



**Mama Jean's**  
Natural Market

3530 E. SUNSHINE  
1110 E. REPUBLIC RD

**MJ's Deli**  
228 W. SUNSHINE

## QUALITY MATTERS

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

mamajeansmarket.com

## FRESH HOT SOUP

*Made from Scratch!*

**BOWL** 12oz \$6.99

**CUP** 8oz \$4.99

**ADD CHIPS TO YOUR MEAL** + \$ 1.09

## FOR KIDS

Includes your choice of chips or applesauce, and a coloring sheet!

### MOON GODDESS

cheddar and swiss on grilled honey white bread \$5.99

### BLACKBIRD

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

# SANDWICHES & WRAPS

- Gluten-Free options available upon request -

### THE SANTA FE

chicken breast, southwest ranch, avocado, tomato, pickled red onion and 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 white 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 white bread \$9.99

### THE COUSIN (TOFU'S COUSIN TEMPEH)

tempeh, carrot, red bell pepper, green onion, black & white sesame seeds, spinach, veganaise, MaMa's sweet chili sauce - served wrapped in a tortilla \$9.99

## GRILLED

### AVOCADO TOAST VEGAN

grilled sourdough slice topped with avocado spread, roasted tomato spread, microgreens, pickled red onion, lemon juice, smoked salt and black pepper \$6.99 + BACON \$2.99

### RISE & SHINE

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

**CHOOSE 1 MEAT & CHEESE** turkey · ham · bacon | swiss · cheddar

### THE NATURAL VEGAN

MaMa Jean's 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 and mixed greens - grilled and served on focaccia bread \$9.99

## Salads

- Add protein to any salad -

### MaMa's SIGNATURE HOUSE SALAD Order without cheese to make it VEGAN

choice of mixed greens or massaged kale, pickled red onion, goat cheese, cucumber, pumpkin seeds and rosemary balsamic dressing \$8.99

### AVA GARDNER VEGETARIAN

massaged kale, roasted beets, roasted portobello mushrooms, pickled red onion, goat cheese, roasted tomato spread and rosemary balsamic dressing \$9.99

### MaMa's CAESAR SALAD VEGAN

romaine lettuce, pickled red onion, croutons, nut cheese blend and vegan caesar dressing \$8.99 + CHICKEN BREAST \$3.99 + SHREDDED PARMESAN \$1.99

### FARMHOUSE

mixed greens, hard boiled egg, bacon, smoked turkey breast, cheddar cheese, pickled red onion, sweet potatoes, pumpkin seeds and honey mustard dressing \$11.99

### MaMa's FAMOUS TUNA SALAD

romaine lettuce, MaMa Jean's famous tuna salad (tuna, mayonnaise, sharp cheddar cheese, peas, carrots, apple cider vinegar, agave, sea salt, cayenne pepper and red onion) cherry tomatoes, pickled red onion, shredded cheddar cheese and honey mustard dressing \$10.99

# COFFEE & TEA

	16 oz
<b>HOT DRIP COFFEE</b>	\$2.79
<b>ICED COLD BREW COFFEE</b>	\$3.99
<b>AMERICANO</b>	\$3.49
<b>LATTE</b>	\$4.49
<b>MJ's BULLET COFFEE</b>	\$4.99
coffee of the day, MCT oil, organic ghee	
<b>CHAI LATTE</b>	\$4.49
<b>MATCHA TEA LATTE</b>	\$4.49
<b>HOT TEA</b>	\$2.49
ask for available flavors	
<b>HONEY LEMON GINGER TEA</b>	\$4.49
<b>FRESH BREWED ICED TEA</b>	\$2.49

## EXTRAS + \$0.75

**FLAVORS** caramel, chocolate, hazelnut, lavender, strawberry, blueberry, vanilla, white chocolate

**MILK ALTERNATIVES** almond, coconut, oat, soy

## SIGNATURE Lattes

16oz \$5.49  
(available hot or iced)

- TORTOISE SHELL** dark chocolate, caramel  
**TIGER BEAT** chai, espresso  
**PURPLE REIGN** white chocolate, lavender  
**STRAWBERRY CRUSH** white chocolate, strawberry  
**WILDBERRY MATCHA** matcha, blueberry, strawberry

# Smoothies

16oz \$7.99

## BRAINIAC

coconut water, blueberries, strawberries, banana, Udo's Oil and spinach

## AMBROSIA WAVE

apple juice, strawberries, mango, pineapples and banana

## RAWKSTAR

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

## BERRY BLUE

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

## NEW MOON

almond milk, almond butter, banana, askinosie chocolate bar, cacao powder, maca, cinnamon and honey

## THE BASICS

almond milk, strawberries, banana and honey

## POWERHOUSE

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

## WOAH BLACKBERRY KETO \$8.99

almond milk, avocado, almond butter, Ancient Nutrition Keto Vanilla Protein, blackberries and sea salt

## GREEN RETREAT \$8.99

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

## THE ROYAL TREATMENT \$9.99

coconut water, spirulina, maca, cacao, bee pollen, Udo's Oil, banana, mango, pineapple, blueberries, strawberries, honey, Himalayan sea salt and cinnamon

## ORGANIC GINGER SHOTS

### CLASSIC GINGER

with or without cayenne \$2.99

### ENERGY SHOT

ginger, maca, green tea, cayenne \$3.99

### SUNRISE SHOT

ginger, local Spring Branch kombucha \$3.99

### POWER SHOT

ginger, chlorophyll, spirulina \$3.99

### COLD AND FLU SHOT

ginger, turmeric, olive leaf, oregano oil, cayenne \$3.99

## BEVERAGE BOOSTERS + \$0.75

spirulina · maca · cacao powder · Udo's oil · liquid B-12  
 olive leaf · green tea extract · chlorophyll · turmeric · bee pollen  
 oregano oil · echinacea · chia seeds

+ **PROTEIN** \$1.99

over 20g of whey or raw plant-based protein

+ **AVOCADO** \$1.99

for enhanced mental clarity and extra smoothie creaminess