

made in house

100% SPECIALTY PLANT MEAT

ALWAYS WHOLE FOODS

alkaline water, soy, gluten free

NO JUNK

oils.

BREAKFAST & SANDWICH

FALAFEL WRAP \$ 17

Golden falafel, fresh vegetables, tahini, warm half pita

ITALIAN WALNUT MEATBALLS MELT SUB \$18

Local Italian Bread, 8 inches, 3 jumbo Walnut Meatballs in Creamy Tomato Sauce & Melted Cheese

NY BAGEL | SALMON CARROT LOX SANDWICH \$14

Add on+ Capers & Red Onions + \$2.95

NY Bagel Lox in house-carrot lox "salmon" vegan cream cheese

GLUTEN FREE BUN ADD ON + \$3.95

2 Stuffed Tostones Plantain \$13 (GF)

Tostones Cup stuffed w/ Grounded Walnut & purple cabbage, cilantro

Tuna Jackfruit Chickpea sandwich \$18

Classic Tuna Sub on thick slice local bread, jackfruit, tomatoes, chickpeas peppers celery, tomatoes and nori

Tuna Jackfruit Cucumber Sliders \$15 (GF)

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

AT MAMA CHEA'S

mindful culinary

ALWAYS

air fry, baked

COOKING WARE

stainless steel, ceramic

BURGERS & GREENS

NIKKI'S TRIO'S BBQ BURGER W/ FRIES \$25

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

Loaded Chea Pattie w/ BBQ Jackfruit, sweet plantain, purple cabbage, cilantro, ketchup, chipotle mayo, & cheese includes french fries or sweet potato fries (+\$2)

WALNUT HIPPIE CHEESE BURGER \$18

Gourmet Walnut Meat w/ olives, cheese & BBQ, ketchup, pickles, chipotle mayo on Pretzel Bun

JACKFRUIT TACOS \$17 (GF)

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

VEGAN PIE PIZZA \$23

Tomato sauce, vegan mozzarella, roasted vegetables, fresh herbs

ACAI BOWLS (GF) \$13.00

***ANY NUTS OR FRUITS ADD ON+ \$1.50 EACH**

TRADITIONAL AÇAI

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 (Garnish hemp seeds, coconut pulp)

DESSERT

RAW ALMOND | COCONUT | CHOCOLATE CHIPS DATE (GF) BITES (4PCS)- \$10.00

RASPBERRY ROSE BANANA WALNUT BREAD- \$8

PISTACHIO BANANA WALNUT BREAD- \$8

BELGIAN CHOCOLATE CHEESECAKE- \$8

NY STYLE SLICE VEGAN - \$11

CHEESECAKE- \$12

FLAVOR CHOCOLATE CHIP COOKIE- \$5.50

FRESH CHOCOLATE CHIP COOKIE- \$5

EMPANDAS \$6.50 each | ½ dozen \$36

- Grounded Walnut Meat
- Black Bean Corn
- NY Meaty Pizza
- Buffalo Chicken

FRESH HOUSE SOUP

8 OZ- \$ 9 | 16 OZ- \$ 13



Creamy Butter-squash

GARNISH WITH PUMPKIN SEEDS

Trio Lentils

ASSORTMENT LENTIL & LEGUMES

SIDES

GRILL CHEESE SANDWICH -\$12

TRUFFLE MAC & CHEESE- (8 OZ) \$12 / (16 OZ) \$14

SWEET POTATOES FRIES-\$9

POTATOES FRIES-\$8

SWEET PLANTAINS- \$ 8 (4PCS)

CHEF SIDE SALAD - \$10

NY BAGEL W/ CREAM CHEESE -\$8

COFFEE & TEAS

BASE MYLKS - ALMOND • SOY | BROWN • CANE SUGAR

Latte Ice/ Hot Coffee (12 oz) \$6.50 | 16 oz \$7.50

Cold Frappuccino Coffee (12 oz) \$7.50 | 16 oz \$8.50

Ice Brew Coffee (12 oz) \$6 | 16 oz \$7

Americano Coffee (12 oz) \$5.50 | 16 oz \$6.50

Espresso Single Shot \$2.75 | Double \$4.75

Matcha Latte (12 oz) \$8.75 | 16 oz \$10.00

FRESH HOUSE MYLK \$ 3

PUMPKIN SEED•
HEMP SEED• OAT•
CASHEW•
PISTACHIO•
WALNUT•
SUNFLOWER SEED•

SYRUP FLAVORS \$ 1

VANILLA -SALTED
CARAMEL-
HAZELNUT- PUMPKIN
SPICE- AMARETTO-
PISTACHIO-
COCONUT

BETTER SWEETNERS \$ 2

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

SUPERFOOD SMOOTHIES

*16 oz \$13.00

THE FORAGE GREEN

BANANA- 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

COLD PRESSED JUICES

*16 oz \$14.00

GUT DETOX

APPLES-KALE- LIME- CELERY- GINGER

LIQUID GOLD

PINEAPPLE- TURMERIC- GINGER- LEMON

PRANA SUNRISE

CARROTS- 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

MAIN BASE: VANILLA OR RAW CACAO CHOCOLATE (MYLKSHAKE- ONLY 16 OZ)

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

SALTED CARAMEL

HAZELNUT

HEMP SEEDS

GRANOLA

PEANUT BUTTER

PECAN

PISTACHIO

MATCHA

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