

LOCKDOWN MENU



MAMA - P
— WHOLEFOODS —

TOASTED

SOURDOUGH TOAST **7.0**

Thick cut with butter or Nuttelex and house made peanut butter, local honey, seasonal jam or vegemite.

FRUIT TOAST **8.5**

Thick cut with butter or Nuttelex and local honey or jam.

SOURDOUGH TOAST TOPPERS **12.0**

Single serve. Choose one of the following toppings:

- Avocado, probiotic saurkraut, tamari seeds
- Pasture raised soft fried egg, avo, almond parmesan

BACON AND EGG ROLL **12.0**

Free range preservative free maple bacon, pasture range fried egg, chilli house relish on a dairy free sprouted wheat bun.

Add gluten-free bun + 3.5

SCRAMBLED EGGS **16.9**

3 just been laid pasture range scrambled eggs, buttered thick cut sourdough toast, spicy house relish, seeds, sprouts.

Add free range preservative free maple bacon + 8.5

SWEET POTATO TOAST **19.9**

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

NEED MORE?

House sauerkraut/kimchi	4.0	Sourdough / gf bread	3.5
Avocado	4.5	Gluten free bun	3.5
Baked sweet potato	4.0	Cashew cheese	4.0
Chilli butter beans	5.0	Pasture range egg	3.5
Baked halloumi	6.0	Free range preservative free maple bacon	8.5

HEALTHY GRAB N GO

Check out our new display cabinet for nourishing meals, raw desserts, toasties, granola cups, healthy salads and more!

LEGEND

Vegan Vegan Option Gluten Free Gluten Free Option Dairy Free

Most ingredients we use contain nuts. Please be very clear about the nature of any allergy with our staff upon ordering and be mindful that cross contamination of ingredients is a risk in a busy kitchen.

NOURISH BOWLS

NACHO-ISH BOWL **19.9**

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

EGGCITED BOWL **20.9**

3 pasture range scrambled eggs, crispy fried halloumi, baby spinach, rocket, sweetcorn chilli salsa, seeds, alfalfa.

FAMOUS WAFFLES

PLAIN JANE **12.9**

Warm toasted waffle, house made coconut ice cream, pure maple syrup, fresh seasonal berries.

ALL THE FRUIT **18.9**

Warm toasted waffle, fresh seasonal fruit, coconut ice cream, pure maple syrup, raspberry dust.

MAPLE BACON BOMB **22.9**

Warm toasted waffle, maple bacon, soft fried pastured egg, spicy house relish, maple, seeds, almond parmesan.

SMOOTHIES & BOWLS

ACAI (AH-SIGH-EE) **11.9** **18.9**

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

GREEN PEACE **11.9** **18.9**

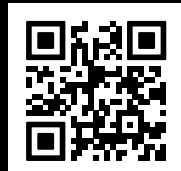
Banana, fresh kale, baby spinach, avocado, supergreens powder and organic coconut milk topped with market fruit, granola crumble and edible flowers.

SNICKERS **11.9** **18.9**

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

TROPICANA **11.9** **18.9**

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



SKIP THE QUEUE AND
PRE-ORDER ONLINE AT:

mamap.
mypreorder.app

LOCKDOWN MENU



HOT DRINKS

COFFEE BY DARKS SML 4.0 LRG 5.0 XLRG 6.0

Made just the way you like it. A rich, full blend, heavy body and dark finish with a strong, double shot per serve.

BULLETPROOF LATTE ONE SIZE 7.5

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

SIGNATURE HOT CHOCOLATE SML 4.0 LRG 5.0 XLRG 6.0

House blended 70% organic dark cacao syrup and raw sugar. Add milk and sweetener of choice.

Add coffee shot for mocha + 0.5
Add medicinal mushrooms + 1.5

ADDITIONS

Alternate milks	1.0	Extra shot	0.5
Baby chino	2.0	Caramel/Vanilla syrup	0.5
MCT oil	2.0	Raw honey/pure maple	0.5

SPICED CHAI LATTE SML 4.5 LRG 5.5 XLRG 6.5

Locally blended Indian spiced massala tea infused with rice malt syrup. Add milk and sweetener of choice.

Add coffee shot for dirty chai + 0.5

GOLDEN TURMERIC LATTE df SML 5.0 LRG 6.0 XLRG 7.0

Healing, anti inflammatory turmeric tonic with black pepper to enhance curcumin absorption. Blended on a coconut/almond dairy free milk.

MAGIC MOON MATCHA SML 5.0 LRG 6.0 XLRG 7.0

Supports adrenals, nervous system, antioxidant. Organic premium matcha with maca & ashgawanda on your choice of milk.

TEA BY THE TEA COLLECTIVE ONE SIZE 6.0

Superior high grade tea and organic blends. Locally owned.

Choose from:

BLACK	GREEN	HERBAL
· English breakfast	· Blueberry Sencha	· Peppermint
· Early grey	· Jasmine green	· Ginger zing
· Orange and lemon		· Yoga
		· Happiness

LEGEND



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COLD DRINKS

MILKSHAKES KIDS 4.8 LRG 6.8

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

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

Add home made coconut ice cream + 3.0
Add non dairy milk + 1.0

COLD BREW SML 4.5 LRG 5.5 XLRG 6.5

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

ICED LATTE SML 4.0 LRG 5.0 XLRG 6.0

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

CHILLED ICED CHAI SML 4.5 LRG 5.5 XLRG 6.5

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

ICED GREEN TEA MATCHA SML 5.0 LRG 6.0 XLRG 7.0

Antioxidant boosted organic matcha tea whisked until creamy, blended with milk and sweetener of choice, served on ice.

TAKING AWAY?

We say NO to plastic and use plant based compostable cups, cutlery, packaging and straws.

CHECK IN

please scan QR code and check in when on premises.

