

made in house

100% SPECIALTY PLANT MEAT

alkaline water, soy, gluten free

ALWAYS WHOLE FOODS

oils NO JUNK

BREAKFAST

SOURDOUGH TOFU EGG SANDWICH \$19

Toasted Sourdough bread, House Tofu, Mixed peppers, micro sprouts, Mixed Trio Potatoes & cheese w/ Sundry-Tomato

TOFU HUEVOS RANCHEROS TACOS (GF) \$17

2 Soft Corn Tacos: Filled with seasoned house tofu, mixed peppers, onions, trio of potatoes, & topped w/ cheese & sundry tomatoes.

AT MAMA CHEA'S

mindful culinary

ALWAYS

air fry,

baked

COOKING WARE

stainless steel,

ceramic

BURGERS & GREENS

SOUTHERN BBQ BURGER \$21

House made BBQ Jackfruit, pickles, shredded carrots, sprouts, melted cheese, ketchup, and chipotle mayo, on a pretzel bun

ITALIAN WALNUT MEATBALLS MELT SUB \$19

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 

Ancient Roman Tradition, Reborn in Italy- Pinsa is the original Roman-style flatbread. Made with a blend of wheat, rice, and soy flours, our dough is high-hydration and slow-fermented for 48-72 hours to create a crust that's crispy outside, soft and airy inside. Served on a 12" oblong crust, Pinsa 104 is made with less salt and is lower in calories, fat, and sodium than traditional pizza, without sacrificing authentic Italian flavor. - Light • Crispy • Airy • Authentic Taste of Rome

CLASSIC MARGHERITA \$21

Tomato sauce, Cheese, House Truffle Powder Cheese, Fresh Sweet Basil, 12 in' sourdough pinsa bread

CLASSIC VEGGIE CAPRICCIOSA \$24

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

LE' CASA TOUR' WALNUT MEAT \$25

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

FRESH HOUSE SOUP ^{16 OZ} | \$14.00

Creamy ButterSquash | Garnish w/ Pumpkin Seeds

Potatoes Broccoli Cheddar Soup

SIDES

Truffle Mac & Cheese- 16 oz- \$15

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

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

OPTIONAL: GLUTEN FREE BUN ADD ON + \$3.95

TUNA JACKFRUIT CHICKPEA SOURDOUGH \$20

Classic Tuna sandwich on sourdough toast, jackfruit, tomatoes, chickpeas peppers celery, tomatoes & nori

TOSTONES CUP W/ WALNUT CRUMBLE (GF) \$24.00

(4) stuffed plantains with house-made ground walnut, accompanied by sweet caramelize onions & alfalfa sprouts.

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
- 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

16 OUNCES | \$14

HIPPIE GREEN AVOCADO

Avocado- Hemp Seed-Kale- Banana-
Daily Green Powder- Almond Mylk

STRAWBERRY BANANA ALMOND CREAM

Almond Butter- Strawberry- Banana- Dates-
Protein Powder

U IZ NUTTY !

Hemp Seeds- Cashew-Pumpkin seeds- -
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 OUNCES | \$15

GUT DETOX

Apples-Kale- Lime- Celery- Ginger

LIQUID GOLD

Pineapple- Turmeric- Ginger- Lemon

PRANA SUNRISE

Carrots- Apples- Turmeric- Ginger-
Red Beets

ACAI BOWLS | \$13.50

Acai- Wild Blueberries- Banana

Acai- Pineapple- Strawberries

Acai- Mango- Strawberries- Granola

ADD ON ENHANCERS+ \$3 EACH

Nuts | Seeds | Fruits | Vegetables
Seamoss Gel + Minerals
Organic Vegan Protein Powder + Probiotics
Daily Superfood
Grass Fed Collagen + Biotin (Vegetarian)
Naked Casein (Vegetarian)

HOUSE ICE CREAM | 8 OUNCES \$10 | 16 OUNCES \$15 & MYLKSHAKES | 16 OUNCES \$15

INCLUDES BASE: VANILLA | RAW CACAO

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

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

(MYLKSHAKE- ONLY 16 OZ)

DESSERT

Banana Walnut Bread- \$8.50

Traditional | Pistachio | Rose Raspberry

Cinnamon Roll- \$9

Cookie Flavored \$5.50- Matcha | Smore'| Peanut

Butter

Chocolate Chip Cookie- \$5