- AGAVE- EARTH STEVIA

What's new?

MA

CAFE

VEGAN JUICE & MARKET

+

★★★★★

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posts

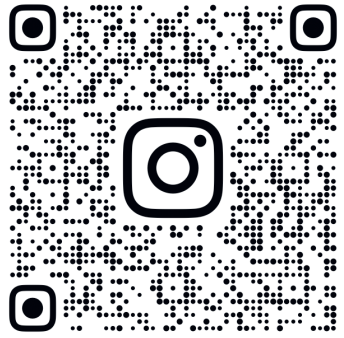
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followers

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following

FOLLOW US



Mama Chea Cafe Vegan Market



CINN
AMO
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244

mamacheacafe.com

salmon

100% VEGAN

CARROT LOXS

PLANT MEAT

SMOKED FISH FLAVOR

HAM
BUR
GER

251

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