



Welcome to
Mama Chea Cafe

Vegan Juice & Market

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BREAKFAST & BAGEL

ALL GLUTEN BREADS ADD ON + \$3.95



Fresh Vegan Lox/ Cream Cheese \$22.00

Vegan Lox Bagel featuring house-made carrot lox served on a NY Style large vegan bagel. Accompanied French Fries or sweet potato fries. **Optional additions+ Capers & Red Onions + \$2.50**

4 Stuffed Tostones Plantain \$21.00

Tostones Cup stuffed w/ Grounded Walnut & purple cabbage, cilantro & purple onions in sauce

Italian Walnut MeatBalls Melt Sub \$18.99

Local Italian Bread, 8 inches of pure delight topped with 3 jumbo Walnut Meatballs smothered in our house crafted Creamy Sauce crafted from fresh Carrots & Tomatoes

Melt Panini Press \$13.99

Vegan toast topped with vegan cheese, house made Hunny Ham from real carrots, balsamic glazed & sun-dried tomatoes or **SALMON CARROT LOX+ \$1.99**

BURGERS & GREENS

Nikki's Trio's Burger w/ fries \$25.99

Loaded Vegan Jackfruit, purple cabbage, cilantro, BBQ sauce, ketchup, sweet plantain, vegan chipotle mayo, & a slice of vegan cheese. This dish is served with a choice of French fries or sweet potato fries (+\$2)

Pulled Jackfruit Burger w/ fries \$22.99

Tasty jackfruit, purple cabbage, sweet plantain, and vegan chipotle mayo served on a fresh Pretzel, accompanied by a choice of French fries, sweet potato fries(+\$2) or a side salad.

Nikki's Supreme Loaded Tacos \$21.99

(3) Fully Loaded Tacos: A vegan option featuring jackfruit, purple cabbage, cilantro, chopped sweet plantain on soft tortilla, complemented with shredded vegan cheese. **Additionally, the option to include burger meat or walnut meat is available for an additional \$2.75**

The Cheá Burger w/ fries \$21.99

In House Burger, Purple Cabbage, slice of vegan cheese, Vegan chipotle mayo all on a Fresh Burger Pretzel Bun w/French Fries or Sweet Potatoes fries (+\$2)

Walnut Hippie Burger \$18.99

The Fresh Burger on a Pretzel Bun with Gourmet Walnut Meat is accompanied by purple cabbage, a slice of vegan cheese & vegan chipotle mayo.

Microgreen Power Mango Salad \$23.00

Mix together greens & slaw, carrots, tomatoes, alfalfa sprouts, hemp seeds, pumpkin seeds, cashew basil mango in house dressing. **Walnut meat+ \$2.75**

SIDES

- HUMMUS & FALAFEL (5 PCS)- \$13
- MAC & CHEESE- \$10 (8 OZ) OR \$14 (16 OZ)
- BAGEL W/ CREAM CHEESE -\$5.50
- SWEET POTATOES FRIES-\$8
- POTATOES FRIES-\$7
- SWEET PLANTAINS- \$ 7 (4PCS)

VEGAN EMPANADAS

- \$6.75 each
- Grounded Walnut Meat
- Hunny Ham & Cheese
- NY Meaty Pizza
- BBQ Jackfruit

FRESH HOUSE SOUPS

8 OZ- \$ 12.00 | 16 OZ-\$ 16.00

TRIO LENTIL & MUNG SOUP | NIKKI'S CHILI

SWEET PASTRIES

- CHIA PUDDING- \$10
- RAW ALMOND DATE BITES (4PCS)- \$10.00
- BELGIAN CHOCOLATE CHEESECAKE- \$7.50
- LEMON RASPBERRY CHEESECAKE- \$7.50
- FLAVORED CHOCOLATE CHIP COOKIE- \$5.50
- FRESH CHOCOLATE CHIP COOKIE- \$5.00
- APPLE TURNOVER- \$7.50

VEGAN MACARONS

\$4.50 (EACH) OR \$20.00 (5PC)

- BIRTHDAY CAKE
- HAZELNUT
- PISTACHIO
- RED VELVET
- VANILLA BEAN



GLUTEN FREE MADE WITH ALMOND FLOUR

SUPERFOOD SMOOTHIES

* 16 oz

\$13.00

THE FORAGE GREEN

BANANA- HEMP SEED-KALE- DAILY GREEN POWDER- ALMOND MYLK

ALMOND BANANA CREAM

ALMOND BUTTER- BANANA - PROTEIN- HEMP SEEDS

ZEN ZAP MANGO!

MANGO- BANANA- HEMP SEEDS- DATES- ALMOND MYLK

U IZ NUTTY !

HEMP SEEDS- CASHEW - SUNFLOWER SEEDS- PEANUT BUTTER- CACAO- DATES

FANCY ERICA STRAWPINE!

STRAWBERRY- BANANA- PINEAPPLE- ALMOND MYLK

SEAMOSS MINERAL DETOX

MIX BERRIES-- HEMP SEEDS- SEAMOSS GEL- ALMOND MYLK

COLD PRESSED JUICES

* 16 oz

\$14.00

GREEN BOOSTER

CELERY- KALE- SPINACH- GINGER

GUT DETOX

APPLES- LEMON- LIME- CELERY

LIQUID GOLD

PINEAPPLE- TURMERIC- GINGER- LEMON

PRANA SUNRISE

CARROTS- TURMERIC- GINGER- RED BEETS



ADDITIONAL BOOSTER ADD ON*

- NUTS, FRUITS & VEGETABLES- \$1.50 EACH
- SEAMOSS GEL- \$3.00 (1 SCOOP)
- VEGAN PROTEIN POWDER- \$3.50 (1 SCOOP)

ACAI BOWLS \$13.00

TRADITIONAL AÇAÍ BOWL

Acai with coconut pulp & chia seeds

POMEGRANATE AÇAÍ BOWL

Acai with pomegranate, strawberry & raspberry (Garnish hemp seeds, coconut pulp)

MANGO COCONUT BANANA ACAI BOWL

Acai -mangos - banana - coconut shredded (Garnish hemp seeds)

***ANY NUTS OR FRUITS ADD ON+ \$1.50 EACH +*

HOUSE ICE CREAM & MYLKSHAKES (MYLKSHAKE- only 16 oz)

MAIN BASE: VANILLA OR RAW CACAO CHOCOLATE

8 OZ- \$ 8.50 | 16 OZ-\$ 14.50 CREATE YOUR OWN - \$1.25 (EACH)

SALTED CARAMEL

HAZELNUT

ALMOND PIECES

CASHEW PIECES

HEMP SEEDS

BRAZIL NUT

GRANOLA

PEANUT BUTTER

WALNUT

PECAN

PISTACHIO

OREOS

CHUCK OF DATES

PUMPKIN SPICE

CHOCOLATE CHIPS

RAINBOW SPRINKLES

CHOCOLATE SPRINKLES

MARSHMALLOWS

AMARETTO

MANGO BOBA

LYCHEE BOBA

MIX BERRIES

JACKFRUIT

DRAGONFRUIT

PINEAPPLE

APPLES

STRAWBERRY

MANGO

BANANAS

LAVENDER

COCONUT

MANGO

FRESH COFFEE

MATCHA



HOUSE BREWERS COFFEE & TEAS

BASE MYLKS - ALMOND or SOY

LATTE HOT COFFEE (12 OZ)	\$6.50
LATTE HOT COFFEE (16 OZ)	\$7.50
COLD FRAPPUCCINO COFFEE (12 OZ)	\$7.50
COLD FRAPPUCCINO COFFEE (16 OZ)	\$8.50
COLD ICE BREW/ COFFEE (16 OZ)	\$7.50
COLD ICE BREW COFFEE (12 OZ)	\$6.00
AMERICANO COFFEE (16 OZ)	\$6.50
AMERICANO COFFEE (12 OZ)	\$5.50
HOT BREW COFFEE (12OZ)	\$6.25
HOT BREW COFFEE (16 OZ)	\$7.50
ESPRESSO SINGLE SHOT	\$2.75
ESPRESSO DOUBLE 2X SHOT	\$4.75
MATCHA LATTE (12 OZ)	\$8.75
MATCHA LATTE (16 OZ)	\$10.00



ADD A SPECIALITY MYLK

\$2.95

ASK FOR SWEET MYLK OR UNSWEET

BRAZIL NUT MYLK • PUMPKIN SEED • HEMP SEED • OAT

CASHEW • WALNUT MYLK • PISTACHIO MYLK • SUNFLOWER SEEDS PECAN

ADD ON FLAVORS

\$1.25

VANILLA -SALTED CARAMEL- HAZELNUT- PUMPKIN SPICE-

RAW CACAO- AMARETTO- PISACHIO- MATCHA- CINNAMON-

MCT OIL - MAPLE SYRUP