

made in house

100% SPECIALTY PLANT MEAT

alkaline water, soy, gluten free

ALWAYS WHOLE FOODS

oils. NO JUNK

OPTIONAL: GLUTEN FREE BUN ADD ON + \$3.95

## Sandwich & Panini

### Carrot Lox Panini \$18

8 in' Panini with vegan cheese, house-made lox from real carrots, onions, tomatoes

### Hunny Ham Panini \$17

8 in' Panini with vegan cheese, arugula, house-made hunny ham from real carrots, tomatoes

at mama chea's

mindful culinary

always

air fry. baked

cooking ware

stainless steel. ceramic

## burgers & greens

ALL HOUSE PLANT MEAT GLUTEN FREE- SOY FREE- NON GMO

### Cheá's House Burger \$22

*Pattie Ingredients: Organic Tri Quinoa, Black Beans, Kidney Beans, Beets, Sunflower Seeds. (GF)*

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

Contains Nut

### 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 \$20

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

Contains Nut

### Walnut Hippie Cheese Burger \$20

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

Contains Nut

## PINSA NOT PIZZA

Pinsa is a Roman-style flatbread made with wheat, rice, & soy flours. Slow-fermented for 48-72 hours, it features a crispy crust and light, airy center. Served on a 12" oblong crust, it's a lighter, flavorful alternative to traditional pizza.

### CLASSIC Margherita \$21

Tomato sauce, fresh pumpkin/cashew cream cheese, sweet basil on 12-inch sourdough pinsa bread.

Contains Nut

### CLASSIC Veggie Capricciosa \$24

Tomato sauce, Fresh House pumpkin/ cashew cream cheese, veggies, mushrooms, olives, artichokes, 12 in' sourdough pinsa bread

Contains Nut

### Le' Casa Tour' Walnut Meat \$25

Tomato sauce, cheese, walnut crumbles, arugula, balsamic glaze, cherry tomatoes. 12 in' sourdough pinsa bread

Contains Nut

## FRESH HOUSE soup 16 OZ | \$14.00

**Creamy ButterSquash** Garnish w/ Pumpkin Seeds

### Garden Sandwich \$20

Sourdough bread slice with house-made pumpkin seed & cashew cream cheese, Hunny Ham (made out of carrots), mixed greens, tomatoes & pickles

## Sides

Truffle Mac & Cheese- 16 oz- \$15

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

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

## Coffee & Teas

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

Latte (Hot or Iced)- Small \$6.50 | Large \$7.50

Frappuccino (Cold)- Small \$7.50 | Large \$8.50

Cold Brew Coffee- Small \$6.00 | Large \$7.00

Americano- Small \$5.50 | Large \$6.50

Espresso- Single Shot \$2.75 | Double Shot \$4.75

Pure Matcha- Small \$10.00 | Large \$12.00

Pure Matcha Latte- Small \$9.00 | Large \$11.00

## FRESH HOUSE MYLK \$3

Contains Nut

- hemp mylk
- walnut mylk
- hazelnut mylk
- pistachio mylk
- brazilnut mylk
- sunflower mylk
- pumpkin seed mylk
- pecan mylk
- cashew mylk

### MONIN FLAVORS SYRUPS \$1

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

### BETTER SWEETNERS \$2

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

SUPERFOOD SMOOTHIES

COLD PRESSED JUICES

16 OUNCES | \$ 14

TROPICAL RUSH

Mango- Peaches- Strawberries- Kale-Pineapple

STRAWBERRY BANANA  
ALMOND CREAM

Almond Butter- Strawberry- Banana- Dates- Protein Powder

SEAMOSS MINERAL DETOX

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

U IZ NUTTY !

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

16 OUNCES | \$ 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

Seamoss Gel + Minerals

Organic Vegan Protein Powder +

Daily Superfood

HOUSE ICE CREAM  
& MYLKSHAKES

ONE SIZE 16 OUNCES \$15

INCLUDES BASE: VANILLA | RAW CACAO

CREATE YOUR OWN - \$1.00 MONIN FLAVOR | RAW - \$ 1.50 (EACH)

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

DESSERT

- Banana Walnut Bread- \$8.50
- Traditional | Pistachio | Rose Raspberry
- Cinnamon Roll- \$10
- Chocolate Chip Cinnamon Roll- \$11
- Cake Pop- \$5 (Vanilla or Cacao )