FOOD

MAMA-P
WHOLEFOODS

ALL DAY BREAKFAST

SOURDOUGH TOAST **9.9**

Wholemeal sourdough or apple currant fruit toast, buttered with preserve of choice - honey, jam vegemite or pb.

CLASSIC BnE ROLL **DF, GFO** **15.9**

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

SEASONAL AVOCADO **GFO, VO** HALF **15.9** FULL **25.9**

Market avocado, crumbled feta, lemon, pistachio dukkah, pesto vinaigrette, on sourdough.

Add free range egg +4.0

EGGS ON TOAST **GFO, DFO** HALF **10.9** FULL **17.9**

Free range fried or poached eggs, buttered sourdough, savoury almond crumb.

Add double stacked bacon + 7.0

SALMON AND ZUCCHINI BENNY **DF, GFO** **27.9**

Sourdough, grilled zucchini, cured smoked salmon, two free range poached eggs, lemon and dill aoili, pickled red onions, baby capers.

CHILLI EGGS BENNY **DF, GFO** **25.9**

Sourdough, double stacked bacon, baby spinach, two free range poached eggs, house sriracha aoili, chilli oil, black sesame.

Prefer Veg? Swap bacon for halloumi

EXTRAS / SIDES

Double bacon, Grilled halloumi	**7.0**
Smoked salmon, Side house salad	**8.0**
Half avocado, Sourdough, Kimchi, Butchers ham	**5.0**
Sriracha, Mayos, Hollandaise or Relish	**2.0**
Swap for GF, Tasty cheese, Sliced tomato	**3.5**
Free range egg (each), Baby spinach	**4.0**

FAMOUS WAFFLES

PLAIN JANE **VE, GF** **15.9**

Warmed toasted waffle, strawberry compote, house coconut raspberry ice cream pop, pure maple.

ALL THE FRUIT **VE, GF** **24.9**

Warm toasted waffle, sliced seasonal fruits, house coconut raspberry ice cream pop, pure maple.

MAPLE BACON BOMB **DF, GF** **27.9**

Warm toasted waffle, double stacked bacon, soft fried egg, house relish, salted seeds, pure maple.

ABBREVIATIONS

VE Vegan | **GF** Gluten Free | **GFO** Gluten Free Option | **DF** Dairy Free | **DFO** Dairy Free Option

TOASTIES

Sorry no swaps or ingredient substitutes.

TUSCAN CHICKEN AND PESTO FOCACCIA **19.9**

Herb roasted chicken, creamy basil pesto, sun-dried tomatoes, provolone cheese.

THE NEW YORK ITALIAN DELI MELT **19.9**

Thinly sliced salami, mortadella, pickled jalapeño mayo, mozzarella, balsamic glaze.

HAM AND 3 CHEESE TOASTY **19.9**

Shaved butchers ham, layered swiss, tasty and provolone cheese, relish, mustard mayo.

GRILLED VEGAN SUPREMO **VE** **19.9**

Baked pumpkin, caramelised onion, fresh rocket, roast capsicum, sriracha mayo.

NOURISH BOWLS

EGGCITED BOWL **GF** **26.9**

Two poached free range eggs, grilled halloumi, kimchi, salad greens, pesto vinaigrette, almond crumb, seeds.

Add double stacked bacon + 7.0

BREAKFAST SALAD **GF, VE** **25.9**

Baked sweet potato rounds, house cashew cheese, avocado, leafy greens, zoodles, tamari seeds, vegan parmesan.

Add poached egg + 4.0

ACAI GRANOLA BOWL **GF, VE** **23.9**

Organic açaí, berry and banana smoothie bowl topped with maple nut granola and seasonal fruits.

Add house peanut butter + 2.0

SALMON NOURISH BOWL **GF, DF** **27.9**

Cured smoked salmon, salad greens, soft poached egg, grilled zucchini, pickled red onions, lemon dill aoili, baby capers, salted seeds.



HEALTHY GRAB N GO

See the display cabinet for daily specials.

ALLERGEN NOTICE

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

DRINKS

MAMA-P WHOLEFOODS

SPECIALITY ICED

STRAWBERRY DREAM MATCHA DF **12.0**

House strawberry purée topped with loaded ice, ceremonial matcha and vanilla cold foam.

SALTED MAPLE MATCHA **11.5**

Iced ceremonial matcha, milk of choice over ice with salted maple cold foam.

COCONUT CLOUD COLD BREW DF **12.0**

Darks cold brew on ice topped with coconut water and vanilla cold foam.

CHOC CARAMEL LATTE **12.0**

Double shot iced latte with house caramel and chocolate syrup, salted caramel foam, chocolate dust.

MILKSHAKES

HOUSE-MADE FLAVOURS SML **6.0** LG **8.5**

- Real banana
- Chocolate
- Vanilla
- Caramel
- Strawberry

Add vanilla ice cream + 2 or coconut ice cream +3.5

Add any cold foam + 3

SUPERFOOD SMOOTHIES

ACAI (AH-SIGH-EE) **VE, GF** **14.9**

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

GREEN PEACE **VE, GF** **14.9**

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

SNICKERS **VE, GF** **14.9**

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

TROPICANA **VE, GF** **14.9**

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

ADDITIONS

Probiotics	2.0	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

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

COFFEE

HOT COFFEE BY DARKS SML **6.0** LG **7.0**

Darks M49 blend, double shot per cup. Black or white.

BULLETPROOF LATTE LG **9.0**

Blended espresso with grass fed butter and MCT oil.

ICED LATTE / COLD BREW SML **7.0** XL **8.5**

Darks M49 blend. Black or white.

Add any cold foam +3

CHOCOLATES

MOCHA MADNESS SML **7.0** LG **8.0** XL **9.5**

Double shot coffee with house organic cacao syrup.

SIGNATURE HOT CHOCOLATE SML **6.0** LG **7.0**

House blended organic cacao syrup with a hint of vanilla.

CHOC SUPER SHROOM SML **7.0** LG **8.0**

Vitality boosted hot choccy with medicinal mushrooms of lions mane, reishi and chaga.

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

ALL THINGS TEA

SPICED CHAI LATTE SML **6.0** LG **7.0** XL **8.5**

Brewed in house. Indian massala tea and chai spices.

Add coffee shot + 1.0

GOLDEN TURMERIC LATTE SML **7.0** LG **8.0**

Organic turmeric, ginger, black pepper and dandelion root.

MATCHA LATTE SML **7.0** LG **8.0** XL **9.5**

Shizuoka ceremonial matcha with coconut blossom and vanilla.

LOOSE LEAF TEA POT **7.0**

Local, hand blended by The Tea Collective.

- Organic english breakfast
- Blueberry sencha
- Peppermint (Decaf)
- Yoga chai (Decaf)

PLEASE ORDER AND PAY AT COUNTER
Be sure to inform staff of any allergies upon ordering.