Mama
plant based cuisine

Menu

Our Hearty Stews

Dhal a la Mama

A comforting red lentil stew with coconut milk, lime leaves, tomatoes, carrots, onions, and garlic Infused with our own roasted indian spice mix for an ultimate experience

Topped with

Cherry tomatoes, mango chutney, vegan yogurt, coriander

- Served with rice -

3390 kr

Chilli Sin Carne

Spicy and smoked chipotle stew with soft kidney beans, sweet potatoes tomatoes, garlic, onion cumin, oregano, coriander seeds, cinnamon, lemon, mushroom bouillon, and dark chocolate

Topped with

Chopped red bell peppers, tortilla chips, fresh cilantro, vegan sour cream and our homemade chipotle dressing

- Served with rice -

3390 kr

Mama Curry

Aromatic creamy yellow curry, with chickpeas, potato chunks, coconut milk, garlic, onion, lemon, and our own homemade Indian curry spice mix

Topped with

Roasted cashews, cucumbers, red onions, cilantro, vegan yogurt

- Served with rice -

3390 kr

Mama Jamaica

A hearty stew with chunky root vegetables; potatoes, sweet potatoes. butter beans, garlic, onion, bell peppers, lemon and the "secret ingredient" Bananas

Topped with

Chives, crumbled nori, red onions, red paprika

- Served with rice -

3390 kr

***Any allergies? Please let us know :)**

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Wrap it up

Try our delicious hearty stews wrapped in a burrito

Dahl Wrap

With our tasty Dahl a la Mama, rice, salad mix, fresh veggies, coriander, mango chutney and our home made garlic yoghurt dressing

3190 kr

Chilli Wrap

With our Chilli Sin Carne, rice, salad mix, fresh veggies, chips, cilantro, vegan sour cream and our chipotle dressing

3190 kr

Curry Wrap

With our creamy Mama Curry, rice, salad mix, fresh veggies, roasted cashews, and our homemade yogurt dressing

3190 kr

Jamaica Wrap

With our loved Mama Jamaica stew, rice, salad mix, fresh veggies, crumbled nori, raw red onions, and our homemade spicy dressing

3190 kr

Naan Bread

Fire-wood baked Naan Bread

Try our chewy homemade Naan, with garlic oil. Perfect alongside your stew!

990 kr

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Specials

Salad of the month

We rotate between our crunchy salads every month, with our special homemade dressings and toppings. Ask our waiters for the current salad.

3490 kr

Soup of the week

We rotate between our most loved soups every week.
Served with sourdough bread.

- Ask our waiters for the current soup -

2890 kr

Hummus and Friends

Homemade tahini hummus, crunchy fresh veggies, olives and sourdough breads

2990 kr

Side Dishes

Side Salad	*Leafy greens, veggies, herbs, and our delicious miso dressing*	**990 kr**
Tahini Hummus	*Homemade Tahini Hummus with sourdough bread*	**1190 kr**
Garlic Naan Bread	*A wood fire-baked garlic naan bread, a great addition to our hearty stews*	**990 kr**
Lentil Chips and Dips	*Protein-rich snacks with our delicious dips 'herb sour cream and miso tahini'*	**990 kr**
Tortilla Chips and Dips	*Crunchy and savory tortilla chips with our cashew sour cream and spicy chipotle*	**990 kr**

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Smoothies

Peanut Butter Love
Frozen ripe bananas, peanut butter, maple syrup, dark chocolate, sea salt, oat milk

1790 kr

Ecstatic Banana
Frozen ripe bananas, turmeric spice blend, ginger, dates, oat milk

1790 kr

Chocolate Tahini
Frozen ripe bananas, maple syrup, light tahini, oat choco milk and pinch of salt

1790 kr

Fresh Juices

The Red One
Beetroot, pear, lemon

1790 kr

The Green One
Cucumber, celery, ginger, apple

1790 kr

The Orange One
Oranges, carrots, ginger

1790 kr

Snacks

Caramelized raw Chocolate	**599 kr**
Kettle cooked plantain chips	**599 kr**
Salt and vinegar roasted nuts	**599 kr**
Bowl of Green Olives	**599 kr**

Welcome to Mama!

We welcome you to our nest here in the Heart of Reykjavik city. Our intention with this project is to bring awareness back to nature and assist our planet through conscious business management. Sharing the best food available, made with joy, passion and love. Sharing events that bring us into deeper connection with ourselves and one another. Mama is about celebrating all the delicious flavours and textures of life. We deeply appreciate your support.
'Takk fyrir' and enjoy this moment.

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Our Cakes

Orgasm

Our signature vegan sheese cake with wild blueberries and vanilla

1890 kr

Peanut Butter Heaven

Salty peanut butter cake with chocolate ganache

1890 kr

Topped with berries and chrunch

Bliss Balls

Coco Bliss

Vegan sheese, roasted coconut, vanilla, maple syrup, dipped in dark chocolate

790 kr

Peanut Butter Bliss

Almonds, cashew nuts, peanut butter, sea salt, dates, dipped in dark chocolate

790 kr

Tahini & Cacao bliss

Cacao, white tahini, almonds, cashew, dates, dipped in dark chocolate

790 kr

Hot Drinks

Coffee

Organic high quality coffee
Espresso - Americano - Cappuccino - Latte

790 kr - 790 kr - 890 kr - 990 kr

Matcha Superfood Latte

Matcha, maca, lemongrass, oat milk and 14 mushroom superfoods

1090 kr

Cacao

Organic 100% Raw Cacao
With cinnamon, ginger, cardamom, maple syrup

1200 kr

Golden Milk

Delicious turmeric latte with turmeric, cinnamon, cardamom, ginger, pepper, oat milk, maple syrup

890 kr

Tea Blends

Tea blends made by our herbalist
- See tea menu on next page -