

REAL FOOD



MAMA - P
—WHOLEFOODS—

TOASTED

SOURDOUGH TOAST **vo, GFO** 8.9

Buttered thick cut sourdough with house made peanut butter, seasonal jam, local honey or vegemite.

APPLE CURRANT FRUIT TOAST **vo** 9.9

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

BREAKFAST ROLL **GFO, DF** 13.9

Wood smoked bacon, pasture raised soft fried egg, spicy house relish, toasted wheat bun. Dairy free.

Prefer veg? Swap bacon for halloumi

SEASONAL AVOCADO **GFO** HALF 14.9 FULL 23.9

Cherry tomato, smashed avocado, crumbled feta, pesto oil, sprouts, pistachio hemp seed dukkah, sourdough.

Add soft fried egg + 3.5 each

SESAME SALMON TOAST **GFO, DF** HALF 14.9 FULL 24.9

NZ smoked king salmon, house garlic and dill cashew cheese, watermelon radish, alfalfa, black sesame, lemon.

SIGNATURE SCRAMBLED EGGS **GFO** 22.9

3 pasture raised scrambled eggs, spicy tomato relish, garlic almond parmesan, tamari seeds, sprouts, buttered sourdough.

Add wood smoked bacon + 7.0

VEGAN SWEET POTATO TOAST **VE, GF** 22.9

Whole baked sweet potato slices, house dill cashew cheese, avocado, tamari seeds, leafy greens, zucchini noodles, superfood slaw, alfalfa, sprouts.

EXTRAS / ADD ONS

House sauerkraut/kimchi	5.0	Crumbled feta	5.0
Half avocado	5.0	Cashew cheese	5.0
Chilli butter beans	5.0	Pasture range egg	3.5
Baked sweet potato	4.0	Baked halloumi	6.0
Tomato or sliced cheese	3.0	Wood smoked bacon	7.0
Swap for gluten free	2.5	NZ smoked king salmon	7.9
House side salad	6.9	Harissa baked cauliflower	5.0

LEGEND

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

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.

NOURISH BOWLS

NACHO-ISH BOWL **VE, GF** 23.9

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

EGGCITED BOWL **GF** 24.9

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

BRUNCH BOWL **DF, GF** 25.9

NZ smoked king salmon, soft fried pastured egg, house kraut, mixed leaves, cherry tomato, radish, seeds, cashew cheese.

ACAI BOWL (AH-SIGH-EE) **VE, GF** 21.9

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

Add peanut butter + 2.0

HEALTHY GRAB N GO

Check out the display cabinet for daily salads, toasties, frittatas, granola cups, take home meals, raw vegan desserts and more!

FAMOUS WAFFLES

PLAIN JANE **VE, GF** 14.9

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

ALL THE FRUIT **VE, GF** 22.9

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

MAPLE BACON BOMB **DF, GF** 24.9

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

SAVOURY GREENS **VE, GF** 23.9

Herbed savoury green waffle, garlic cashew cheese, avocado, house fermented maple chilli sriracha, salad greens, vegan parmesan, seeds, sprouts.

NEED CATERING?

Get us to cater for your next event. Real food platters, grazing boxes, picnic hampers, sweet or savoury. Order at mamacom.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	Hemp seeds	2.0
Organic MCT oil	2.0	Hemp protein	2.0
Organic greens	2.0	Coffee shot	1.0
Peanut butter	2.0	Marine collagen	2.0
Cold brew shot	1.0	Grass fed collagen	2.0

COLD DRINKS

MILKSHAKES **SML 5.0 LRG 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 home made coconut ice cream + 3.5

Add non dairy milk + 1.0

COLD BREW **SML 5.0 LRG 7.0**

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

ICED LATTE **SML 4.5 LRG 6.5**

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 6.5**

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

HOT DRINKS

COFFEE BY DARKS **CUP 4.5 MUG 5.5**

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

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 **CUP 4.5 MUG 5.5**

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

MOCHA MADNESS **CUP 5.0 MUG 6.0**

House blended organic raw cacao syrup with a shot of espresso. Add milk and sweetener of choice.

CHOC SUPER SHROOM **CUP 5.5 MUG 6.5**

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	1.0
Baby chino	2.0	Caramel / Vanilla syrup	0.5
MCT oil / collagen	2.0	Raw honey / pure maple	1.0

SPICED CHAI LATTE **CUP 4.5 MUG 5.5**

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 **CUP 5.5 MUG 6.5**

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

MAGIC MOON MATCHA **CUP 5.5 MUG 6.5**

Supports adrenals, nervous system, antioxidant. Organic premium matcha with maca & ashwagandha. Add milk of choice.

TEA BY THE TEA COLLECTIVE **ONE SIZE 6.5**

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

Choose from:

BLACK	GREEN	HERBAL
• English breakfast	• Blueberry sencha	• Peppermint
• Early grey	• Jasmine green	• Ginger zing
• Choc coconut chai	• Premium matcha	• Yoga

TAKING AWAY?

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



PLEASE ORDER AND PAY AT COUNTER

10% surcharge applies on Sundays & public holidays.