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## HOT DRINKS

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Coffee	2.00/2.50/3.00
French Press	2.50/3.00/3.50
Espresso	2.00
Americano	2.50/3.00/3.50
Cortado	3.00
Latte	3.50/4.00/4.50
Cappuccino	3.50/4.00/4.50
Breve	4.50
Mocha/White Mocha	4.50/5.00/5.50
Tea	3.00/3.50/4.00
Chai/Matcha Latte	4.00/4.50/5.00
Hot Cocoa/Steamer	4.00/4.50/5.00
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Flavored Syrup	.75
Non-dairy: Oat/Almond/Coconut Milk	.75
Espresso shot	.75
Sweet Cold Foam	1.25

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## COLD DRINKS

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Iced Coffee	2.00/2.50/3.00
Iced Americano	3.00/3.50/4.00
Cold Brew	3.00/3.50/4.00
Iced Latte	3.50/4.00/4.50
Iced Mocha/White Mocha	4.50/5.00/5.50
Iced Tea	3.00/3.50/4.00
Iced Chai/Matcha Latte	4.00/4.50/5.00
Frappe	4.50/5.00/5.50
Fruit Slushie	5.00
Milk	2.00
Juice (Orange, Apple, White Grape)	2.00-3.25

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## SMOOTHIES

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Small	6.00
Medium	8.00

**Fruit (Strawberry, Blueberry, Peach, Orange):** fruit, banana, plain Greek yogurt, maple syrup, flax seed, whole milk

**Chocolate Peanut Butter:** banana, cacao powder, mocha powder, peanut butter, whole milk

**Green:** spinach, pineapple, coconut milk, coconut milk yogurt, maple syrup

**Peanut Butter:** banana, peanut butter, medjool date, almond milk

**Matcha:** oat milk, vanilla syrup, matcha

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### Add-Ins (for smoothies)

Protein	2.00
Collagen	2.00
Sun butter	2.00
Coconut Milk Yogurt	.75
Non-dairy: Oat/Almond/Coconut Milk	.75
Espresso	.75

### MAMASTE CAFE AND PLAY

1235 Hilton Parma Corners Road Hilton, NY 14468

(585)366-7205 Call for take-out

Find us on Facebook and Instagram

[www.mamastecafeandplay.com](http://www.mamastecafeandplay.com)

Hours: Mon – Fri 7am – 4pm; Sat 8am – 4pm

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## BREAKFAST

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<b>Toast</b>	1.50
<b>English Muffin</b>	1.50
<b>SOHO Bagel</b>	2.00
(plain, sesame, everything, blueberry, french toast)	
<b>Oatmeal</b> (apple cinnamon, blueberry, cinnamon raisin, cranberry almond)	3.50
<b>Granola w/milk</b>	3.50
<b>Avocado Toast</b>	4.50
Avocado on homemade sourdough, everything bagel seasoning	
<b>PB Banana Toast</b>	3.50
Peanut butter, banana, cinnamon sugar and honey on wheat bread	
<b>Veggie Bagel</b>	4.50
Your choice of bagel with cream cheese, tomato, cucumber, roasted red peppers	
<b>Egg, Cheddar, Breakfast Sandwich*</b>	4.50
<b>Egg, Spinach, Swiss Breakfast Sandwich*</b>	4.50
-breakfast sandwiches served on your choice of bagel, english muffin, sourdough or croissant	
<b>Bacon (or Sausage) Chipotle Wrap</b>	8.00
Garlic herb wrap, eggs, bacon (or sausage), cheddar, spinach, roasted red peppers, chipotle aioli	
<b>Ham Swiss Wrap</b>	7.50
Garlic herb wrap, eggs, ham, swiss, spinach, honey mustard aioli	
<b>Mini Breakfast Tacos*</b>	3.50
Egg and cheddar on two tortillas	
<b>*Add sausage, bacon, or ham</b>	1.50



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## SANDWICHES

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<b>Ham Cheddar Apple</b>	9.50
Sliced ham, cheddar, apple, mayo, and honey mustard on ciabatta	
<b>Turkey Bahn Mi</b>	10.00
Sliced turkey, carrots, cucumbers, cilantro, jalapeno, lime, and sriracha aioli on ciabatta	
<b>Chipotle Chicken</b>	9.50
Chicken breast, mozzarella, roasted red peppers, spinach, and chipotle aioli on ciabatta	
<b>Spinach Artichoke</b>	9.50
Spinach, marinated artichokes, roasted red peppers, mozzarella, and basil pesto on ciabatta	
<b>Turkey Ranch BLT</b>	10.50
Sliced turkey, cheddar, bacon, arugula, tomato, and ranch on ciabatta	
<b>Chicken Cordon Blue</b>	9.50
Chicken breast, ham, swiss, spinach, mayo, and blue cheese dressing on ciabatta	
<b>Turkey (or Ham) &amp; Cheese</b>	8.00
Sliced turkey (or ham), american cheese, romaine, tomato, and mayo on white or wheat bread	
<b>Tuna</b>	8.00
Tuna, cheddar, romaine, tomato, onion, and mayo on white or wheat bread	
<b>Grilled Cheese</b>	5.50
American cheese (or mozzarella & cheddar) on texas toast	
<b>PBJ</b>	4.50
Classic peanut butter and jelly on white or wheat bread	

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All sandwiches and wraps are served with kettle chips

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### Gluten Free/Vegan Options:

Canyon Bakehouse bread	Violife cream cheese
Canyon Bakehouse bagel	Violife cheddar
Gluten Free wrap	Earth Balance butter
Brown rice crackers	Coconut Milk Yogurt
Hellman's vegan mayo	




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## WRAPS

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<b>Chicken Salad Wrap</b>	8.50
Garlic herb wrap, chicken salad, romaine, apples, cheddar, and cranberry sauce	
<b>Buffalo Chicken Wrap</b>	8.50
Garlic herb wrap, buffalo chicken salad, romaine, celery, carrots, cheddar, and ranch or blue cheese	
<b>Sriracha Tuna Wrap</b>	10.50
Garlic herb wrap, tuna, avocado, carrots, cilantro, jalapeno, lime, and sriracha aioli	
<b>Veggie Wrap</b>	8.50
Garlic herb wrap, kale, spinach, arugula, hummus, tomato, carrot, roasted red pepper, cucumbers, mozzarella, and balsamic vinaigrette	
<b>Chicken Caesar Wrap</b>	8.50
Garlic herb wrap, chicken breast, romaine, parmesan cheese, croutons, and caesar dressing	
<b>Turkey Chipotle Wrap</b>	10.50
Garlic herb wrap, sliced turkey, mozzarella, spinach, avocado, roasted red peppers, and chipotle aioli	
<b>Banana Nut Wrap</b>	5.50
Wheat wrap, peanut butter, sliced banana, granola, honey and cinnamon sugar	
<b>Spicy Ham Wrap</b>	8.50
Garlic herb wrap, sliced ham, pepperoni, mozzarella, arugula, jalapeno, mayo, and Italian dressing	

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## SNACK PLATES

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<b>Kids Snack Plate</b>	5.50
<b>Regular Snack Plate</b>	8.50

Includes strawberries, blueberries, grapes, carrots, cucumbers, celery, yellow pepper, cheese and crackers\*

\*Kids: colby jack cheese, pretzels and club crackers

\*Regular: sharp cheddar and wheat crackers

If you have a food allergy, please notify us. Allergen information for menu items is available. Ask an employee for details.

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## SALADS

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Small	4.50
Regular	6.50

### Arugula Salad

Arugula, shaved parmesan, croutons, lemon dressing

### Spinach Salad

Spinach, tomatoes, roasted red peppers, bacon bits, cheddar, croutons, balsamic vinaigrette

### Romaine Salad

Romaine, tomato, cucumber, cheddar, croutons, ranch dressing

### Kale Salad

Kale, chickpeas, tomato, cucumber, jalapeno, cilantro, lemon garlic vinaigrette

### Chicken Caesar Salad    Small 6.50/Regular 8.50

Romaine, chicken breast, parmesan, croutons, caesar dressing

### Pasta Salad 6.00

Rainbow rotini, colby jack, tomato, cucumber, black olives, pepperoni, Italian dressing

\*Add chicken, ham, bacon, tuna to any salad 2.00

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## SNACKS

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<b>Fruit Bowl</b>	Kids 3.00/Regular 4.50
<b>Yogurt</b>	3.00
Your choice of plain Greek yogurt with maple syrup or vanilla Greek yogurt	
<b>Fruit and Yogurt</b>	5.00
Plain Greek yogurt, fruit (seasonal), granola and maple syrup	
<b>Crackers &amp; Cheese</b>	2.50
Colby jack and club crackers	
<b>Veggies &amp; Hummus</b>	3.50
<b>Chips</b>	1.25