



MAMA BEAR

COFFEE FOOD & FUNCTIONS

Est. 2013

Welcome To Flemington!

Mama Bear was once a shoeing forge, constructed c.1891, at 528-532 Racecourse Road, Flemington. Situated on a corner and built to both boundaries, this former shoeing forge is constructed of brick and has a transverse gable roof with parapeted gable ends.

We've prettied things up, switched the 'menu' and offer a very casual feel with a rustic homely vibe. A hop, skip and a trot from Flemington Racecourse, decked out with exposed bricks in its warehouse-style dining space, there's very little Shayna Blaze could critique about this Flemington dwelling.



MAMA BEAR

HOT DRINKS

COFFEE

Black - 4.5/ 5
 White - 4.5/ 5
 Mocha - 5
 Magic - 5

HOT CHOCOLATE

by Koko Deluxe
 gluten & nut free - 5

FILTER COFFEE

Hot Batch Brew - 5

COFFEE FLAVOURS

Vanilla - .7
 Caramel - .7
 Hazelnut - .7
 Honey - .7

WELLNESS LATTES

Matcha - 5
 Turmeric - 5
 Chai Latte Prana - 6
 Chai Latte Powder - 5.5

ALTERNATIVE MILKS

Bonsoy organic soy milk .8
 MilkLab lactose-free milk .8
 MilkLab almond milk .8
 Alternative Dairy Co oat milk .8

TEA

In A Pot - 5
 English Breakfast
 Supreme Earl Grey
 Lemongrass & Ginger
 Spring Green
 Chamomile Blossoms
 Peppermint
 Honeydew Green Tea

COLD DRINKS

COLD DRINKS

Iced Latte - 5.5
 Iced Coffee/ Chocolate - 6.5
 Iced Matcha/ Mocha/ Chai - 6.5
 Iced Batch Brew - 6.5
 Coke / Diet - 5
 Still - 4.0 / Sparkling - 4.5

COLD PRESS JUICES

pulpy orange - 6
 apple - 6

MILKSHAKES - 7.5

Chocolate / Strawberry
 Vanilla / Caramel / Banana

REMEDY KOMBUCHA - 6.5

Ginger Lemon / Apple Crisp
 Raspberry Lemonade

SMOOTHIES - 10

STAIRWAY TO HEAVEN

kale, spinach, ginger, orange juice, apple juice

BANANARAMA

banana, strawberries, yoghurt, chia seeds, honey, almond milk

GOOD VIBRATIONS

mango, blackberries, mint, lemon, orange juice

BOOZY DRINKS

COCKTAILS

MIMOSA - 8

orange juice, prosecco

APEROL SPRITZ - 12

prosecco, aperol, dash of soda

ESPRESSO MARTINI - 16

vodka, kahlua, frangelico, shot of coffee

WINES

House Red Shiraz - 8
 House White Sav Blanc - 8

BOTTLED BEERS

Corona Extra 4.8% - 9
 Mexico
 150 Lashes Pale Ale 4.8% - 9

ALL DAY MENU

TOAST W/ SPREADS 8.5

sourdough or multigrain or fruit toast with butter & choice of a spread - strawberry jam, crunchy peanut butter or vegemite
 GF bread +2.50 **V/ GFO**

FREE RANGE EGGS ON TOAST 13.0

poached, fried or scrambled on butterly sourdough or multigrain **GFO**

MANGO MUESLI 18.5

organic oats soaked overnight in mango puree, apple juice, coconut water served with mix seasonal fruit, coconut yogurt, mix berry coulis, pistachio, cornflakes crumb (contains nuts) **V/ VG**

LOADED CHUNKY AVO 21.5

chunky smashed avocado, pomegranate, lemon, watermelon radish, red radish, dill, fresh heirloom tomatoes, feta cheese, beetroot hummus served on edward sourdough **V/ GFO/ VGO**
 add two poached eggs +5.5

BLAT 17.5

middle rasher bacon, mix salad leaves, sliced fresh tomato, garlic aioli & smashed avocado in foccacia bread
 add side steak fries +6

PORTUGUESE CHICKEN WRAP 18.5

gilled chicken, middle rasher bacon, spinach, roquette, sliced fresh tomato, red onion, garlic aioli in spinach wrap
 add side steak fries +6

BIG MAMA 26.5

eggs your way, middle rasher bacon, chorizo, roasted cherry tomatoes, marinated button mushrooms, hashbrown, tomato relish on sourdough, garnished with crispy kale and radish **GFO/ VO**

MAKE IT VEG 26.5

grilled halloumi instead of bacon
 smashed avo instead of chorizo

WAFFLE CHICKEN 20

southern style chicken, sweet belgian waffle, vanilla mascarpone, maple syrup & sweet potato flakes, cornflakes crumb & micro herbs
 add bacon +6

ALL DAY MENU

HASH BROWN BENNY 24 **Popular**

CHOICE OF ONE - bacon / pulled pork / smoked salmon / spinach on homemade potato hash, smashed peas, red radish, hollandaise, powdered smoked paprika, crispy bacon crumb, sweet potato flakes with poached eggs **VO**

HALLOUMI STACK 24 **Popular**

grilled halloumi, smashed avo, fresh medley tomato, beetroot hummus, feta cheese, poached eggs & balsamic on sourdough **V/ GFO**
 add mushrooms +5

MUSHIES ON TOAST 22

overnight marinated button mushroom in creamy sauce, radish, powdered sumac spice, sweet potato crisps and shredded parmesan cheese, poached eggs on sourdough or multigrain toast **V/ GFO**
 add bacon +6

CHILLI SCRAMBLE ON CROISSANT 21

fresh chilli, chipotle paste, spring onion mix with egg mix, bean shoots, radish, shallots, shredded parmesan cheese, sriracha on croissant
 add bacon +6
 add fried calamari +7

SIDES

HOMEMADE HASH BROWN	- 7.0
FREID CALAMARI	- 7.0
SMOKED SALMON	- 7.0
GRILLED CHICKEN	- 6.5
PULLED PORK	- 6.5
CHORIZO	- 6.5
BACON	- 6.0
SMASHED AVOCADO	- 5.5
GRILLED HALLOUMI	- 5.5
MUSHROOMS	- 5.0
SPINACH	- 4.5
GRILLED TOMATO	- 4.5
HOLLANDAISE	- 4.0
EGG	- 3.0
TOAST	- 2.5
GF TOAST	- 2.5
STEAK FRIES W/ TOM SAUCE	- 6.0
SIDE	- 6.0
BOWL	- 11.0

ALL DAY MENU

SOUTHERN FRIED CHICKEN BURGER 24

overnight marinated chicken thigh fillets coated in flour & panko bread crumb, chipotle aioli coleslaw, jalapeno, tasty cheese on milk bun with beer battered steak fries & tomato sauce

ANGUS BEEF BURGER 24.5

house made beef patty, american cheese, mix salad, tomato, caramelised onion, pickle, aioli, tomato relish on milk bun with beer battered steak fries & tomato sauce

CHILLI LEMON PEPPER

CALAMARI SALAD 23.5

fried calamari with lemon pepper & fresh chilli, fresh sliced fennel, roquette, cucumber, apple, pomegranate, dill, maple walnut crush & honey lemon dressing

GREEN MAMA BOWL 21.5

fresh avocado, broccolini, spinach, green peas, medley tomatoes, salad mix, watermelon radish, golden beetroot, quinoa, beetroot hummus & honey lemon dressing **V/ GF/ VG**
 add grilled chicken +6.5

MORE OPTIONS?

check out our takeaway menu for fresh toasties & sandwiches

A 15% SURCHARGE APPLIES ON PUBLIC HOLIDAYS

NO ALTERATIONS OR SPLIT BILLS
 ON WEEKENDS & PUBLIC HOLIDAYS

NOT ALL INGREDIENTS ARE LISTED
 PLEASE ADVISE US ON ANY DIETARY REQUIREMENTS

GF GLUTEN FREE
 VG VEGAN
 V VEGETARIAN
 O OPTIONAL