PACHA MAMA

Our passion is centered around the relationship between people, food and the earth. We believe in the power of food and the art of preparing food. Bring home our meals to passion. Pachamama is a Quechua word that means "Mother Earth" or "Mother Nature". It is a concept that represents the fertility of the earth and the cosmos. It is a feminine force that is the source of life, the protector of the earth. This means caring with thinking sensitively, feeling an impact and acting responsibly.

Our menu is seasonal and we source our ingredients locally and from small suppliers across Ontario. We believe in the power of food to bring people together. Our kitchens prepare meals with love and care. Our food is made from scratch. Our kitchens are nut free.

Join us on the journey of self-love, health, joy and soulful nourishment. Namaste!

RAISED IN NATURE

BREAKFAST & BRUNCH

SWEET STARTS

French Toast
Brioche French toast, whipped cream cheese, mascarpone, maple syrup, fresh berries, toasted almonds, coconut flakes, cinnamon
Vegetarian
$17.95

Honey Nut Toast
Toasted multi-grain bread, whipped cream cheese, honey, toasted almonds, coconut flakes, fresh berries, cinnamon
Vegetarian
$16.95

Chocolate Peanut Butter Bowl NEW
Chocolate peanut butter, banana, coconut, almond milk, chia seeds, hemp seeds, cacao nibs, fresh berries, toasted almonds, maple syrup, cinnamon
Gluten Free, Vegan
$17.95

Sugar Shacking Bowl
Coconut yogurt, banana, blueberry, blackberry, raspberry, strawberry, toasted almonds, coconut flakes, hemp seeds, maple syrup, cinnamon
Gluten Free, Vegan
$17.95

Oat Fermented Pancakes
Blueberry compote, whipped cream cheese, toasted almonds, maple syrup, cinnamon
Gluten Free, Vegetarian
$17.95

Sweet Treat Croissant
Pan fried, with whipped cream cheese, toasted almonds, coconut flakes, fresh berries, cinnamon, maple syrup
Vegetarian
$16.95

Berry Quick Bread
Blueberry, blackberry, raspberry, whipped cream cheese, maple syrup
Vegetarian
$16.95

MAMA'S BREKKY

Mama's Classic
Two free range eggs, Mama's breakfast potatoes, choice of bacon, ham or sausage, choice of toast
Gluten Free Option
$19.95

Pancakes & Eggs
Two free range eggs, Mama's breakfast potatoes, choice of bacon, ham or sausage, fluffy pancakes, whipped butter, maple syrup
Gluten Free Option
$21.95

French Guest Mama's Classic
Two free range eggs, Mama's breakfast potatoes, choice of bacon, ham or sausage, choice of toast, fresh berries, whipped cream cheese, toasted almonds, coconut flakes, maple syrup, cinnamon
Gluten Free Option
$22.95

Egg Sour Mac
Two free range eggs, Mama's breakfast potatoes, choice of bacon, ham or sausage, choice of toast, mac & cheese, cheddar, parmesan, mozzarella
Gluten Free Option
$22.95

Mama Eggs & Toast NEW
Two free range eggs, Mama's breakfast potatoes, choice of bacon, ham or sausage, choice of toast, Mama's house made ketchup
Gluten Free Option
$19.95

BENEDICTS

Basic
Two English muffins, two poached free range eggs, Mama's breakfast potatoes, choice of bacon, ham or sausage, choice of toast, choice of Hollandaise, Mexican Hollandaise, Tuscan Hollandaise
Gluten Free Option
$19.95

Truffle Bennie
Two English muffins, two poached free range eggs, Mama's breakfast potatoes, choice of bacon, ham or sausage, choice of toast, truffle Hollandaise, truffle oil, truffle salt, truffle pepper
Gluten Free Option
$22.95

Fresh Guest Truffle Bennie
Two English muffins, two poached free range eggs, Mama's breakfast potatoes, choice of bacon, ham or sausage, choice of toast, truffle Hollandaise, truffle oil, truffle salt, truffle pepper, fresh berries, whipped cream cheese, toasted almonds, coconut flakes, maple syrup, cinnamon
Gluten Free Option
$22.95

Mexican
Two English muffins, two poached free range eggs, Mama's breakfast potatoes, choice of bacon, ham or sausage, choice of toast, Mexican Hollandaise, cilantro, pico de gallo
Gluten Free Option
$19.95

Salmon Croquette
Two English muffins, two poached free range eggs, Mama's breakfast potatoes, choice of toast, salmon croquette, Hollandaise, dill, lemon
$22.95

Cougar Meatloaf
Two English muffins, two poached free range eggs, Mama's breakfast potatoes, choice of toast, cougar meatloaf, Hollandaise, Mexican Hollandaise, Tuscan Hollandaise, cilantro, pico de gallo
Gluten Free Option
$22.95

Alaskan
Two English muffins, two poached free range eggs, Mama's breakfast potatoes, choice of toast, smoked salmon, Hollandaise, dill, lemon
$22.95

Tex Mex Bennie
Pita chips, refried beans, Mexican Hollandaise, two poached free range eggs, Mama's breakfast potatoes, choice of toast, pico de gallo, cilantro, lime
Gluten Free Option
$19.95

Arabian Bennie NEW
Lightly toasted pita, Mexican Hollandaise, Tuscan Hollandaise, two poached free range eggs, Mama's breakfast potatoes, choice of toast, Arabian spices, cilantro, lemon
Gluten Free Option
$19.95

Afro Shrimp Bennie NEW
Two English muffins, two poached free range eggs, Mama's breakfast potatoes, choice of toast, Hollandaise, Mexican Hollandaise, Tuscan Hollandaise, Afro shrimp, cilantro, lemon
$22.95

BRUNCH SIDES

Avocado 4 *GF*	Seasonal Fruit *GF*	Seasonal Bread	
Bacon *GF*	Ham *GF*	Sausage *GF*	
Mama's Breakfast Potatoes *GF*	Toast *GF*	Gluten Free Toast	
Two Eggs *GF*	Three Eggs *GF*	Four Eggs *GF*	
Hollandaise *GF*	Mexican Hollandaise *GF*	Tuscan Hollandaise *GF*	
Mamaise *GF*	Mama's Ketchup *GF*	Afro Shrimp *GF*	

PACHAMAMA NOURISHING BOWLS

Salmon Ceo Bowl NEW
Grain free, dairy free, gluten free, nut free, soy free, sustainable salmon, cauliflower rice, roasted cauliflower, roasted broccoli, roasted carrots, roasted beets, roasted sweet potatoes, roasted red pepper, roasted onion, roasted garlic, roasted ginger, roasted pumpkin seeds, pumpkin seed butter, cilantro, lemon, lime, Pachamama Nourishing Bowl sauce
Gluten Free, Dairy Free, Nut Free, Soy Free
$29.95

Vegan Bowl NEW
Grain free, gluten free, nut free, soy free, sustainable tofu, cauliflower rice, roasted cauliflower, roasted broccoli, roasted carrots, roasted beets, roasted sweet potatoes, roasted red pepper, roasted onion, roasted garlic, roasted ginger, roasted pumpkin seeds, pumpkin seed butter, cilantro, lemon, lime, Pachamama Nourishing Bowl sauce
Gluten Free, Dairy Free, Nut Free, Soy Free, Vegan
$27.95

Grilled Chicken Bowl NEW
Grain free, gluten free, nut free, free range chicken breast, cauliflower rice, roasted cauliflower, roasted broccoli, roasted carrots, roasted beets, roasted sweet potatoes, roasted red pepper, roasted onion, roasted garlic, roasted ginger, roasted pumpkin seeds, pumpkin seed butter, cilantro, lemon, lime, Pachamama Nourishing Bowl sauce
Gluten Free, Dairy Free, Nut Free
$27.95

Mediterranean Bowl
Grain free, gluten free, nut free, free range chicken breast, cauliflower rice, roasted cauliflower, roasted broccoli, roasted carrots, roasted beets, roasted sweet potatoes, roasted red pepper, roasted onion, roasted garlic, roasted ginger, roasted pumpkin seeds, pumpkin seed butter, cilantro, lemon, lime, Pachamama Nourishing Bowl sauce, Tuscan Hollandaise, Mexican Hollandaise
Gluten Free, Dairy Free, Nut Free
$27.95

APPETIZERS

Cinnamon Aubergine
Cinnamon, cumin, coriander, cayenne, paprika, garlic, ginger, lemon, topped with Tomato of Cinnamon Sauce, Coriander and Sesame.
Vegan
$14.95

Dips & Chips
Crispy homemade Pita and gluten-friendly spiced gluten-free chickpea chips.
Gluten Free, Vegan
$14.95

Truffle Wedges
Crispy potato wedges, truffle oil, truffle salt, truffle pepper, topped with house ketchup.
Gluten Free
$14.95

SALADS

Pomegranate Mozzarella Salad NEW
Spring Mix, mozzarella, pomegranate, toasted pumpkin seeds, fresh berries, toasted almonds, coconut flakes, cinnamon, maple syrup, pomegranate, Tuscan Dark and Handsome balsamic, extra virgin olive oil, Himalayan pink salt, black pepper
Gluten Free, Vegetarian
$17.95

Tomato Salad NEW
Tomato, cucumber, red onion, fresh basil, fresh parsley, fresh mint, Tuscan Dark and Handsome balsamic, extra virgin olive oil, Himalayan pink salt, black pepper
Gluten Free, Vegan
$17.95

Shrimp & Lentil Salad NEW
A blend of red, green and black lentils, Afro shrimp, cucumber, tomato, roasted cauliflower, roasted broccoli, roasted carrots, roasted onion, roasted red pepper, roasted pumpkin seeds, Tuscan Dark and Handsome balsamic, extra virgin olive oil, Himalayan pink salt, black pepper
Gluten Free, Dairy Free, Nut Free
$29.95

Roasted Beet & Orange Salad
Spring Mix, roasted beets, orange, toasted pumpkin seeds, toasted almonds, coconut flakes, cucumber, tomato, fresh basil, fresh parsley, fresh mint, Tuscan Dark and Handsome balsamic, extra virgin olive oil, Himalayan pink salt, black pepper
Gluten Free, Vegan
$17.95

Asian Chicken Salad
Spring Mix, Grilled Chicken, cucumber, tomato, fresh basil, fresh parsley, fresh mint, cilantro, edamame, mango, almonds, spring onion, Tuscan Dark and Handsome balsamic, extra virgin olive oil, Himalayan pink salt, black pepper
Gluten Free, Dairy Free, Nut Free
$27.95

SANDWICHES

El Cubano
Pulled Cooked Pork, Turkey, Pickled Onions, Pickles, Swiss Cheese, Mustard, Mayo, Chipotle Mayo, Cilantro, Lime, Pressed on Cuban Bread
$19.95

Eggplant Avocado
Chargrilled Eggplant, Avocado, Roasted Red Pepper, Spinach, Tomato, Red Onion, Sprouts, Mayo, Pesto, Pressed on Multi-Grain Bread
$19.95

Steak & Parmesan
Chargrilled Steak, Mozzarella, Parmesan, Roasted Red Pepper, Spinach, with a Spread of Fresh Garlic Cloves, Oregano, Salt, Pressed on Multi-Grain Bread, Served with Mama's Ketchup
$22.95

Cilantro Grilled Chicken
Grilled Chicken, Avocado, Spinach, Mozzarella, Tomato, Red Onion, Sprouts, Mayo, Cilantro, Lime, Pressed on Multi-Grain Bread
$19.95

Mama's Beach Bun NEW
$19.95

Brioche Shrimp Dragon Roll NEW
Afro Shrimp, Cucumber, Avocado, Spicy Mayo, Sriracha, Lime, Cilantro, Sesame Seeds, Pickled Ginger, Tuscan Hollandaise, Mexican Hollandaise
$19.95

Grilled Shrimp Spicy Sandwich NEW
Afro Shrimp, Cucumber, Avocado, Spicy Mayo, Sriracha, Lime, Cilantro, Sesame Seeds, Pickled Ginger, Tuscan Hollandaise, Mexican Hollandaise, Pickles, Lettuce, Tomato, Red Onion, Pressed on Multi-Grain Bread
$19.95

BURGERS

Mama's Burger
Grass Fed Angus Beef, Lettuce, Tomato, Pickles, Onions, Cheddar Cheese, Mayo, Mama's Ketchup, Pressed on Multi-Grain Bread, Served with Mama's Breakfast Potatoes
$19.95

Crab Pineapple Chicken Burger
Free Range Chicken Breast, Crab Meat, Pineapple, Lettuce, Tomato, Pickles, Onions, Cheddar Cheese, Mayo, Chipotle Mayo, Pressed on Multi-Grain Bread, Served with Mama's Breakfast Potatoes
$19.95

Veggie Burger Slider
Lentil, Quinoa, Black Bean, Sweet Potato, Onion, Pickles, Spinach, Tomato, Pressed on Mini Multi-Grain Bun, Served with Mama's Breakfast Potatoes
$19.95

Mama's Mushroom Burger
Grass Fed Angus Beef, Mushrooms, Lettuce, Tomato, Pickles, Onions, Cheddar Cheese, Mayo, Mama's Ketchup, Pressed on Multi-Grain Bun, Served with Mama's Breakfast Potatoes
$19.95

Jamaica BBQ
Double smoked pulled pork, caramelized onions, cheddar, Pickles, Lettuce, Tomato, Mayo, Chipotle Mayo, Pressed on Multi-Grain Bun, Served with Mama's Breakfast Potatoes
$19.95

KIDS MEALS

Mini Mark Dawson
Our iconic French toast, powdered sugar, whipped butter, maple syrup, fresh berries, cinnamon
$12.95

Mini Mama's Classic
Choice of two free range eggs, Mama's breakfast potatoes, choice of bacon, ham or sausage, choice of toast
$12.95

Mini Pancakes & Eggs
Two fluffy pancakes, two free range eggs, Mama's breakfast potatoes, choice of bacon, ham or sausage, whipped butter, maple syrup
$12.95

Mini Sour Mac
Mac & cheese, cheddar, parmesan, mozzarella, choice of bacon, ham or sausage, choice of toast
$12.95

Ice Cream & Cookies
$5.95

5 Pack Small Cookie
$5.95

Cookie Large
$2.95

Rudolph and Blitzen NEW
Ice cream, whipped cream, maraschino cherry, gingerbread cookie, chocolate sauce, sprinkles
$15.95

DESSERTS

Cheesecake
$12.95

Chocolate Lava Cake
Molten chocolate cake, whipped cream, vanilla ice cream, fresh berries, toasted almonds, coconut flakes, maple syrup, cinnamon
$12.95

Carrot Cake NEW
Warm carrot cake, whipped cream, vanilla ice cream, cinnamon
$12.95

Ice Cream & Cookies
$5.95

5 Pack Small Cookie
$5.95

Cookie Large
$2.95

Rudolph and Blitzen NEW
Ice cream, whipped cream, maraschino cherry, gingerbread cookie, chocolate sauce, sprinkles
$15.95

FRESH BEVERAGES

WATER

Small Mineral	Mama Canada
Dolce Water Carafe	

PRESSED JUICES

Popeye	Lately Queen
Beet It	Sun Salutation
Make Your Own	Orange Mint NEW
Watermelon Lime	Orange Kale

HEALTH SMOOTHIES

Power Smoothie	Berry Beets
Green Monster	Tropic Carrot
Ginger Mango NEW	Make Your Own

ARTISAN NEW

Matcha Peach	Matcha Strawberry
	Matcha Mango

HOMEMADE LEMONADE

Sweet Peach	Zesty Ginger
Floral Hibiscus	Refreshing Strawberry

MILKSHAKES

Mama's Milkshake	Vegan Milkshake
Chocolate	Chocolate
Vanilla	Vanilla
Strawberry	Strawberry
Banana	Banana
Peanut Butter	Peanut Butter
Oreo	Oreo
Coffee	Coffee

SOFT DRINKS

Pepsi/Diet Pepsi	Minerale
Half Dried 7UP	Tonic / Soda
Red Bull	
Mamaise Shots	

FLAVOURED COFFEES

Caramel Frappuccino	Iced Vanilla Mauritiana
Iced Mocha Latte	Affogato Kahlua
Spanish Latte	

KID TEA

Southern Peach	Classic Lemon
Passion Fruit	

TEA & COFFEE

COFFEE

Espresso	Double Espresso
Long Black	Macchiato
Cappuccino	Oriented Cappuccino
Latte	Iced Latte
Honeybee Cortado	Pan Whey Dairy Free
Pan Mocha	

LATTE

Vanilla Mocha Latte	Bend of Blended Coffee
Cinnamon Blackberry Latte	Flavored Coffee Colombia
Mocha	

SPECIALTY COFFEE

Caramel Frappuccino	Iced Vanilla Mauritiana
Iced Mocha Latte	Affogato Kahlua
Spanish Latte	

KID TEA

Southern Peach	Classic Lemon
Passion Fruit	

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