

## HOT DRINKS

### COFFEE FROM \$3.50

*Locally brewed by Darks.*

Flat white, capp, latte,  
short black, long black,  
chai latte, hot choc,  
make your own or decaf.

SMALL	MEDIUM	LARGE
\$3.50	\$4.50	\$5.50

Extra shot or caramel/vanilla syrup +\$0.50

**Milk choices** - Full cream/skim cows milk.

Organic almond, organic coconut, organic  
rice milk or Bonsoy +\$0.50c

### TEA POT \$6

**By The Tea Project** Served in an infuser pot.  
English Breakfast, Toasted Coconut,  
Mon Coeur, Ginger Zing or Blueberry Sencha.

**GOLDEN TURMERIC LATTE**

SMALL
\$5
MEDIUM
\$6
LARGE
\$7

Our popular anti-inflammatory  
warming tea on a house blend of  
organic almond & coconut milk.  
Caffeine and dairy free.

**GREEN MATCHA LATTE**

SMALL
\$5
MEDIUM
\$6
LARGE
\$7

Served with your choice of milk.  
High in antioxidants, burns calories  
and supports the immune system.

## COLD DRINKS

### COLD PRESSED JUICE \$9.50

Full of living enzymes, vitamins and  
nutrients with nothing else added.  
See daily selection.

### BOTTLED SPRING WATER FROM \$3.50

### SPARKLING WATER FROM \$6.00

### NATURAL FIZZ

These selections below are naturally  
fermented helping to restore gut health.

### KOMBUCHA ZEST \$5.50

### BUCHI KEFIR \$7.50

	30ML SHOT	SMALL	LARGE
<b>BETROOT KVASS</b>	\$2.50	\$15	\$25

### COLD BREW LARGE \$6

**By thegrace.**  
Served on ice with milk of choice.

	KIDS	LARGE
<b>MILKSHAKES</b>	\$4	\$6

Fresh banana, chocolate, caramel or vanilla.

## FROM THE STORE

Maple nut GF vegan granola -\$19  
Cacao crunch GF vegan granola -\$16  
Cashew cheese or basil pesto -\$14  
Saurkraut / kimchi -\$14  
Darks coffee beans -\$16 / \$27 / \$50  
Heal'r turmeric spice blend -\$15 / 25



## WE BELIEVE IN

*Nourishing your  
body from the inside out.  
All our food is free from gluten,  
dairy and refined sugars.  
We are predominantly plant  
based and vegan. We don't use  
any preservatives or additives.*

Welcome to the  
**PERFECT** World  
of MAMA - P

REFINED SUGAR FREE / DAIRY FREE / GLUTEN FREE / PALEO / VEGAN / NUTRITIOUS

THE ENVIRONMENT IS IMPORTANT TO US!

## HEALTHY EATS

### TOAST TOPPERS

1 PIECE  
FROM \$8.50

Served on sourdough or GF bread.  
Choose from the following toppings;

\*Avo, purple kraut, tamari seeds.

\*Garlic mushrooms, hommus, sprouts

\*Banana, peanut butter, maple syrup.

\*Smoked salmon, cashew cheese, dill, radish.

\*Roast tomato, basil pesto, balsamic glaze.

### WAFFLES

FROM \$13

Served with house made choc nice cream  
and pure maple syrup.

Add fresh fruit & granola +\$4

Add raw caramel or snickers slice +\$4

### SWEET POTATO TOAST

FROM \$15

Topped with cashew cheese & avocado,  
salad greens, kale slaw & tamari seeds.

Add sauerkraut or kimchi +\$4

Add 2 slices of sourdough or GF bread +\$4

Add garlic mushrooms or roast tomato +\$4

### NOURISH SALAD BOWLS

FROM \$13

Seasonal leaves, superfood slaw, radish,  
sweet potato, cashew cheese, sprouts & seeds.

Add avocado +\$4

Add a free range boiled egg +\$4

Add Smoked Salmon +\$4

### VEGAN FRITTERS

FROM \$16

With kale slaw, cucumber ribbons & sprouts,  
topped with creamy pesto & tamari seeds.

Add avocado +\$4

Add Smoked Salmon +\$4

Add sauerkraut or kimchi +\$4

## SMOOTHIES & BOWLS

All bowls come topped with fresh seasonal  
fruit & our house made GF vegan granola.

### ADDITIONS

Probiotics	+\$1	Prana Vegan protein	+\$1
Ultra greens	+\$1	Coffee shot	+\$2
Peanut butter	+\$1	Raw Caramel Slice	+\$4
Chia seeds	+\$1	Raw Snickers Slice	+\$4

### TROPICANA

SMOOTHIE \$11 BOWL \$16

Mango, pineapple, passionfruit and frozen  
banana with coconut milk

### ACAI (AH-SIGH-EE)

SMOOTHIE \$11 BOWL \$16

Amazonian Acai pure pulp, frozen  
banana, mixed berries & coconut milk.

### SNICKERS

SMOOTHIE \$11 BOWL \$16

Frozen bananas, raw chocolate, house-  
made peanut butter, vanilla bean, dates  
and almond milk.

### GREEN PEACE

SMOOTHIE \$11 BOWL \$16

Banana, fresh kale, baby spinach, avocado,  
supergreens powder & coconut milk

### BLUE LAGOON

SMOOTHIE \$11 BOWL \$16

Frozen pineapples, banana, fresh mint,  
butterfly pea powder & coconut milk.

### CREME CARAMEL

SMOOTHIE \$11 BOWL \$16

Frozen banana, raw caramel, dates,  
pure maple, Himalayan salt, almond milk.

## TREAT YOURSELF

If you've got a sweet tooth, raw treats are the  
best way to have your cake and eat it too!

Hand crafted only from natural wholefoods,  
like nuts, seeds and fruits with no refined  
sugars or unhealthy fats, these desserts are  
cold-set retaining most of their vitamins,  
nutrients and minerals.

This is real food that loves your body back.

### MINI CAKES

\$6

See daily selections.

### DOUGHNUTS

\$6

Filled with our solid fudge  
coconut chocolate.

### TRUFFLE BALLS

\$4

Coconut, choc-mint, peanut crunch,  
lemon macadamia.

WHOLE CAKES — SMALL \$40 MEDIUM \$70 LARGE \$90

See fridge for flavours & sizes available.

CUSTOM orders available at [mamap.com.au](http://mamap.com.au).

### VEGAN CHOC BROWNIE

\$7



JOIN OUR COMMUNITY  
& HELP US SHARE THE LOVE  
FOR REAL FOOD



FACEBOOK: MAMAP  
INSTAGRAM: @MAMAP.COM.AU  
[WWW.MAMAP.COM.AU](http://WWW.MAMAP.COM.AU)