

MENU

SPRING/SUMMER

GLUTEN FREE
& DAIRY FREE

PLANT BASED
WHOLEFOODS

REAL FOOD MADE
FROM SCRATCH

NOTHING FAKE,
PROCESSED
OR ARTIFICIAL



Welcome to Mama-P.

We began this journey to help provide people with real food options that not only look and taste great but are actually good for you as well.

Like life, our little cafe is ever evolving and we realise its not only the food you eat that makes you healthy and happy, its your mindset and the people your surround yourself with too!

With that in mind, we hope you enjoy our space. We're all about creating, giving and sharing happiness anyway we can.

Follow us, spread the love & thanks for your support.

Open 7 days

FOLLOW US



MAMA - P
— WHOLEFOODS —

TOASTED

SOURDOUGH TOAST   **7.0**
Butter or Nuttelex with house made peanut butter, local honey, strawberry jam or vegemite.

APPLE AND CURRANT FRUIT TOAST   **8.0**
Butter or Nuttelex with local honey or jam.

SOURDOUGH TOAST TOPPERS   **10.9**
Single serve. Choose from the following toppings:

- Avocado, probiotic kraut, toasted tamari seeds
- Hormone free NZ smoked salmon, cashew cheese, radish
- Garlic mushrooms, house beetroot hummus, sprouts

EGGS YOUR WAY  **14.9**
2 just been laid pasture range eggs scrambled or fried, buttered sourdough toast, house tomato relish.

Add nitrate free streaky bacon + 6

SWEET POTATO TOAST   **17.9**
Whole baked sweet potato slices topped with avocado, house cashew cheese, crunchy tamari seeds, leafy greens, zucchini noodles, superfood slaw.

NEED MORE?

Probiotic kraut or kimchi	4.0	Cheddar cheese slice	2.5
Avocado	4.0	Baked halloumi	5.0
Garlic mushrooms	4.0	Cashew cheese	4.0
Sourdough or GF bread	2.5	Steamed broccolini	3.0
GF roll / Paleo bun	3.5	Pasture range egg	3.5
Voodoo nitrate free streaky bacon	6.0	NZ hormone free smoked salmon	6.0

KIDS

WAFFLE ON   **11.9**
Warm toasted waffle fingers, house made coconut ice cream, pure maple syrup, fresh strawberries.

FRUIT BAT   **8.9**
A bowl of seasonal fruit, sliced and diced, sprinkled with raspberry dust & local edible flowers.

EGGY BREAD  **10.9**
One slice of buttered sourdough toast, smoothed fresh avocado, fried pasture range egg.

BANANA SPLIT   **10.9**
Fresh banana, coconut ice cream, seasonal diced fruit, house made caramel sauce.

NOURISH BOWLS

GREEN SOUL BOWL   **18.9**
Garlic mushrooms, cauliflower rice with kale and corn, half avocado, broccolini, leaves, house probiotic kraut, hemp seed dukkah.

TUMERIC CAULI BOWL   **17.9**
Turmeric spiced cauliflower, quinoa, chickpeas, salad greens, cabbage, zoodles, beetroot hummus, pesto vinaigrette.

EGGCITED BOWL  **18.9**
3 pasture range scrambled eggs, fried halloumi, sweet corn chilli salsa, baby spinach, rocket leaves, sprouts, toasted seeds.

RED DRAGON BOWL   **17.9**
Roast sweet potato, balsamic beetroot and apple, leafy greens, superfood slaw, house cashew cheese, almond crumb.

NACHO-ISH BOWL   **18.9**
Smokey spiced maple baked butter beans, avocado, cashew cheese, corn chips, nourishing side salad, vegan parmesan.

FAMOUS WAFFLES 5 WAYS

PLAIN JANE   **11.9**
Warm toasted waffle, house made coconut ice cream, pure maple syrup, fresh strawberries.

ALL THE FRUIT   **16.9**
Warm toasted waffle, fresh seasonal fruit, coconut ice cream, pure maple syrup, raspberry dust.

MAPLE BACON BOMB  **19.9**
Warm toasted waffle, voodoo smoked nitrate free bacon, fried egg, house tomato relish, pure maple syrup.

FOREVER A GREENIE   **18.9**
Herbed savoury green waffle with spinach, onion, cashew cheese, avocado, vegan parmesan, sriracha maple syrup.

BLACK BEAUTY   **17.9**
Organic activated charcoal waffle, coconut ice cream, seasonal berries, chocolate crumb, house sea salt caramel sauce.

LEGEND

-  Vegan
-  Vegan Option
-  Gluten Free
-  Gluten Free Option



Pasture range eggs are from local supplier Sarah at Just Been Laid. They come from hens that spend their days 100% outside on fresh pastures.



Our honey is from Pebble Beach Produce with local hives at Green Point Reserve Belmont.

SMOOTHIES & BOWLS

ACAI (AH-SIGH-EE)   **11.9** SMOOTHIE **17.9** BOWL
Organic Amazonian açai, frozen banana, mixed seasonal berries, organic coconut milk topped with seasonal fruit, vegan granola and local flowers.

GREEN PEACE   **11.9** **17.9**
Banana, fresh kale, baby spinach, avocado, supergreens powder and organic coconut milk topped with market fruit, granola crumble and edible flowers.

SNICKERS   **11.9** **17.9**
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** **17.9**
Mango, pineapple and passion fruit, frozen banana and organic coconut milk topped with fresh fruit, granola crumble and edible flowers.

ADDITIONS

Probiotics	1.0	Hemp seeds	1.0
Organic MCT oil	1.0	Pea protein	1.0
Organic greens	1.0	Coffee shot	1.0
Peanut butter	1.0	Raw mini cake	5.0
Chocolate drizzle	1.0	Extra granola	1.0

COLD DRINKS

See display fridge for flavours.

FRESH BOTTLED FRUIT JUICES **6.0**

KOMBUCHA, KEFIR, SPARKLING SODA **6.0**

SPRING / SPARKLING WATER SML 3.5 LRG 6.0

COLD BREW
Darks blended, served straight up or with milk and 'sweetener' of choice.
DINE IN **TAKE-AWAY**
CUP **6.0** CUP **6.0** SML 12.0 LRG 20.0

MILKSHAKES KID 4.8 LRG 6.8
Real fruit and house made syrups, no preservatives or additives.
• Raspberry beret • Blueberry pie
• Cheeky chocolate • Go bananas
• Vanilla gorilla • Caramel swirl

Add home made coconut ice cream to make thick shake + 1.5
Add non dairy milk add + 0.5

HOT DRINKS

COFFEE BY DARKS
Strong double shot of our exclusive Mama-P blend. Beans available in 250g, 500g and 1kg bags.

DINE IN **TAKE-AWAY**
CUP **4.5** MUG **5.5** SML 4.0 MED 4.7 LRG 5.7

ADDITIONS

Coco quench milk	0.5	Organic butter / MCT oil	1.0
Organic almond milk	0.5	Extra shot	0.5
Lactose free milk	0.5	Baby chino	2.0
Bon Soy / Happy Soy Boy	0.5	Caramel or vanilla syrup (House made)	0.5

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.

Add coffee shot, aka Dirty Chai + 0.5

DINE IN **TAKE-AWAY**
CUP **4.5** MUG **5.5** SML 4.0 MED 4.7 LRG 5.7

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 **4.5** MUG **5.5** SML 4.0 MED 4.7 LRG 5.7

TEA BY THE TEA COLLECTIVE **6.0**

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

BLACK COLLECTION

Organic English breakfast
Toasted coconut - Sri Lankan orange pekoe, whole toasted coconut.

HERBAL TISANES

Organic peppermint & licorice
Ginger zing - Organic ginger root, lemongrass.
Detoxify - Oolong, fennel seeds, hawthorn berries, alfalfa, nettle and dandelion root.
Cold & flu - Organic echinacea, siberian ginseng, spearmint, rosehip, hibiscus, ginger, lemon grass.

GREEN BLENDS

Blueberry sencha - Organic sencha, dried blueberries, cornflowers.
Jasmine green - Green tea, jasmine flowers.

