

REAL FOOD



MAMA - P
— WHOLEFOODS —

TOASTED

SOURDOUGH TOAST VO, GFO 9.9

Buttered sourdough with one of the following condiments - house peanut butter, wildberry jam, local honey or vegemite.

APPLE CURRANT FRUIT TOAST VO 9.9

Thick cut sourdough fruit loaf, buttered with house raspberry dust, honey or wildberry jam.

BACON & EGG ROLL DF, GFO 13.9

Smoked bacon, soft fried free range egg, toasted sesame bun, sauce of choice bbq, tomato or relish.

LOADED BREAKFAST BURGER DF, GFO 19.9

Wood smoked double stacked bacon, free range fried egg, avocado, tomato relish, toasted wheat bun.

Prefer veg? Swap bacon for halloumi

SEASONAL AVOCADO DFO, GFO HALF 15.9 FULL 24.9

Avocado, crumbled feta, green goddess dressing, sesame seed dukkah, sourdough.

Add free range egg + 4 each

SMOKED SALMON TOAST DF, GFO HALF 15.9 FULL 24.9

Cold smoked salmon, dill and garlic cashew cream cheese, tamari seeds, sourdough.

Add house sauerkraut or kimchi + 5.0

FRIED EGGS ON TOAST DFO, GFO 18.0

2 soft fried free range eggs, 2 pieces buttered sourdough, house garlic and almond crumb.

Add wood smoked bacon + 7.0

VEGAN SWEET POTATO TOAST VE, GF 23.9

Whole oven baked sweet potato rounds, house dill cashew cheese, avocado, tamari seeds, leafy greens, zucchini noodles, sprouts.

EXTRAS / ADD ONS

Wood smoked bacon	7.0	Baked halloumi	6.0
Free range egg each	4.0	Smokey butter beans	5.0
Cold smoked salmon	7.0	Half avocado	5.0

NOURISH BOWLS

EGGCITED BOWL GF 26.9

3 pasture raised scrambled eggs, crispy fried halloumi, house ferments, leaves, seeds, garlic almond crumb, pesto vinaigrette.

NACHO-ISH BOWL VE, GF 25.9

Smokey maple chilli butter beans, corn chips, avocado, cashew cream cheese, leafy greens, zoodles, vegan parmesan, seeds.

ACAI BOWL (AH-SIGH-EE) VE, GF 22.9

Organic Amazonian açai, frozen banana, mixed berries, organic coconut milk, house maple nut granola, seasonal fruit.

Add peanut butter + 2.0

FAMOUS WAFFLES

PLAIN JANE VE, GF 15.9

Warm toasted waffle, house made coconut ice cream, organic maple syrup, wildberry compote, raspberry dust.

ALL THE FRUIT VE, GF 23.9

Warm toasted waffle, fresh seasonal fruit, house coconut ice cream, organic maple, raspberry dust, edible flowers.

MAPLE BACON BOMB DF, GF 26.9

Warm toasted waffle, double wood smoked bacon, soft fried egg, spicy house relish, organic maple, tamari seeds, almond parmesan.

ABBREVIATIONS

VE Vegan	VO Vegan Option	GF Gluten Free	GFO Gluten Free Option	DF Dairy Free
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HEALTHY GRAB N GO

Check out the display cabinet for a huge range of toasties, croissants, frittatas, granola cups, take home meals, raw desserts, bliss balls, slices, whole cakes and much more!

ALLERGEN NOTICE

Please be very clear about the nature of **ANY** allergy / intolerances with our staff **UPON** ordering and be mindful that cross contamination of ingredients is a risk in a busy kitchen.

NEED CATERING?

Get us to cater for your next event. Real food platters, grazing boxes, picnic hampers, sweet or savoury. Order at mamap.com.au or see staff.

DRINKS



SUPERFOOD SMOOTHIES

ACAI (AH-SIGH-EE) **VE, GF** **13.9**

Organic Amazonian açai, frozen banana, mixed seasonal berries, organic coconut milk.

GREEN PEACE **VE, GF** **13.9**

Banana, fresh kale, baby spinach, avocado, supergreens powder and organic coconut milk.

SNICKERS **VE, GF** **13.9**

Frozen bananas, raw chocolate, house-made peanut butter, dates, organic almond milk.

TROPICANA **VE, GF** **13.9**

Mango, pineapple and passion fruit, frozen banana and organic coconut milk.

ADDITIONS

Probiotics	2.0	Double Coffee shot	1.0
Organic MCT oil	2.0	Hemp protein	2.0
Organic greens	2.0	Whey Protein	2.0
Peanut butter	2.0	Grass fed collagen	2.0

COLD DRINKS

MILKSHAKES **SML 8oz 5.0 LG 16oz 8.5**

Real fruit and house made syrups, no preservatives or additives.

- Raspberry beret
- Cheeky chocolate
- Vanilla gorilla
- Blueberry pie
- Go bananas
- Caramel swirl

Add coconut ice cream + 3.5 or regular vanilla ice cream +2.5
Add non dairy milk + 1.0

COLD BREW **SML 8oz 5.8 LG 16oz 8.3**

Darks beans, slowly steeped for 18 hours, then chilled. Served on ice. Add milk and syrup of choice.

ICED LATTE **SML 8oz 5.8 LG 16oz 8.3**

A double shot of hot espresso, poured over ice for a super chilled brew. Add milk and sweetener.

CHILLED ICED CHAI **SML 8oz 5.8 LG 16oz 8.3**

House made Indian spiced massala tea infused with rice malt. Add milk of choice. Served on ice.

HOT DRINKS

COFFEE BY DARKS **CUP 8oz 5.8 MUG 12oz 6.8**

Cappuccino, flat white, latte, long black or anyway you like it. Strong double shot per cup.

BULLETPROOF LATTE **MUG 12oz 9.0**

For optimal fuel and clarity during fasting and ketosis. Blended espresso with grass fed butter and MCT oil.

SIGNATURE HOT CHOCOLATE **CUP 8oz 5.8 MUG 12oz 6.8**

House blended organic raw cacao syrup with a hint of vanilla. Add milk and sweetener of choice.

MOCHA MADNESS **CUP 8oz 6.5 MUG 12oz 7.5**

Our signature double shot coffee with house blended organic raw cacao syrup. Add milk and sweetener of choice.

CHOC SUPER SHROOM **CUP 8oz 6.8 MUG 12oz 7.8**

Energy and vitality boosted hot chocolate with medicinal mushrooms of chaga, reishi, lions mane. Add milk and sweetener of choice.

ADDITIONS

Alternate milks	1.0	Extra shot / Decaf	1.0
Baby chino	2.0	Caramel / Vanilla syrup	1.0
MCT oil / Collagen	2.0	Raw honey / Pure maple	1.0

SPICED CHAI LATTE **CUP 8oz 5.8 MUG 12oz 6.8**

House brewed Indian massala tea and chai spices infused with rice malt syrup. Add milk and sweetener of choice
Add coffee shot for dirty chai + 0.8

GOLDEN TURMERIC LATTE **CUP 8oz 6.8 MUG 12oz 7.8**

Healing, anti inflammatory turmeric tonic with black pepper to enhance curcumin absorption. Add milk of choice.

BLENDED MATCHA LATTE **CUP 8oz 6.8 MUG 12oz 7.8 ICED 16oz 9.3**

Shizuoka ceremonial grade matcha blended with coconut blossom and a hint of vanilla. High in antioxidants. Add milk of choice.

TEA BY THE TEA COLLECTIVE **ONE SIZE POT 6.9**

Local, hand blended high graded tea and organic herbal tisanes.

Choose from:

- English breakfast
- Earl grey
- Choc coconut chai
- Blueberry sencha
- Jasmine green
- Gingerbread Chai
- Peppermint
- Ginger zing
- Yoga

TAKING AWAY?

Jump the queue! Download our free ordering app from the App Store.



PLEASE ORDER AND PAY AT COUNTER

Be sure to inform staff of any allergies upon ordering.