



Mama's
CAFE
+ DELI

3530 E. SUNSHINE
1110 E. REPUBLIC RD
228 W. SUNSHINE

QUALITY MATTERS

- FRESH Organic Veggies
- NO Artificial Flavors
- NO Hormones or Antibiotics
- NO Nitrates or Nitrites
- NO High Fructose Corn Syrup
- NO GMO Ingredients

mamajeansmarket.com

**DON'T FORGET TO
ADD CHIPS
TO YOUR MEAL!**

FOR KIDS

Includes your choice of
chips or applesauce

MOON GODDESS

white cheddar and swiss on grilled
honey wheat bread \$5.99

BLACKBIRD

almond butter and blackberry
jam on honey wheat bread \$5.99

If you have a special dietary
requirement please inform a
member of our staff before
you place your order.

Grilled SANDWICHES & WRAPS

- gluten-free friendly options available upon request -

THE SANTA FE

deli sliced chicken breast, southwest ranch, avocado, tomato, pickled red onion and white cheddar - served on focaccia bread \$9.99

THE CLUBHOUSE

smoked turkey, bacon, swiss, avocado, pickled red onion, tomato, spinach and dijon mustard - served on honey wheat bread \$10.99

Mama's FAMOUS TUNA SALAD SANDWICH

MaMa Jean's famous tuna salad (tuna, mayonnaise, sharp cheddar cheese, peas, carrots, apple cider vinegar, agave, sea salt, cayenne pepper and red onion) tomato slice and romaine lettuce - served on honey wheat bread \$9.99

AVOCADO TOAST **VEGAN**

toasted sourdough slice topped with avocado spread, roasted tomato spread, microgreens, pickled red onions, lemon juice, smoked salt and black pepper \$6.99 + **BACON** \$3.99

RISE & SHINE

two fried eggs, roasted sweet potatoes, special breakfast schmear and your choice of protein & cheese - grilled and served on focaccia bread \$8.99

CHOOSE 1 PROTEIN & CHEESE chicken · turkey · ham · bacon · tofu swiss · white cheddar

THE NATURAL **VEGAN**

in-house seasoned baked tofu, avocado, spinach, tomato, pickled red onion, dijon mustard and veganaise - grilled and served on sourdough \$8.99

THE G.O.A.T. (GREATEST OF ALL TIME!)

ham, goat cheese, blackberry jam, pickled red onion, jalapeño honey and mixed greens - grilled and served on focaccia bread \$9.99

FRESH Salad Bar

228 W. SUNSHINE • 3530 E. SUNSHINE

-Self Serve - Priced by Weight-

HOT SOUP

-Seasonally Available -

BOWL 12oz \$6.99 **CUP** 8oz \$4.99

COFFEE & TEA

HOT DRIP COFFEE	16 oz \$3.25
ESPRESSO 3oz served to enjoy here!	\$1.75
AMERICANO	\$3.99
CAPPUCCINO 6oz	\$3.99
LATTE 16oz	\$4.99
BREVE	\$4.99
HOT TEA ask for available flavors	\$2.79
FRESH BREWED ICED TEA sweet or unsweet iced tea	\$3.49

SIGNATURE LATTES

available hot or iced

- milk alternatives available upon request -

16 oz \$5.79

MAMA'S LATTE

vanilla, local honey, cinnamon, whole milk, espresso

PURPLE RAIN

white mocha, lavender, whole milk, espresso

CARAMEL NUT

caramel, hazelnut, whole milk, espresso

TORTOISE SHELL

mocha, caramel, whole milk espresso

MATCHA LATTE

local honey, whole milk, matcha

CHAI LATTE

chai tea, vanilla, whole milk

(Make it a dirty chai with a shot of espresso! +\$1.75)

CHAGA CHAI LATTE

chai tea, organic chaga mushroom powder,
maple syrup, oat milk \$5.99

LONDON FOG

earl grey tea, vanilla syrup, whole milk \$5.99

+ SYRUPS + \$0.99

vanilla · stevia sugar-free vanilla · hazelnut · caramel
blueberry · strawberry · lavender · dark chocolate
white chocolate · local honey · maple syrup

+ MILK ALTERNATIVES + \$0.99

almond · coconut · oat · soy

Smoothies

16 oz \$7.99

BRAINIAC

coconut water, blueberries, strawberries, banana, flaxseed oil, spinach

AMBROSIA WAVE

apple juice, strawberries, mango, pineapples, banana

RAWKSTAR

almond milk, spinach, mango, cinnamon, almond butter, honey

BERRY BLUE

apple juice, strawberries, blueberries, raspberries, Himalayan sea salt

NEW MOON

almond milk, almond butter, banana, dark chocolate, cacao powder,
maca powder, cinnamon, honey

THE BASICS

almond milk, strawberries, banana, honey

POWERHOUSE

almond milk, over 20g of whey protein, banana, vanilla, honey

IT TAKES A VILLAGE

almond milk, banana, blueberries, dried lavender buds, vanilla, honey

GREEN RETREAT \$8.99

coconut water, spinach, spirulina, pineapple, avocado, honey,
Himalayan sea salt

THE ROYAL TREATMENT \$9.99

coconut water, spirulina, maca, cacao, bee pollen, flaxseed oil,
banana, mango, pineapple, blueberries, strawberries, honey,
Himalayan sea salt, cinnamon

+ BEVERAGE BOOSTERS + \$0.99

bee pollen · cacao powder · chlorophyll · echinacea · green tea
liquid B-12 · maca powder · olive leaf · oregano oil
spirulina · turmeric · flaxseed oil

+ PROTEIN \$1.99

over 20g of whey or
raw plant-based protein

+ AVOCADO \$1.99

for enhanced mental clarity
and extra smoothie creaminess

ORGANIC GINGER SHOTS

CLASSIC GINGER \$2.99

with or without cayenne

ENERGY SHOT \$3.99

ginger, maca, green tea,
cayenne

POWER SHOT \$3.99

ginger, chlorophyll, spirulina

COLD & FLU SHOT \$3.99

ginger, turmeric, olive leaf,
oregano oil, cayenne