

## HEALTHY EATS

### TOAST TOPPERS

PER SLICE  
**9.5**

Served on whole-wheat sourdough or GF bread.  
Choose from the following toppings.

- Avocado, cultured kraut, toasted tamari seeds
- Maple baked butter beans, herbs, vegan parmesan
- Garlic mushrooms, hummus, sprouts
- Smoked salmon, cashew cheese, radish
- Roast tomato, basil pesto, balsamic glaze

### OUR FAMOUS WAFFLES

**13.9**

Served with house made choc nice cream and Canadian maple.

Add seasonal fruit & granola + **4.0**

Add a raw mini cake + **5.0**

### SWEET POTATO TOAST

**15.9**

Topped with avocado and cashew cheese, leafy greens, superfood slaw and tamari seeds.

### NACHO BOWL

**17.9**

Smokey spiced butter beans topped with smashed avo, cashew cheese, salad greens and corn chips.

### VEGAN FRITTERS

**16.9**

With a kale slaw salad of cucumber ribbons and sprouts, topped with basil pesto & toasted seeds.

### NOURISH SALAD BOWL

**14.9**

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

#### ADDITIONS

Kraut or kimchi	<b>4.0</b>	Vegan parmesan	<b>2.0</b>
Avocado	<b>4.0</b>	Baked halloumi	<b>5.0</b>
Roast tomatoes	<b>3.0</b>	Smoked salmon	<b>5.0</b>
Garlic mushrooms	<b>3.0</b>	Meredith goat feta	<b>5.0</b>

## GUILT FREE INDULGENCE

### MINI RAW CAKES

**6.5**

Healthy, vegan, GF and refined sugar free these irresistible little cakes taste as good as they look.

Choose from the Salted caramel, coconut raspberry, snickers, matcha mint chip, maple macadamia or lemon blueberry.

### TRUFFLE BALLS

**4.0**

The perfect bite sized pick me up any time of day.

Choose between choc coconut, choc nut, lemon macadamia or choc mint.

### CHOCOLATE BROWNIE

**7.5**

Rich and delicious organic chocolate batter, slow baked then drizzled in our raw vegan chocolate.

### JUPITER BAR

**8.5**

A sweet and sticky combination of gooey peanut butter and salted caramel fudge on a puffed rice crust.

### COFFEE MOUSSE SLICE

**8.5**

Luscious layers of soft, creamy coffee mousse covered in our signature vegan choc top.

### CHEESECAKE BY THE SLICE

**10**

Sample our stunning raw cakes the yummiest way possible, selection changes daily.

### GRANOLA CUPS

**9.5**

Coconut chia pudding layered with maple nut granola and berry chia jelly.

Organic chocolate & coconut cream no-gurt with cacao crunch granola.

Vanilla bean coconut cream no-gurt double layered with maple nut granola.

### MUFFINS

**6.5**

Baked in house, GF, vegan and refined sugar free. Flavours change daily.

Choose between the caramel granola, blueberry, chocolate sweet potato or banana bread.

## WHOLE CAKES

Our signature healthy & heavenly raw cakes are hand crafted so no 2 ever look the same.

See fridge for daily selections or create a custom order @[mamap.com.au](https://mamap.com.au)

SML **40.0** MED **75.0** LRG **95.0**

## SMOOTHIES & SIGNATURE BOWLS

SMOOTHIE BOWL

### ACAI (AH-SIGH-EE)

**11.9 16.9**

Organic Amazonian açai, frozen banana, mixed seasonal berries, organic coconut milk topped with seasonal fruit, vegan granola and local flowers.

### GREEN PEACE

**11.9 16.9**

Banana, fresh kale, baby spinach, avocado, supergreens powder and organic coconut milk topped with market fruit, granola crumble and edible flowers.

### SNICKERS

**11.9 16.9**

Frozen bananas, raw chocolate, house-made peanut butter, vanilla bean, dates, organic almond milk topped with fresh fruit, vegan granola and local flowers.

### TROPICANA

**11.9 16.9**

Mango, pineapple and passionfruit, frozen banana and organic coconut milk topped with fresh fruit, granola crumble and edible flowers.

#### ADDITIONS

Probiotics	<b>1.0</b>	Hemp seeds	<b>2.0</b>
Coconut oil	<b>1.0</b>	Pea protein	<b>1.0</b>
Ultra greens	<b>1.0</b>	Coffee shot	<b>1.0</b>
Peanut butter	<b>1.0</b>	Raw mini cake	<b>5.0</b>
Chocolate drizzle	<b>1.0</b>	Extra granola	<b>1.0</b>

## HOT DRINKS

### COFFEE BY DARKS

Strong and smooth M49 blend.

**DINE IN** **TAKE-AWAY**  
CUP **4.0** MUG **5.0** SML **3.5** MED **4.5** LRG **5.5**

#### ADDITIONS

Bon Soy	<b>0.5</b>	Extra shot	<b>0.5</b>
Organic coco milk	<b>0.5</b>	Baby chino	<b>2.0</b>
Organic almond milk	<b>0.5</b>	Caramel or vanilla syrup (House made)	<b>0.5</b>

### COLD BREW

Infused for 24 hours and served over ice with milk of choice. Choose from The Grace or Captain McBitey.

**DINE IN** **TAKE-AWAY**  
CUP **6.0** CUP **6.0** SML **23.0** LRG **35.0**

### HEAL'R TUMERIC LATTE

A healing and anti-inflammatory warming tonic on house blended organic almond and coconut milk, caffeine free.

**DINE IN** **TAKE-AWAY**  
CUP **5.5** MUG **6.5** SML **5.0** MED **6.0** LRG **7.0**

### BON CHAI LATTE

Locally blended Indian spiced massala tea infused with rice malt syrup. Your choice of milk. Caffeine free.

Add coffee shot, aka Dirty Chai + **0.5**

**DINE IN** **TAKE-AWAY**  
CUP **4.0** MUG **5.0** SML **3.5** MED **4.5** LRG **5.5**

### ORGANIC MATCHA LATTE

Muddled premium crushed green tea leaves whisked with hot water, your choice of milk and sweetener.

**DINE IN** **TAKE-AWAY**  
CUP **5.5** MUG **6.5** SML **5.0** MED **6.0** LRG **7.0**

### HOT CHOCOLATE

House blended with 70% raw cacao and organic sugar.

Add coffee shot, aka Mocha + **0.5**

**DINE IN** **TAKE-AWAY**  
CUP **4.0** MUG **5.0** SML **3.5** MED **4.5** LRG **5.5**

### TEA BY THE TEA COLLECTIVE

**6.0**

Served in a glass infuser pot with timer and your choice of milk.

#### Black Collection

English breakfast

Toasted coconut

#### Herbal Tisanes

Peppermint & licorice

Ginger zing

Cold & flu elixir

#### Green Blends

Blueberry sencha

Green tea sauvignon

**BYO**  
CUP OR  
CONTAINER  
FOR \$0.5 OFF  
TAKE-AWAY

## COLD DRINKS

**COLD PRESSED JUICE** **7.0**

**SPRING/SPARKLING WATER** SML **3.5** LRG **6.0**

### FLUORIDE FREE FILTERED TAP WATER

No charge (serve yourself).

**FERMENTED KOMBUCHA** **6.0**

**PROBIOTIC GUT SHOTS** **9.5**

**BEETROOT KVASS** SHOT **4.0** SML **15.0** LRG **25.0**

**MILKSHAKES** KID **4.5** LRG **6.5**

House made syrups with no artificial ingredients, colours or preservatives.

Choose between fresh banana, chocolate, vanilla bean or caramel on your choice of milk.

### FROM THE STORE

Be sure to check out our retail section of granolas, cashew cheeses, ferments, coffee beans and pantry staples.

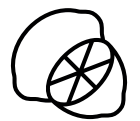
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