

Coffee, Tea & More Ask about Seasonal Specials! All can be prepared Vegan!

	SMALL	MED	LARGE
Coffee	1.25	1.50	1.75
Regular			
Tea	1.25	1.50	1.75
Large variety of teas. Ask us about them!			
Cappuccino	3.00	3.25	3.75
Espresso, steamed milk and froth			
Flavored Latte/Cappuccino.	3.50	3.75	4.00
Espresso,steamed milk and flavor shots			
Latte	3.00	3.25	3.75
Espresso with steamed milk			
Steamers	2.75	3.25	3.75
Steamed milk with flavor shot			
Chai Tea	2.75	3.25	3.75
Steamed chai tea with milk			
Hot Chocolate	2.75	3.25	3.75
Steamed milk and chocolate			
Mexican Hot Chocolate	2.75	3.25	3.75
Homemade blend of cinnamon, cocoa, vanilla and other spicy goodness.			
Hot Vanilla	2.75	3.25	3.75
Steamed milk, cinnamon and vanilla			
		SINGLE	DOUBLE
Espresso	1.25	1.75	
A rich, classic Italian pick-me-up			
Extra Shot Espresso		0.50	
Add to any drink			
Italian Soda		2.50	
Soda water and a flavor shot			
Cranberry Spritzes		2.50	
Cranberry juice, soda water and a splash of lime			

Add a Flavor

Flavor Shot 0.50

- Chocolate
- Vanilla
- Hazelnut
- Caramel
- English Toffee
- Marietta
- Butterscotch
- Raspberry
- Strawberry
- Irish Cream
- Blueberry
- Coconut
- Peach
- Mango
- Pomegranate

Sugar-Free

- Coconut
- Caramel
- Chocolate
- Vanilla
- Irish Cream
- Strawberry

And More!!!

The Mamas understand that many of us have diverse dietary lifestyles, so we try to accommodate all types of needs. Any suggestions on specialty foods, brands, and niche diets are appreciated! And please don't forget to let us know if you have any food allergies!

We are dedicated to providing a vegetarian experience, while still offering a selection for meat eaters. To properly accommodate both we have dedicated prep surfaces and utensils for our meat products.

We use local suppliers and distributors whenever possible.

* Menu subject to change, please stop in to see what's available! All prices include tax.

- * Serving Lunch Daily at 11:00 am
- * Join our email list to receive daily specials!



Happy Healthy Body Food Made with Mamas Love

It is the Mamas' philosophy that eating well is one of the most important things you can do for yourself. We try to provide happy, healthy body food at a price you can afford every day. Treat your body right and your body will love you for it!

Vegan & Vegetarian Options * Antibiotic / Hormone Free Meat

*** LARGE ORDERS PLEASE CALL AHEAD!**

HOURS:
Monday through Friday
9:30am - 4:30pm

T: 518-272-MAMA
F: 518-271-MAMA
www.shakeshakemamas.com

258 Broadway
Troy, NY 12180

Smoothies

Strawberry	3.75
Simply Strawberry	
Four Berry	3.75
Strawberry, Rasperry, Blueberry, Blackberry	
Peach Pear	3.75
A Perfect Pairing; Yogurt or Juice Base	
Lemonade	3.75
Chillin' Out, Maxin', Relaxin' All Cool	
Piña Colada	3.75
para la mamasita que lo sacude; Yogur o Jugo	
Peach Pear Berry	3.75
The Coolest Threesome Around; Yogurt or Juice	
Mango Ginger Lime	4.00
Mango, Fresh Ginger, Lime Squeeze, Seltzer, and Yogurt	
Strawberry Lemonade	3.75
Sweet, Tart, Refreshing	
Strawberry Mango	3.75
mmhhmmm..... Yogurt or Juice Base	
Peach Pear Cran-Grape	4.00
Peaches pears fresh grapes cranberry juice	
Peanut Butter Banana	4.00
Extra Protein for Your Inner Child, with Milk	
Cappuccino Smoothie	4.00
Made with fresh Espresso, Milk & Ice Cubes	

Specialty Smoothies

Berry Nutty Breakfast	4.50
Four Berry, Oatmeal, Yogurt & Walnuts	
Shake Shake Snage	5.00
Peach-Pear, Strawberries, Bananas, Spirulina & Juice	
Ooh La Lublin	5.00
Peach-Pear, Banana, Yogurt & Pineapple	
Hans Solo.	5.00
Peach-Pear, Four Berry, Soymilk, Walnuts, Bee Pollen To Save the Universe add Yeast & Oatmeal \$5.75	
A.M. Shake It	4.50
Banana, Milk, Yogurt, Honey & Yeast	
Sugar Free Banana	3.75
Low-fat Milk, Bananas & Sugar-Free Vanilla Syrup	
Fruit Lassie	4.50
Classic Indian Refresher Available with Mango or Peach Berry.	
Pumpkin Pie Smoothie.	5.00
Pumpkin, Spice and everything nice	

Supplement Guide

Statements not approved by the FDA

Nutritional Yeast

Blood purifier; complete protein; rich in B-vitamins; regulates blood sugar; helpful during pregnancy & lactation.

Soy Protein

Complete protein with all amino acids; 20 grams of protein per serving.

Asian Ginseng

Warms & stimulates body & mind; speeds up metabolism & circulation.

Propolis Extract

Super immunity booster; antiviral, antibacterial, antifungal & anticarcinogenic.

Immune Defense Tonic

Super immunity booster.

Bee Pollen

Richest source of vitamins found in nature.

Green Tea

Stimulates metabolism and burns fat, rich in antioxidants.

Brain & Memory Tonic

Stimulates metabolism and burns fat, rich in antioxidants.

Kava

For relaxation; peaceful euphoriant for body & mind.

Healthy Liver Tonic

Restores & protects liver and gallbladder.

Milled Flax

Rich in omega-3 fatty acids, improves digestion & absorbs toxins.

Saw Palmetto

Balances hormonal levels in men a& women, helpful in prostate health, improves kidney & bladder function.

Spirulina

Blue-green algae rich in essential vitamins & minerals;helpful to liver & kidneys; provides immune health and antioxidants; contains 3-4 servings of fruits & vegetables in one serving for antioxidant power.

Mamas Classics

- * Served with your choice of bread or wrap
- * Complimentary upon request: Lettuce, tomato, red onion, cucumber, carrots, sprouts and black olives.
- * Extras: Roasted red peppers for \$.50 each.
- * Cheese for \$.50

Classic Tuna Sandwich 5.95

Tuna mixed with mayonnaise & spices, lettuce, tomato, red onion, & sprouts

Tomato & Cheese Sandwich 4.50

Your choice of cheese & spread topped with lettuce, tomato red onion & sprouts

Hummus Sandwich 5.75

Our homemade hummus, green peppers, lettuce, tomato cucumber red onion, carrots & sprouts

Plain Jane Sandwich 5.95

Chicken or Vegan Light-Life soy "roast turkey" with lettuce, tomato, red onion, sprouts and your choice of spread (Vegan or vegetarian chicken available upon request)

P.B. & Jelly Sandwich 3.50

All natural peanut butter with 100% fruit spread.

Soup & Half Sandwich. 6.95

A bowl of our soup du jour with half a sandwich, item options subject to change
*seasonal menu item

* Spreads

Mayonnaise
Vegenaise
Mustard - spicy brown or honey
House Vinaigrette

* Cheeses

White American, Swiss and Mozzarella
Provolone, Cheddar, Vegan Cheese

* Salad Dressings

We offer wheat-free, gluten-free,
Annie's All-Natural Dressings
Extra Dressing for \$.50

Mamas Specialties

Mediterranean Feta Wrap 5.95

Feta, chicken, lettuce, tomatoes, cucumbers, and house vinaigrette
(Vegan or vegetarian chicken available upon request)

Chicken Caesar Wrap 5.95

Chicken, parmesan cheese, lettuce, tomato, red onion and caesar dressing
(Vegan or vegetarian chicken available upon request)

Hummus & Grape Leave Wrap 5.95

Our homemade hummus on a low-carb wheat wrap topped with stuffed grape leaves, lettuce, cucumber, tomato, red onion, feta cheese & house vinaigrette

Cowgirl Chicken Wrap 5.95

Chicken, cheddar cheese, lettuce, tomato, red onion, carrots sprouts and ranch dressing
(Vegan or vegetarian chicken available upon request)

Vegan Turkey Roll-up 5.95

Light-Life soy "roast turkey" & vegan cheese layered with Vegenaise and mustard, lettuce, cucumbers and sprouts, and roasted red peppers all rolled up in a wrap

Raw Vegetable Sandwich 5.50

Lettuce, cucumbers, tomato, red onion, carrots, sprouts, green peppers, roasted red peppers, black olives & your choice of dressing or spread

Mamas Salads

Greek Salad 6.50

Lettuce, cucumbers, tomato, red onion, artichoke hearts, feta, olives and grape leaves

Caesar Salad 5.95

Lettuce, parmesan cheese, croutons, black olives, and caesar dressing

Trip Around the Garden Salad 6.50

All the veggies we have plus roasted red peppers, artichoke hearts, croutons and choice of cheese and dressing

Simple Garden Salad 4.50

Lettuce, cucumbers, tomato, red onion and carrots.

Add Protein 1.95

Murray's All-Natural Chicken,
Quorn brand vegetarian chicken or vegan chicken

We carry a variety of all-natural delicious chips!