

BREAKFAST & SANDWICH

GLUTEN FREE BUN ADD ON + \$3.95

BREAKFAST AT CHEA'S PANCAKES VEGETARIAN. \$ 24

(1) Pancake w/strawberry banana in house cashew coconut cream, Tofu scrambled eggs, Tri color Potatoes, mix peppers EXTRA CASHEW CREAM (+\$2)

ITALIAN WALNUT MEATBALLS MELT SUB \$18

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

2 STUFFED TOSTONES PLANTAIN (GF) \$14

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 & nori

TUNA JACKFRUIT CUCUMBER SLIDERS (GF) \$17

(4) pcs Cucumber jackfruit, tomatoes, chickpeas peppers celery, sundry tomatoes & 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 \$26

Chea 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, pretzel bun

CITRUS FRESH JACKFRUIT TACOS (GF) \$17

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

MINTSTACHIO WATERMELON SALAD (GF) \$24

Mixed Sprouts, Spring mix, tomato, cucumber, watermelon, raw pistachio crumbles, hemp seed, tossed in Pineapple Vinegar Agave dressing

+TUNA SUPER HEALTHY SALAD (GF) \$25

Mixed sprouts, mixed coleslaw, spring mix, tomato, cucumber, sunflower seeds, pumpkin seed, hemp seed, House Tuna Chicken Jackfruit

SIDES

SourDough Grill Cheese Sandwich -\$14

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

Sweet Potatoes Fries-\$9 | Potatoes Fries-\$8

Sweet Plantain | Yucca Fries- \$ 8 -4 pcs

House Salad - \$12

NY Bagel w/ Cream Cheese - \$8

EMPANADAS \$6.95 each

- Falafel
- Black Bean Corn
- Buffalo Chicken

FRESH HOUSE SOUP (GF)

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

Creamy ButterSquash | Garnish w/ Pumpkin Seeds

Trio Lentils | Assortment Lentil & Legumes

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

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

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

FRESH HOUSE MYLK \$ 3

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

ENHANCERS+ \$3 EACH

Nuts | Seed

Fruits | Vegetables

Seamoss Gel

Organic Vegan Protein Powder

Collagen

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)

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

(MYLKSHAKE- ONLY 16 OZ)

DESSERT

Banana Walnut Bread- \$8

Traditional | Pistachio | Rose

Raspberry

Cinnamon Roll- \$9

Turnover- Apple | Raspberry - \$7

Cookie Flavored \$5.50- Matcha | Smore'

Peanut Butter

Chocolate Chip Cookie- \$5