

ECRWSS  
U.S. POSTAGE  
PAID  
EDDM RETAIL



# SIDES & STUFF

## COLD HOMEMADE DELI SALADS

Choose Small, Medium or Large

- Potato Salad
- String Bean Salad
- Classic Macaroni Salad
- Bean Salad
- Cucumber Salad
- Tri-Color Pasta Salad
- Tortellini Salad
- Coleslaw
- Tuna Salad
- Egg Salad
- Chicken Salad

Mama's Honey Chicken Salad

Made w/almonds, dried cranberries, raisins, grapes, & honey.

Pickles (2 spears) \_\_\_\_\_ \$0.49  
ea.

# SMOOTHIES

All natural, all fruit smoothies, made with crushed fruit and ice.

No added sugar and lactose free.

**Only \$5.99!** (16 oz. size)

**Power Up Your Smoothie!**

add a scoop \_\_\_\_\_ \$0.99

Choose from peanut butter, whey protein, flax seed, oats, yogurt, bananas, strawberries, almond milk & more!

# BEVERAGES

Hot Gourmet Coffee - Regular or Decaf

Hot Tea - Regular, Decaf, Green Tea, Chai Spice, Earl Grey, English

Breakfast Choose from Milk, Almond Milk, French Vanilla or Hazelnut Creamers

Hot Chocolate

Assorted Juices, Soda, Seltzer, Snapple, Bottled Waters, Energy Drinks, Flavored Waters, Vitamin Waters, Milk, Chocolate Milk, Coconut Water & More!

**Iced Coffee**

**Mama's Homemade Gourmet**

**Iced Tea or Lemonade** or half Iced Tea & half Lemonade

ASSORTED CHIPS, PRETZELS, GRANOLA BARS, NUTS, SNACKS, CANDY, & MORE Inquire about variety and brands.

# Mama's HOMEMADE BBQ & COMFORT FOOD

**Pulled Pork** \_\_\_\_\_ **\$11.49**

Mama's sweet & savory roasted pork is cooked slow & low until deliciously tender. Pulled off the bone & served w/a scoop of crisp coleslaw on a potato roll.

**Mama's Sloppy Joe** \_\_\_\_\_ **\$10.99**

This classic beef Sloppy Joe is stove top simmered with onions & peppers, seasoned with Mama's mouth watering flavors and served on a potato roll.

**Jerk Chicken** \_\_\_\_\_ **\$11.49**

A tradition straight from the Caribbean, Mama's boneless chicken is rubbed with a blend of fiery hot, fragrant spices & cooked slow to create the perfect amount of heat & succulent flavor. Served on a white or wheat roll.

**BBQ Chicken** \_\_\_\_\_ **\$10.99**

Boneless chicken breast brushed with Mama's traditional BBQ sauce & grilled to a juicy perfection. Served on a potato, white or wheat roll.

**Sausage & Peppers** \_\_\_\_\_ **\$10.99**

A mix of sweet & slightly zesty Italian sausage grilled with sauteed peppers & onions for a delicious, flavor packed meal. Served on a white or wheat roll.

**Above items also available over white or brown rice..... ..add \$1.99**

**Grilled Vegetable Platter** \_\_\_\_\_ **\$11.99**

Delicious & packed with a fresh, healthy mix of grilled seasonal veggies served over white or brown rice.

**Cheese Steak** \_\_\_\_\_ **\$11.49**

It will melt in your mouth! Thinly sliced beef steak, smothered w/american cheese, onions, and peppers on a white or wheat roll.

**Reuben** \_\_\_\_\_ **\$11.49**

This classic sandwich is made w/delicious corned beef, melted swiss cheese, and sauerkraut, topped w/russian dressing and grilled to a toasty perfection between two slices of Rye Bread.

**Cuban** \_\_\_\_\_ **\$11.49**

Made w/slow roasted pork, ham, melted swiss cheese, and pickles, topped w/mustard and grilled to a toasty perfection.

**Chicken Philly** \_\_\_\_\_ **\$11.49**

Grilled onions, peppers, and jalapenos w/melted american cheese, on a white or wheat roll.

## Comfort Sides

**Mama's Mac & Cheese**

12oz \_\_\_\_\_ \$5.49 16oz. \_\_\_\_\_ \$6.49

Smothered w/Mama's special blend of rich & creamy cheeses, then baked to perfection.

**Corn Bread** \_\_\_\_\_ \$2.49

**Coleslaw** \_\_\_\_\_ \$1.49

## Build your own GRILLED CHEESE!

Soup's Perfect Pair! - \$5.99

**Choose your bread:** White, Wheat or Rye

**Choose your cheese:** American, Cheddar, Swiss, Pepper Jack, or Mozzarella

**Choose your add-ons:** tomatoes, mushrooms, peppers, onions or jalapeno peppers - \$0.49 ea.

add bacon or ham - \$1.99 add avocado - \$2.49

PRSRT STD

## Mama's Story

Mama Soup was established in 2009 by Megan Kleven, a young entrepreneur from a large, close-knit family rooted in Queens, NY. Megan's grandmother, called "Nanny" by everyone that knew and loved her, had a great tradition of gathering the family together for "soup nights" where she would serve nothing but her homemade, delicious and comforting soups. From this long loved family tradition, Megan's idea for Mama Soup was born.

Gathering people together, in an inviting, cozy, and friendly atmosphere, to enjoy delicious homemade, comfort food is our goal. We expect every customer to feel like part of our Mama Soup family...just like "Nanny" did.

Mama's Homemade Soups and specialties are cooked fresh daily with healthy, hearty and delicious ingredients. Our recipes have been passed down, tested and loved for generations. You'll enjoy a warm taste of home in every spoonful!

Too tired to leave the house? Too busy at work to run out for lunch? No problem. Just call in your delivery and we'll bring it right to your door so you can enjoy Mama Soup anywhere.

Call ahead for

Pickup or Delivery

516-746-SOUP

(7687)

www.mama-soup.com

\*Prices subject to applicable tax.

\*\*Prices subject to change.

## BREAKFAST, LUNCH & DINNER

*Homemade Soups • Sandwiches*

*Wraps • Gourmet Salads*

*• Specialties*

*Breakfast • Coffee • Desserts*

Call ahead for

Pickup or Delivery

516-746-SOUP

(7687)

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OPEN 7am - 3pm

MONDAY - FRIDAY

Try Mama's CATERING

for all your HOME & OFFICE events!

170 Old Country Road, Mineola, NY 11501

Free Local Delivery (\$10 Min. Order Please)

Surrounding neighborhoods - please call for minimums.

# BREAKFAST

## EGG SANDWICHES

Served on Choice of Round Roll, English Muffin, White, Wheat or Rye Bread, White or Wheat Wrap

Egg Sandwich - 2 Eggs Any Style\_\_\_\_\_ \$3.99

Add American, Cheddar, or Swiss Cheese for \$0.49 Add Bacon, Sausage, Ham, or Turkey for \$0.99 Add Turkey Bacon or Turkey Sausage \$1.49 Add Additional Egg for \$0.99 Egg Whites instead for \$0.79

## BREAKFAST PLATTERS

Two Eggs Any Style served w/ Homefries or Toast & choice of Bacon, Sausage, Ham or Turkey\_\_\_\_\_ \$9.99

Omelette made w/choice of 3 ingredients & served w/ Homefries or Toast \$8.99

Pancakes - 3 large pancakes \$8.99  
Pancakes & Eggs - 2 large pancakes & 2 eggs\_\_\_\_\_ \$9.99

Add chocolate chips for \$0.49 Add fresh fruit for \$0.99

French Toast - 2 pieces of thick sliced texas toast\_ \$8.99

## BREAKFAST SIDES

Homefries\_\_\_\_\_ \$3.99 Corned Beef Hash\_\_\_\_\_ \$3.99  
Bacon, Sausage, Ham, or Turkey \$4.49  
Turkey Bacon, Turkey Sausage \$4.99  
Hard Boiled Egg \$0.99

Homemade Hot Oatmeal\_\_\_\_\_ \$3.49 / Lg. \$4.99

Add fresh fruit for \$0.49 (Choice of Blueberries, Strawberries, Bananas, Apples & Raisins)

## BAKERY

Roll or Sliced Bread Toasted\_\_\_\_\_ \$1.49  
English Muffin \_\_\_\_\_ \$1.49

**Bagel “the VERY BEST BAGELS IN TOWN!”\_\_\_\_\_ \$1.99**

(Plain, Sesame, Everything, Cinnamon Raisin, Wheat) butter\_\_\_\_\_ \$0.39 jelly\_\_\_\_\_ \$0.59  
cream cheese \$0.89 peanut butter \_\_\_\_ \$0.59  
veggie cream cheese \_\_\_\_\_ \$1.39 Nutella \_\_\_\_\_ \$0.59

**Mama’s Great Crepes \_\_\_\_\_ \$8.99**

Made w/Mama’s signature crepe batter, thin & light served w/ fresh fruit & drizzled w/your favorite toppings.

Choose from...**Strawberries & Nutella, Bananas & Peanut Butter, Peaches & Ricotta, or “S’mores”**(Fluff, Chocolate & Graham Cracker)

Homemade Muffins\_\_\_ \$2.99 Brownies\_\_\_\_\_ \$2.49  
Mama’s Rice Pudding\_ \$5.49 Bread Pudding\_\_\_ \$3.99  
Pudding w/graham cracker crumbles (Chocolate, Vanilla or Banana) \$4.99  
Crumb Cake (plain, raspberry)\_\_\_\_\_ \$4.49  
Cookies (chocolate chip, oatmeal raisin, peanut butter)\_2 for \$1.99  
Fresh Fruit Salad Cup \_\_\_\_\_ \$5.49  
Yogurt Parfait w/fruit, granola & low-fat vanilla yogurt \_\_\_\_\_ \$5.99

# DAILY SOUPS

(h) = Healthy Choices (v) = Vegetarian Choices PT 16oz / QT 32oz

**LENTIL (h)\_\_\_\_\_ \$7.99 / \$15.98**

This thick, delicious & nutritious soup is high in protein & fiber, packed with fresh vegetables & a hint of bacon.

**BEEF BARLEY \_\_\_\_\_ \$8.49 / \$16.98**

Our hearty beef barley soup is loaded with generous chunks of tender beef, mixed with fresh vegetables & rich barley.

**PEA (h)\_\_\_\_\_ \$7.49 / \$14.98**

A classic smooth soup with pieces of savory smoked ham.

**VEGETABLE (v) (h)\_\_\_\_\_ \$7.99 / \$15.98**

A taste of nature! This fresh & flavorful soup is packed with antioxidants and good for your health!

**POTATO LEEK (v) \$8.49 / \$16.98**

This rich & creamy gourmet blend has small chunks of potatoes.

**SEAFOOD BISQUE \$9.99 / \$19.98**

Rich, but not heavy, our seafood medley is made w/lobster & shrimp.

**CHILI (h) \$8.49 / \$16.98**

Satisfy your appetite with our hearty chili. Packed with protein & fiber & just enough kick!

**VEGGIE CHILI (v) (h) \$8.49 / \$16.98**

Three different kinds of beans make for a hearty, vegetarian meal, with just a lil’ heat!

**CHICKEN (Noodle or Rice) (h) \$7.99 / \$15.98**

As homemade as it gets, our classic chicken soup is warmth for your heart, soul...& stomach!

**CHICKEN VEGETABLE (h)\_\_\_\_\_ \$7.99 / \$15.98**

Packed full of antioxidants with fresh vegetables & chicken breast for lean protein, it’s healthy, delicious & satisfying! Made in a light & flavorful clear chicken stock!

**NEW ENGLAND CLAM CHOWDER\_\_\_\_\_ \$9.99 / \$19.98**

A creamy blend of clams, diced potatoes & crumbled bacon.

**CHICKEN POT PIE SOUP\_\_\_\_\_ \$8.49 / \$16.98**

Our Chicken Pot Pie soup is a creamy blend of chicken, peas, & carrots topped w/ a biscuit.

**TOMATO (v) \$7.99 / \$15.98**

Classic & creamy served with Grilled Cheese Croutons on the side.

**BROCCOLI CHEESE (v) \$7.99 / \$15.98**

A classic, creamy & delicious Broccoli Cheese Soup made with fresh broccoli & aged cheddar.

**VEGETARIAN LENTIL (v) (h)\_\_\_\_\_ \$7.99 / \$15.98**

**MAMA’S BEEF GOULASH\_\_\_\_\_ \$9.99 / \$19.98**

This delicious all-in-one meal is packed w/big chunks of beef, sliced carrots, & onions mixed w/egg noodles & finished w/a unique, sweet flavor that will surely satisfy your appetite!

# CLASSIC COMBO

ORDER ANY SOUP at regular price & ADD ANY 1/2 CLASSIC SANDWICH, WRAP OR MINI HOUSE SALAD FOR ONLY \$4.99-\$5.49 Gourmet White, Wheat or Rye Bread, White or Wheat Wrap Served w/lettuce, tomato, mayo or dressing

Grilled Chicken\_\_\_\_\_ \$9.99

Buffalo Chicken\_\_\_\_\_ \$9.99

Carved Turkey Breast\_\_\_\_\_ \$9.99

Ham & Swiss\_\_\_\_\_ \$9.99

BLT\_\_\_\_\_ \$9.99

Egg Salad\_\_\_\_\_ \$10.99

Tuna Salad\_\_\_\_\_ \$10.99

Classic Chicken Salad\_\_\_\_\_ \$9.99

Mama’s Honey Chicken Salad\_\_\_\_\_ \$10.99

Mama’s Honey Chicken Salad is made with chopped almonds, dried cranberries, raisins, grapes, & honey. It’s delicious!

Grilled Veggie Wrap\_\_\_\_\_ \$11.49

Seasonal mixed grilled vegetables.

# SPECIALTY WRAP

Choose White, Wheat or Spinach Wrap & Choice of Dressing Add Grilled Chicken or Turkey Breast - \$4.49 Add Buffalo Chicken, Crispy Chicken, Jerk Chicken, or BBQ Chicken - \$4.99 Add Scoop of Tuna Salad, Egg Salad, Honey Chicken Salad - \$4.49

**SPINACH WRAP - \$11.49**

Baby spinach, sliced hard boiled egg, red onions, crisp bacon, & sliced fresh mushrooms.

**CHICKEN CAESAR WRAP - \$11.49**

**GREEK WRAP w/GRILLED CHICKEN - \$11.49**

Romaine, feta Cheese, olives, cucumber, red onions & tomatoes.

**PROTEIN WRAP- \$11.49**

Spring mix, grilled chicken, chick peas, black beans, kidney beans, & chopped hard boiled egg whites.

**CHEF WRAP- \$11.49**

Romaine lettuce, turkey, ham, swiss & American cheese with tomatoes, cucumbers and sliced hard boiled egg.

**CHICKEN SOUTHWEST WRAP - \$11.49**

Spring mix, grilled chicken, black beans, corn, onions, peppers, avocado & crumbled tortilla chips.

**CHICKEN PEPPER JACK WRAP- \$11.49**

Iceberg lettuce, grilled buffalo chicken, tomatoes, peppers, jack cheese, & crumbled tortilla chips.

**GOAT CHEESE WRAP- \$11.49**

Spring Mix, walnuts, goat cheese, mandarin orange slices & dried cranberries.

**HEALTHY WRAP- \$11.49**

Grilled Chicken, roasted red peppers, low fat Mozzarella Cheese, w/lettuce, tomato, & Balsamic Vinaigrette.

**CHIPOTLE CHICKEN WRAP - \$11.49**

Grilled chicken, pepperjack cheese, bacon, avocado & chipotle mayo.

# GOURMET SALADS

**APPLE CRISP SALAD - \$11.49**

Crisp Romaine, apple chunks, celery, dried cranberries, topped w/granola. Suggested dressing: Oil & Vinegar

**MAMA’S HOUSE SALAD - \$9.99**

**GOAT CHEESE SALAD - \$11.49**

Spring Mix, walnuts, goat cheese, mandarin orange slices & dried cranberries. Suggested dressing: Raspberry Vinaigrette

**SPINACH SALAD - \$11.49**

Baby spinach, sliced hard boiled egg, red onions, crisp bacon, & sliced fresh mushrooms. Suggested dressing: Ranch

**PROTEIN SALAD - \$11.49**

Spring mix, chick peas, black beans, kidney beans, & chopped hard boiled egg whites. Suggested dressing: Oil & Vinegar or Lite Ranch

**CHEF SALAD - \$12.49**

Romaine lettuce, turkey, ham, swiss & American cheese with tomatoes, cucumbers & sliced hard boiled egg. Suggested dressing: Honey Mustard

**CHICKEN SOUTHWEST SALAD - \$12.99**

Spring mix, grilled chicken, black beans, corn, onions, peppers, avocado & crumbled tortilla chips. Also available with chili. Suggested dressing: Ranch

**BLT SALAD - \$12.49** Crispy iceberg lettuce, crisp bacon, tomatoes, cucumbers, & shredded cheddar. Suggested dressing: Russian

**BUFFALO CHICKEN SALAD - \$12.99**

Iceberg lettuce, grilled buffalo chicken, tomatoes, peppers, jack cheese, & tortilla chips. Suggested dressing: Blue Cheese

**MEDITERRANEAN SALAD - \$11.49**

Romaine lettuce, feta cheese, olives, cucumber, red onions & tomatoes. Suggested dressing: Oil & Vinegar

**CAESAR SALAD - \$9.99**

Romaine lettuce, croutons, parmesan cheese & creamy Caesar dressing.

Add Grilled Chicken or Turkey Breast - \$4.49

Add Buffalo Chicken, Crispy Chicken, Jerk Chicken, or BBQ Chicken - \$4.99

Add Scoop of Tuna Salad, Egg Salad, Honey Chicken Salad - \$4.49

Add Avocado - \$2.49

# CREATE YOUR OWN SALAD for \$9.99

INCLUDES CHOICE OF LETTUCE, DRESSING & 3 (list A) TOPPINGS Choose One: Spring Mix, Iceberg, Romaine or Baby Spinach LIST A - \$0.49

Bell Peppers, Black Beans, Black Olives, Broccoli, Carrots, Chick Peas, Corn, Croutons, Cucumber, Kidney Beans, Dried Cranberries, Egg Whites, Hard Boiled Eggs, Hot Sauce, Jalapeno Pepper, Mandarin Oranges, Mushrooms, Raisins, Red Onions, Roasted Red Peppers, Sour Cream, Tomatoes, Tortilla Chips

LIST B - \$1.49

Bacon, Cheddar Cheese, Feta Cheese, Goat Cheese, Mozzarella Cheese, Parmesan Cheese, Pepper Jack Cheese, Swiss Cheese, Almonds, Walnuts

# DRESSINGS Each Additional \$0.49

**Classic Italian, Creamy Italian, Lite Italian, Creamy Caesar, French, Ranch, Lite Ranch, Blue Cheese, Honey Mustard, Russian, Fat Free Raspberry Vinaigrette, Oil & Vinegar, Oil & Balsamic, Balsamic Vinaigrette, Creamy Greek**