

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

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

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.

**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!!!



**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](http://www.shakeshakemamas.com)

**258 Broadway**  
**Troy, NY 12180**

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



## Smoothies

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

## Specialty Smoothies

<b>Berry Nutty Breakfast</b> . . . . .	4.50
Four Berry, Oatmeal, Yogurt & Walnuts	
<b>Shake Shake Snage</b> . . . . .	5.00
Peach-Pear, Strawberries, Bananas, Spirulina & Juice	
<b>Ooh La Lublin</b> . . . . .	5.00
Peach-Pear, Banana, Yogurt & Pineapple	
<b>Hans Solo</b> . . . . .	5.00
Peach-Pear, Four Berry, Soymilk, Walnuts, Bee Pollen To Save the Universe add Yeast & Oatmeal \$5.75	
<b>A.M. Shake It</b> . . . . .	4.50
Banana, Milk, Yogurt, Honey & Yeast	
<b>Sugar Free Banana</b> . . . . .	3.75
Low-fat Milk, Bananas & Sugar-Free Vanilla Syrup	
<b>Fruit Lassi</b> . . . . .	4.50
Classic Indian Refresher Available with Mango or Peach Berry.	
<b>Pumpkin Pie Smoothie</b> . . . . .	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	
<b>Classic Tuna Sandwich</b> . . . . .	5.95
Tuna mixed with mayonnaise & spices, lettuce, tomato, red onion, & sprouts	
<b>Tomato &amp; Cheese Sandwich</b> . . . . .	4.50
Your choice of cheese & spread topped with lettuce, tomato red onion & sprouts	
<b>Hummus Sandwich</b> . . . . .	5.75
Our homemade hummus, green peppers, lettuce, tomato cucumber red onion, carrots & sprouts	
<b>Plain Jane Sandwich</b> . . . . .	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)	
<b>P.B. &amp; Jelly Sandwich</b> . . . . .	3.50
All natural peanut butter with 100% fruit spread.	
<b>Soup &amp; Half Sandwich</b> . . . . .	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

<b>Mediterranean Feta Wrap</b> . . . . .	5.95
Feta, chicken, lettuce, tomatoes, cucumbers, and house vinaigrette (Vegan or vegetarian chicken available upon request)	
<b>Chicken Caesar Wrap</b> . . . . .	5.95
Chicken, parmesan cheese, lettuce, tomato, red onion and caesar dressing (Vegan or vegetarian chicken available upon request)	
<b>Hummus &amp; Grape Leave Wrap</b> . . . . .	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	
<b>Cowgirl Chicken Wrap</b> . . . . .	5.95
Chicken, cheddar cheese, lettuce, tomato, red onion, carrots sprouts and ranch dressing (Vegan or vegetarian chicken available upon request)	
<b>Vegan Turkey Roll-up</b> . . . . .	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	
<b>Raw Vegetable Sandwich</b> . . . . .	5.50
Lettuce, cucumbers, tomato, red onion, carrots, sprouts, green peppers, roasted red peppers, black olives & your choice of dressing or spread	

## Mamas Salads

<b>Greek Salad</b> . . . . .	6.50
Lettuce, cucumbers, tomato, red onion, artichoke hearts, feta, olives and grape leaves	
<b>Caesar Salad</b> . . . . .	5.95
Lettuce, parmesan cheese, croutons, black olives, and caesar dressing	
<b>Trip Around the Garden Salad</b> . . . . .	6.50
All the veggies we have plus roasted red peppers, artichoke hearts, croutons and choice of cheese and dressing	
<b>Simple Garden Salad</b> . . . . .	4.50
Lettuce, cucumbers, tomato, red onion and carrots.	
<b>Add Protein</b> . . . . .	1.95
Murray's All-Natural Chicken, Quorn brand vegetarian chicken or vegan chicken	

**We carry a variety of all-natural delicious chips!**