

**Mamata Wholefoods – Please order
& pay at the counter**

BEVERAGES (AVAILABLE ALL DAY)

COFFEE - S: \$3.90 R: \$4.40 L: \$4.90

POT OF OOSE LEAF TEA \$4.50– EARL GREY,
ENGLISH BREAKFAST, MASALA CHAI, PEPPERMINT
& GREEN TEA

MATCHA GREEN TEA LATTE \$4.50

RED VELVET LATTE (BEETROOT & CACAO) \$4.50

MAMATA'S HOUSE MADE WELLNESS LATTE

RANGE:

TURMERIC LATTE, HOT CACAO, CHAI LATTE \$4.50

KIDS HOT CHOCOLATE \$3

BABYCINO \$1

ALMOND, COCONUT, SOY MILK +.70C

ICED COFFEE R: \$4.40 L: \$4.90

ORIGINAL ACAI SMOOTHIE \$9.50

ORGANIC ACAI, BANANA, BLUEBERRY & MILK

PINK PITAYA SMOOTHIE \$9.50

ORGANIC PITAYA, PINEAPPLE, STRAWBERRY,
PASSIONFRUIT & MILK

SNICKERS SMOOTHIE \$9.50

HOUSE MADE PEANUT BUTTER, ORGANIC
CACAO, COCONUT, RAW CHOCOLATE SAUCE,
BANANA & MILK

PINA COLADA SMOOTHIE \$9.50

PINEAPPLE, BANANA, COCONUT & MILK

PB & JELLY SMOOTHIE \$9.50

HOUSE MADE PEANUT BUTTER, RASPBERRY CHIA
JAM, STRAWBERRIES, BANANA, HONEY & MILK

CHOCOLATE OVERLOAD SMOOTHIE \$9.50

ORGANIC ACAI, BANANA, CACAO,
BLUEBERRIES, RAW CHOCOLATE SAUCE & MILK

+ \$1 FOR COCONUT MILK

SUNRISE JUICE \$7.95

ORANGE, APPLE, PINEAPPLE, LEMON

IMMUNITY JUICE \$7.95

CARROT, ORANGE & GINGER

GREEN MACHINE JUICE \$7.95

KALE, SPINACH, GINGER & APPLE

KIDS APPLE OR ORANGE JUICE \$5

KIDS MILKSHAKES \$5

CHOCOLATE, STRAWBERRY, BANANA, VANILLA
OR CARAMEL

+ \$1 FOR ADULT SIZE

ACAI & SMOOTHIE BOWLS

ORIGINAL ACAI \$14.50

BLEND: ORGANIC ACAI, BANANA & BLUEBERRY

TOPPINGS: BANANA, STRAWBERRY, KIWI &

HOUSE GF GRANOLA

ADD PEANUT BUTTER \$2

CHOCOLATE OVERLOAD ACAI \$16.50

BLEND: ORGANIC ACAI, BANANA, BLUEBERRY &
CACAO

TOPPINGS: BANANA, STRAWBERRIES, KIWI,
HOUSE GF GRANOLA, CACAO NIBS, RAW SLICE
& RAW CHOCOLATE SAUCE

PINK PITAYA \$14.50

BLEND: ORGANIC PITAYA, PINEAPPLE,
STRAWBERRIES

TOPPINGS: KIWI, STRAWBERRIES, HOUSE GF
GRANOLA & PASSIONFRUIT

SNICKERS \$16.50

BLEND: BANANA, HOUSE PEANUT BUTTER,
CACAO & COCONUT

TOPPINGS: BANANA, HOUSE PEANUT BUTTER,
RAW CHOCOLATE SAUCE, CRUSHED PEANUTS &
CACAO NIBS

ADD RAW SLICE \$2

PB & JELLY ACAI \$16.50

BLEND: ORGANIC ACAI, BANANA &
STRAWBERRIES

TOPPINGS: HOUSE PEANUT BUTTER, HOUSE
RASPBERRY CHIA JAM, STRAWBERRIES, HOUSE
GF GRANOLA & HONEY

PINA COLADA SMOOTHIE BOWL \$16.50:

BLEND: BANANA, PINEAPPLE & COCONUT

TOPPINGS: SEASONAL FRUIT, HOUSE GF
GRANOLA, COCONUT & STRAWBERRY ICE POPS

ALL DAY BITES

SOURDOUGH TOAST \$7 (GF AVAILABLE)

W/ CHOICE OF VEGEMITE, BUTTER, HONEY,
HOUSE MADE JAM OR HOUSE MADE PEANUT
BUTTER

RAISIN TOAST \$6

BANANA BREAD \$7.50

W/ RICOTTA & HONEY

HOUSE MADE PROTEIN BALLS & RAW VEGAN DESSERTS (V, RSF, GF)

WRAPS & TOASTIES (SEE CABINET FOR TODAY'S SELECTION)

HEALTH POTS \$7.50 (SEE GRAB N GO FRIDGE FOR TODAY'S SELECTION)

BREAKFAST (AVAILABLE 7:30AM- 11:30AM)

BIG MOUNTAIN BREKKIE \$19 (GF AVAILABLE +\$2)

FRIED EGGS, BACON, CHORIZO, MUSHROOMS,
GRILLED TOMATO, HASHBROWN, TOMATO
RELISH, HALOUMI & TOAST

THE KETO \$19 (KETOGENIC) (GF)

FRIED EGGS, PULLED PORK, BACON, CHORIZO,
HALOUMI, SPINACH, AVOCADO & HOUSE
KALEONNAISE DRESSING.

THE BREAKFAST BURGER \$15(GF AVAILABLE +2)

FRIED EGG, BACON, HALOUMI, HASHBROWN,
SPINACH & TOMATO RELISH ON SOURDOUGH
BUN

EGGS YOUR WAY \$12 (GF AVAILABLE +\$2)

SCRAMBLED, POACHED OR FRIED EGGS, ON
SOURDOUGH

BANANA BREAD FRENCH TOAST (V) (RSF) \$16

SEASONAL FRUIT, VANILLA ICE CREAM, MAPLE
SYRUP, MIXED BERRY COULI.

MAMATA SMASH \$15 (AVAILABLE ALL DAY) (GF AVAILABLE +2) (VG)

LEMON INFUSED SMASH AVO, CHERRY
TOMATOES, DANISH FETA, MIXED NUT DUKKAH &
BEETROOT HUMMUS

NOURISH BOWL (V) (GF) \$16

KALE QUINOA TABBOULEH, SAUTEED GREENS,
AVOCADO, SAUTEED MUSHROOMS, SWEET
POTATO, MIXED NUT DUKKAH, VEGAN PESTO, &
HOUSE BEETROOT HUMMUS

BREAKFAST SIDES: SAUTEED MUSHROOMS \$4,
AVOCADO \$4, HALOUMI \$4, EGGS \$4, CHORIZO
\$4, BACON \$4, GRILLED TOMATO \$3, HASH
BROWN \$3

BURGERS & BOWLS (AVAILABLE 11:30AM-2PM)

VEGGIE VEGAN BURGER (V) \$17 (GF AVAILABLE +2)

LENTIL & VEGGIE PATTIE, MIXED LEAVES,
TOMATO, VEGAN AIOLI, AVOCADO,
CARAMELISED ONION AND TOMATO RELISH ON
SOURDOUGH BUN

CHICKEN SCHNITZEL BURGER \$17 (GF AVAILABLE +2)

HOUSE CRUMBED QUINOA AND PARMESAN
CRUSTED CHICKEN SCHNITZEL, AIOLI, MIXED
LEAVES, TOMATO, SWISS CHEESE ON
SOURDOUGH BUN

BURGERS SERVED WITH SWEET POTATO FRIES

PULLED PORK MEXICAN FIESTA BOWL

SLOW COOKED BBQ PULLED PORK, SPICY BLACK
BEANS, TOMATO SALSA, SPRING ONION, SOUR
CREAM, GUACAMOLE & MELTED CHEESE

BUDDHA BOWLS: ONE DISH MEAL CONSISTING OF WHOLE GRAINS, COLOURFUL VEGGIES, HERBS & SPICES, A DRESSING AND PROTEIN, DESIGNED TO CREATE A VISUAL AND TASTE SENSATION.

MEDITERRANEAN BLUE ZONE BOWL \$17 (VG) (GF)

SMOKED CUMIN FALAFELS, HOUSE BEETROOT HUMMUS, KALAMATA OLIVES, CHERRY TOMATOES, LEBANESE CUCUMBER, ROAST CAPSICUM. KALE QUINOA TABBOULEH, FETA, MIXED LEAVES & HOUSE TAHINI DRESSING

TERRIYAKI CHICKEN BOWL \$17 (GF)

TERRIYAKI CHICKEN, GRATED CARROT, LEBANESE CUCUMBER, MIXED LEAVES, BROWN RICE, RED CABBAGE, EDAMAME BEANS, SPRING ONION & HOUSE MISO SESAME DRESSING

BALI BOWL \$17 (GF) (VG)

GRATED CARROT, LEBANESE CUCUMBER, MIXED LEAVES, QUINOA, SWEET POTATO, SPRING ONION, RED CABBAGE, SESAME SEEDS, PAPRIKA SPICED MARINATED TOFU AND HOUSE PEANUT SATAY DRESSING

ADD AVOCADO TO YOUR BOWL +2

KIDS MENU

KIDS BACON & EGGS \$10 (AVAILABLE DURING BREAKFAST)

KIDS SCHNITZEL & CHIPS \$10 (AVAILABLE DURING LUNCH)

KIDS SAMBO COMBO \$10 (AVAILABLE ALL DAY)

CHOICE OF VEGEMITE, PEANUT BUTTER, CHEESE TOASTIED SANDWICH, KIDS JUICE & FRUIT SALAD GARNISH

(GF) – GLUTEN FREE

(V) – VEGAN

(VG) VEGETARIAN

(KETOGENIC) LOW CARB DIET OPTION

(RSF) – REFINED SUGAR FREE

(DF) DAIRY FREE



Christmas is around the corner! Ask one of our friendly staff about our Christmas Grazing Platter Boxes & how to order one!