

MENU



HOT DRINKS

Coffee	2.00/3.00
French Press	4.00/5.00
Espresso	2.00
Americano	2.50/3.50
Cortado	3.50
Latte	4.00/5.00
Cappuccino	4.00/5.00
Breve	4.50
Mocha or White Mocha	5.00/6.00
Happy Earth Tea	3.50/4.50
Chai or Matcha Latte	4.50/5.50
Hot Cocoa or Steamer	4.00/5.00
Flavored Syrup	.75
Non-dairy: Oat/Almond/Coconut Milk	1.00
Espresso shot	1.00
Sweet Cold Foam	1.50

COLD DRINKS

Iced Coffee	2.00/2.50/3.00
Iced Americano	3.00/3.50/4.00
Cold Brew	3.50/4.00/4.50
Iced Latte	4.00/4.50/5.00
Iced Mocha or White Mocha	5.00/5.50/6.00
Iced Tea	3.50/4.00/4.50
Iced Chai or Matcha Latte	4.50/5.00/5.50
Frappe	5.00/5.50/6.00
Shake (ask for flavors)	4.50/5.00
Berry Fruit Slushie	5.50
Milk	2.00
Juice (Orange or Apple)	2.50

SMOOTHIES

Small 6.00
Medium 8.00

Strawberry. Blueberry or Orange: banana, vanilla Greek yogurt, maple syrup, ground flax, whole milk
Chocolate Peanut Butter: banana, cacao powder, dark chocolate sauce, peanut butter, ground flax, whole milk
Tropical Green: spinach, pineapple, coconut milk, coconut milk yogurt, maple syrup
Peanut Butter: banana, peanut butter, medjool dates, ground flax, almond milk
Matcha: oat milk, vanilla syrup, Happy Earth matcha

Add-Ins (for smoothies)

Protein	2.00
Collagen	2.00
Sun butter	2.00
Coconut Milk Yogurt	.75
Non-dairy: Oat/Almond/Coconut Milk	1.00
Espresso	1.00

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

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

BREAKFAST

Toast	1.50
English Muffin	1.50
SOHO Bagel (plain, sesame, everything, blueberry, french toast)	2.00
Oatmeal (apple cinnamon, blueberry, cinnamon raisin, or cranberry almond)	3.50
Granola w/milk	3.50
Avocado Toast Avocado on homemade sourdough with everything bagel seasoning (add bacon, egg, and sriracha +3.00)	4.50
PB Banana Toast Peanut butter, banana, cinnamon sugar and honey on wheat bread	3.50
Veggie Bagel Your choice of bagel with cream cheese, tomato, cucumber, roasted red peppers	4.50
Bacon (or Sausage) Chipotle Wrap Garlic herb wrap, eggs, bacon (or sausage), cheddar, spinach, roasted red peppers, chipotle aioli	8.00
Ham Swiss Wrap Garlic herb wrap, eggs, ham, swiss, spinach, honey mustard aioli	7.50
Mini Breakfast Tacos* Egg and cheddar on two mini tortillas	3.50

Egg & Cheddar Breakfast Sandwich*	4.50
Egg, Spinach & Swiss Breakfast Sandwich* (breakfast sandwiches served on your choice of bagel, english muffin, sourdough or croissant) *Add sausage, bacon, or ham	4.50

SANDWICHES

Ham Cheddar Apple Sliced ham, cheddar, apple, honey mustard aioli on ciabatta	10.00
Turkey Bahn Mi Sliced turkey, carrots, cucumbers, cilantro, jalapeno, and sriracha aioli on ciabatta	10.00
Chipotle Chicken Chicken breast, mozzarella, roasted red peppers, spinach, and chipotle aioli on ciabatta	10.50
Spinach Artichoke Spinach, marinated artichokes, roasted red peppers, mozzarella, and basil pesto on ciabatta	10.00
Turkey Ranch BLT Sliced turkey, cheddar, bacon, arugula, tomato, and ranch on ciabatta	10.75
Chicken Cordon Blue Chicken breast, ham, swiss, spinach, mayo, and blue cheese dressing on ciabatta	10.00
Turkey, Ham OR Tuna Sandwich Meat of choice, american cheese, romaine, tomato, and mayo on texas toast	8.00
Grilled Cheese American cheese (or mozzarella & cheddar) on texas toast	5.50
PBJ Classic peanut butter and jelly on wheat bread	4.50

All sandwiches and wraps are served with kettle chips

*add an arugula salad or cup of soup to any sandwich or wrap \$3.50

Gluten Free/Vegan Options:

1.50 Canyon Bakehouse bread	Violife cream cheese
Canyon Bakehouse bagel	Violife cheddar
Gluten Free wrap	Earth Balance butter
Brown rice crackers	Coconut Milk Yogurt



WRAPS

*choice of wheat or garlic herb wrap

Chicken Salad Wrap	9.50
Garlic herb wrap, chicken salad, romaine, apples, cheddar, and cranberry sauce	
Buffalo Chicken Wrap	9.50
Garlic herb wrap, buffalo chicken salad, romaine, celery, carrots, cheddar, cream cheese and ranch or blue cheese	
Sriracha Tuna Wrap	10.75
Garlic herb wrap, tuna, avocado, carrots, cilantro, jalapeno, lime, and sriracha aioli	
Veggie Wrap	9.50
Lemon dill hummus, spinach, arugula, tomato, carrot, roasted red pepper, cucumbers, mozzarella, and balsamic vinaigrette	
Chicken Caesar Wrap	9.50
Garlic herb wrap, chicken breast, romaine, parmesan cheese, croutons, and caesar dressing	
Turkey Chipotle Wrap (*served hot)	10.75
Garlic herb wrap, sliced turkey, mozzarella, spinach, avocado, roasted red peppers, and chipotle aioli	
Banana Nut Wrap	6.50
Wheat wrap, peanut butter, sliced banana, granola, honey and cinnamon sugar	
Spicy Ham Wrap	9.50
Garlic herb wrap, sliced ham, pepperoni, mozzarella, arugula, jalapeno, basil pesto, and Italian dressing	

SNACK PLATES

Kids Snack Plate	7.00
Regular Snack Plate	10.50
Includes strawberries, blueberries, grapes, carrots, cucumbers, celery, yellow pepper, cheese and crackers*	
*Kids: pretzels and club crackers	
*Regular: wheat crackers	
- Add hummus, ranch or vanilla Greek yogurt for dipping	

We are not a certified allergen-safe establishment. If you have a food allergy, please notify us. Allergen information for menu items is available. Ask an employee for details.

SALADS

Small	5.75
Regular	8.50
Arugula Salad	
Arugula, shaved parmesan, croutons, lemon dressing	
Spinach Salad	
Spinach, roasted red peppers, bacon bits, cheddar, croutons, balsamic vinaigrette	
Romaine Salad	
Romaine, tomato, cucumber, shredded carrots, cheddar, croutons, ranch dressing	
Chicken Caesar Salad	Small 8.00/Regular 10.75
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

Seasonal soups available – cup \$5.50 bowl \$9.50

Small salad and cup of soup combo \$10

SNACKS/TREATS

Fruit Bowl	Kids 4.50/Regular 6.00
Vanilla Greek Yogurt	3.00
Fruit and Yogurt	5.50
Vanilla Greek yogurt, fruit (seasonal), and granola	
Crackers & Cheese	3.00
Colby jack and club crackers	
Veggies & Hummus	4.50
Chips	1.50
Pretzels	1.50
Granola Bar (coming soon!)	
Energy Ball (coming soon!)	
Affogato: espresso over vanilla ice cream	4.00
Brownie Affogato	6.50
espresso and vanilla ice cream over a warm brownie with caramel, chocolate drizzle and whipped cream	



PLAY AT MAMASTE

*Please note: our play area is designed for **children ages 5 and under only**. Children in the play area *must* be supervised by their parent or guardian.

ADMISSION

Play admission includes use of the play area for 1 hour:

- Children 1 – 5 years old: \$5
- Children under 1 year: free

Our play area is **limited to 15 children at a time** so please check in at the register *before* sending your child in, to confirm availability. Please check out before leaving the cafe to allow guests on the waitlist to enter the play area.

Play area guidelines:

- Parents/guardians must agree to Mamaste terms and conditions before using the play area
- Children and adults *must* wear socks in the play area
- **No** food or drink allowed in the play area
- Wash hands or sanitize before entering the play area
- Supervise your children at **all** times
- Assist with tidying the play area before exiting

*We will be switching to online registration for our play area in the near future. In the meantime, please feel free to call the cafe (585)366-7205 ahead of time to check for availability and to reserve your spot.

**Mamaste memberships coming soon!!!

Thank you for helping us to keep Mamaste a safe and fun place for little ones to play!

GAMES AT MAMASTE

We have an assortment of games available to be checked out at the register by guests ages 6 and up only. Please help us to keep these games available at the cafe by checking to be sure all pieces are returned in good condition. Thank you!!!

- Chess
- Checkers
- Chinese checkers
- Bananagrams
- Mancala
- Jenga
- Playing cards
- Legos



Check our website for upcoming activities and events!!

BIRTHDAYS AT MAMASTE

Let us host your little one's special day!!

Birthday parties at Mamaste are available on Saturdays between 4:30 and 7:30pm – check out our two options on our website www.mamastecafeandplay.com or pick up a brochure from the cafe



Please email crystal@mamastecafeandplay.com with birthday party inquiries

Follow us on Instagram and Facebook
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