

Dine in or Take out

# Mama T's Café

## Breakfast Bowls

### **\$8.00 Burrito Bowl**

Eggs, bacon, green chili, mixed sweet peppers, red onion, hash browns scrambled together on top of pinto beans. Topped with cheese, fresh homemade salsa, and avocado

### **\$8.00 Sausage Bowl**

Eggs, breakfast sausage, green chili, mixed sweet peppers, red onion hash browns scrambled together on top of pinto beans. Topped with cheese, fresh homemade salsa, and avocado

### **\$8.00 Veggie Bowl**

Eggs, grilled zucchini, mushrooms, mixed sweet peppers, red onion, spinach, and feta all scrambled together on top of pinto beans. Topped with cheese, fresh homemade salsa, and avocado

\*Add additional veggies or eggs for **\$1.00 each**

\*Add additional meat for **\$2.00 each**

## Breakfast Extras

### **\$4.00 Yogurt Parfait**

Greek vanilla yogurt topped with fresh organic blueberries, fresh organic strawberries, granola, coconut flakes, and honey

### **\$3.00 Fruit Cup**

Fresh organic blueberries, strawberries, banana, apple, and pineapple

## Smoothies

All smoothies are made with all-natural organic products. No added preservatives. Nutrient dense. Gluten Free, dairy free, & unpasteurized.

### Flavors

### Sizes & Prices

Original Green	Snack Size (12oz) <b>\$5.00</b>
Raw	Howler (20 oz) <b>\$7.00</b>
Greens Only	Prowler (32 oz) <b>\$12.00</b>
Blueberry Lemon	Growler (64 oz) <b>\$20.00</b>
Strawberry Lime	* Refill Growler <b>\$18.00*</b>
Peachy Colada	
Beet N' Berry	
Cashew Mocha	

## Smoothie Bowls

**\$7.00** Your choice of Original Green, Blueberry Lemon, Strawberry Lime, **OR** Peachy Colada. Topped with fresh organic blueberries, strawberries, bananas, granola, coconut flakes, and honey



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## Dine in or Take out

### Lunch Bowls

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#### **\$9.00 Santa Fe Bowl**

Grilled chicken breast, black beans, brown rice, sautéed peppers and onions, topped with cheese, fresh homemade salsa, and avocado

#### **\$9.00 Burque Bowl**

Savory shredded beef, green chili, black beans, brown rice, sautéed peppers and onions, topped with cheese, fresh homemade salsa, and avocado

#### **\$9.00 Teriyaki Bowl**

Sweet and savory grilled chicken breast, sautéed broccoli, carrots and pineapple. Topped with teriyaki sauce and sesame seeds

#### **\$9.00 Loaded Nachos**

Corn chips, green chili nacho cheese, with your choice of homemade chili beans **OR** black beans, and your choice of chicken **OR** shredded beef. Topped with cheese, lettuce, tomato, red onion, sour cream, fresh homemade salsa, and avocado

#### **\$9.00 Not Your Mama's Frito Pie**

Organic Fritos, homemade chili beans, your choice of chicken **OR** shredded beef, topped with cheese, lettuce, tomato, red onion, fresh homemade salsa, and avocado

### Wrap or Salad

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#### **\$8.00 Grilled Chicken Wrap**

Grilled chicken breast, mixed sweet peppers, tomato, cucumber, red onion, avocado and feta on a bed of spinach. Topped with your choice of Caesar, ranch, or poppy seed dressing. Wrapped in a spinach tortilla

### Wrap or Salad Continued...

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#### **\$8.00 Fresh Tuna Salad**

Wild caught tuna fish, celery, cucumber, pickles, mixed sweet peppers, and red onion mixed together on top of a bed of spinach. Topped with tomato, avocado, and toasted almonds

#### **\$8.00 Mandarin Chicken Salad**

Grilled chicken breast, romaine lettuce, mandarin oranges, mixed sweet peppers, purple cabbage, peas, carrots, and gluten free ramen noodles tossed in homemade vinaigrette dressing. Topped with toasted sesame seeds and almonds

#### **\$8.00 Fuji Apple Chicken Salad**

Grilled chicken breast, spring mix greens, tomato, red onion, avocado, pecans, blue cheese crumbles, and fresh fuji apple chunks tossed with poppy seed dressing

#### **\$8.00 Grilled Veggie Wrap**

Grilled zucchini, tomato, cucumber, red onion, mixed sweet peppers, avocado, hummus, and feta on a bed of spinach. Topped with your choice of Caesar, ranch, or poppy seed dressing. Wrapped in a spinach tortilla

#### **\$8.00 Turkey Wrap**

Slow roasted turkey breast, red onion, tomato, and avocado on a bed of spinach with a sweet and spicy cream cheese spread consisting of cranberries and jalapenos. Wrapped in a spinach tortilla

#### **\$8.00 Rueben Wrap**

Savory corn beef, sauerkraut, and shredded swiss cheese on a bed of romaine lettuce. Topped with a chipotle ranch dressing. Wrapped in a spinach tortilla

**\*All wraps come with chips\***

**Have a special event? Ask about our food truck catering!**