



## BREAKFAST

PER PERSON

### GRANOLA CUP 9.9



House vanilla coconut mousse, chocolate buckwheat toasted granola, seasonal fruit, dried raspberries.

### CHIA CUP 9.9



Mixed berry chia pudding soaked in organic coconut milk, seasonal fruit, house toasted maple nut granola.

### VEGAN GF MUFFIN 6.5



House made, choose from blueberry, date caramel or banana.

### AVOCADO TOAST 11.9



Thick cut sourdough or GF seed loaf, avocado, house fermented sauerkraut, toasted tamari seeds, sprouts.

### BREKKIE BOWL 12.9



Baked sweet potato, leafy greens, chickpeas, quinoa, house dill cashew cheese, hemp seed dukkah.

### EGGCITED BOWL 13.9



Scrambled pasture range eggs, baked haloumi, baby spinach and rocket, chilli corn salsa, pesto vinegarette.

## BREAKFAST PLATTERS

SERVES 8 - 10

### FRITTATA PLATTER 120



Nitrate free bacon, spinach and leek dairy free frittata on pasture range eggs with nourishing salad greens and house tomato relish.

### SEASONAL FRUIT PLATTER 85



A selection of sliced, diced and styled seasonal fresh and dried fruits.

### NOURISH BOWL PLATTER 90



Baked sweet potato, avocado, cherry tomato, steamed broccolini, superfood slaw, mixed leaves, house beetroot hummus, nuts and seeds.

### COLD PRESSED FRUIT JUICES

#### BY EMMA AND TOMS 6.0

Straight OJ, Cloudy Apple, Green Power

## BRUNCH PLATTERS

SERVES 8 - 10

### GRAZING PLATTER 190



Selection of nitrate free cold meats, seasonal fresh and dried fruits, marinated olives, house cashew cheese, fermented pickles, beetroot hummus dip, toasted nuts, rice crackers.

### VEGAN VEGGIE PLATTER 85



Raw and marinated vegetables with house made dips and cashew cheese, seed crackers, roasted nuts, dried fruits.

### VEGAN DESSERT PLATTER 150



A selection of our hand crafted raw desserts and slices, baked treats, mini muffins and house raw chocolate.

## LUNCH PACKAGE

20 PER PERSON - *minimum order 10 people*

Choose one salad:

### TURMERIC CAULI BOWL



Turmeric baked cauli, rainbow slaw, quinoa, chickpea, beetroot hummus.

### RED DRAGON BOWL



Sweet potato, balsamic apple & beetroot, cashew cheese, almond crumb.

### GREEN SOUL BOWL



Garlic mushrooms, broccolini, avocado, cauliflower rice, hemp seed dukkah.

Choose one drink:

### ROK KOMBUCHA

Lemon licks, Berry Beats, Ginger Pop.

### EMMA AND TOMS SPARKLING SODA

Lisbon Lemon, Sparkling Cola, Ginger Beer.

### WILD SPARKLING NATURAL OR STILL WATER

Choose one raw truffle ball:

### CHOC COCONUT

### PEANUT CRUNCH

### LEMON MACADAMIA

#### LEGEND



Vegan



Vegan Option



Gluten Free



Gluten Free Option



## SALAD PLATTERS

SERVES 8 - 10

### TURMERIC CAULI PLATTER 90



Turmeric cauliflower, rainbow slaw, salad greens, quinoa, chickpea, zoodles, house beetroot hummus, pesto vinegarette.

### RED DRAGON BEETROOT PLATTER 90



Roast sweet potato, balsamic apple & beetroot, leafy greens, superfood slaw, house cashew cheese, almond crumb.

### GREEN SOUL PLATTER 90



Garlic mushrooms, broccolini, avocado, cauliflower rice with kale and corn, house probiotic kraut, hemp seed dukkah.

## ADD PROTEIN

ADD EXTRA PROTEIN TO ANY MEAL - PER PERSON

### PASTURE RANGE SOFT BOILED EGG 3.5

### MAPLE CURED NITRATE FREE BACON 6.0

### HORMONE FREE NZ SMOKED SALMON 6.0

## WHOLE CAKES

### SMALL 40

2-5 serves

### MEDIUM 80

12-15 serves

### LARGE 100

18-22 serves

Gluten free, vegan, refined sugar free and additive free.

Choose from our daily selections in store, order online (3 day lead time) or call to enquire.

## VEGAN DESSERT SLICES

### CACAO DARK CHOC BROWNIE SLAB



#### FULL SIZE 160

24 large slices

#### HALF SIZE 80

12 large slices

#### QTR SIZE 45

6 large slices

### RAW SALTED CARAMEL SLICE SLAB



#### FULL SIZE 180

24 large slices

#### HALF SIZE 90

12 large slices

#### QTR SIZE 50

6 large slices

### RAW SNICKERS SLICE SLAB



#### FULL SIZE 180

24 large slices

#### HALF SIZE 90

12 large slices

#### QTR SIZE 50

6 large slices





## ABOUT US

- Mama-P offers a deliciously healthy alternative to the traditional event catering fare.
- You won't find anything deep fried or from a packet on our menu, but if you are looking for something a little more unique, nourishing and hand made from scratch you're in the right place.
- We offer a fresh, seasonal plant based menu that is predominantly gluten and dairy free, vegan, sugar free and additive free.
- We can supply and deliver across the Newcastle/ Lake Macquarie areas or get in touch with us about hosting your function at the Mama-P café.
- Thank you for considering choosing us and supporting a small family business that puts health and well-being first.

## CONTACT US NOW!



### PLACING AN ORDER

A total minimum order of \$100 (excl. delivery) applies for each individual catering order placed.

All catering is made fresh to order and therefore we require orders be placed, at a minimum, by 9am the day prior.

Place your order by phone on **02 4077 5814** or by emailing [orders@mamap.com.au](mailto:orders@mamap.com.au).

We do our best to accommodate short notice orders but all items and delivery times are subject to availability.

Please notify us via phone on **0401 502 000** before placing a short-notice order.



### DELIVERY

We offer free delivery for all orders over \$200 within a 5km radius of Charlestown between the hours of 9-5pm Monday to Friday.

Any orders below this amount within the Charlestown 5km radius will have a \$25 delivery fee applied.

Pick up is available for any order at no charge at 142 Pacific Hwy Charlestown.

Please contact us on **02 4077 5814** if you require delivery outside of our standard area.

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# EVENT CATERING MENU



**MAMA-P**  
—WHOLEFOODS—

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