**hot beverages**

- TEA: 2.75
- COLOMBIAN HOT CHOCOLATE: 3.50
- REGULAR COFFEE: 1.95
- DECAF REGULAR COFFEE: 1.95
- CAFE AMERICANO: 3.25
- CAFE CON LECHE (regular or decaf): 4.25
- CAFE MOCHA: 4.25
- ESPRESSO: 2.50
- Double: 4.00
- CAPPUCINO: 4.25
- VANILLA CAPPUCINO: 4.75
- HAZELNUT CAPPUCINO: 4.75

**shakes**

- NATURAL FRUIT: 4.75

Made with either milk or water:
- GUAVA - GREEN ORANGE - BLACKBERRY
- SOURSOP - STRAWBERRY - PINEAPPLE
- PASSION FRUIT - PAPAYA - MANGO

**SPECIAL SHAKES**: 5.50

- VANILLA MILKSHAKE made with milk and vanilla ice cream
- BANANA
- AVOCADO

Add romaine lettuce - spinach - cucumber great source of vitamins for kids! Add ice cream to your natural fruit shake $1.25 per scoop - additional flavor $1.25 - add chocolate syrup $0.95

Visit us online at [www.empmamany.com](http://www.empmamany.com)

For comments or complaints: info@empmamany.com

NYC Department of Education (FAMS) systems as well as the City of New York, if required
under FAMS vendor number HEN000761
**wheat flour** $3.55

**NEW! JERK N CHEESE** Jerk marinated chicken with swiss cheese.

**NEW! SATAY SHREDDED CHICKEN** Coconut & peanut butter sauce.

**NEW! KOREAN BEEF** Soy sauce-brushed beef, carrots, bean sprouts, spring onion. Served with white rice & a side of kimchi.

**NEW! EL BANDITO** Traditional mole (bitter chocolate & coffee), braised beef, black beans, cheddar cheese.

**DESAYUNO COLOMBIANO** Colombian pork sausage, cheddar cheese, eggs, and Spanish onion.

**DESAYUNO AMERICANO** High round steak, cheddar cheese, eggs, Spanish onion, and a Latin twist.

**HUÉVOS PERICOS** Tomatoes, eggs, and sour cream.

**CHEESE** Simple and delicious, served with mozzarella cheese.

**CHEESE PIZZA** Tomato sauce and cheese.

**SPINACH & CHEESE** Mozzarella with sautéed spinach.

**SPICY CHICKEN** Chicken breast broiled with mozzarella and served with a special sauce.

**SHREDDED CHICKEN** Chicken breast slow cooked with sofrito sauce.

**CHICKEN & BROCCOLI TERIYAKI** Chicken breast sautéed with teriyaki sauce and broccoli.

**SHREDDED BEEF** with onion, slow-cooked beef marinated in traditional Colombian spices.

**AMERICANO** Juicy beef hot dog with cheddar cheese.

**BRASIL** Traditional Brazilian style empanada with ground beef, olives, sautéed onion, and potato.

**CHEESE STEAK** High round steak strips with mozzarella, red pepper, Spanish onion, and a twist.

**CHEESEBURGER** High round beef cooked in traditional sauce with cheddar cheese.

**BEEF & BROCCOLI TERIYAKI** Strips of beef sautéed with teriyaki sauce and broccoli.

**PEPPERoni PIZZA** Slices of pepperoni with tomato sauce and cheese.

**MAMBO ITALIANO** Roasted Italian sweet pork sausage with red and green peppers, onions, mozzarella, and a touch of tomato sauce.

**POLISH** Polish sausage (klobasa) sautéed with sauerkraut.

**HAM & CHEESE** Mama's ham and cheese melt.

**HAWAIIAN** Ham with sautéed pineapple and mozzarella.

**CUBAN** Slow roasted pork, ham with mozzarella, and a touch of sofrito.

**REGGAETON** Caribbean style roasted pork with sofrito seasoned yellow rice and pigeon peas.

**TERNILLO** Marinated pork slow-roasted to perfection.

**EL RUBÉN** Shredded beef, sauerkraut, Russian dressing, Swiss cheese, and caraway seeds.

**TJC** Mama's tuna melt with cheddar cheese and jalapeños.

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**VIAGRA** $3.80

Mama's seafood stew with fresh shrimp, scallops, and crab meat.

**corn flour** $3.30

**VEGGIE** Steamed potatoes, carrots, and lima beans.

**RICE & BEANS** White rice and red beans.

**CHEESE** A Colombian classic corn empanada stuffed with mozzarella and sour cream.

**BROCCOLI & CHEESE** Mozzarella and sautéed broccoli.

**SHREDDED CHICKEN** Traditional Colombian style chicken with peas and carrots.

**GROUND BEEF** Traditional Colombian style ground beef.

**CHILI & BEEF** Slow-cooked ground beef with Latin style spices and chili peppers.

**CHORIZO** Ground pork sausage with classic Latin herbs and spices.

**BBQ PULLED PORK** Slow roasted pork, onions, peppers, cheddar cheese, and BBQ sauce.

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**oven baked** $3.55

**Wheat flour empanadas**

**MUSHROOMS** Sautéed portobello and white mushrooms with onions.

**GREEK SPINACH PIE** Classic Greek style with spinach and feta cheese.

**SHREDDED CHICKEN** Sautéed chicken with sofrito sauce and red peppers.

**GROUND BEEF** Ground beef sautéed with onions, Latin herbs, and spices.

**GREEK SAUSAGE PIE** Greek pork sausage in traditional Mediterranean spices.

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**mama’s sweets**

**dessert empanadas** $3.80

**ROMEO & JULIET** Guava with mozzarella cheese.

**SWEET Figs** Ripe figs, caramel and cheese.

**SWEET PLANTAINS** Mashed sweet plantains with mozzarella cheese.

**USA** Apples and cinnamon.

**Caramel 8 Cheese**

**BELGIAN** Belgian milk chocolate.

**BELGIAN 8 BANANA** Belgian milk chocolate and bananas.

**ELVIS** Peanut butter and bananas.

$2.95 **add to your dessert empanada a scoop of vanilla ice cream whipped cream, chocolate syrup, caramel syrup.

**FLAN** Traditional Colombian style flan.

**FRESH FRUIT PLATTER** Watermelon, apples, oranges, and grapes. Add organic agave nectar $0.95.
YUCCA FRITA AND PLANTAIN CHIPS COMBO served with guacamole... 9.75
regular, mild, hot
GUACAMOLE with plantain chips, regular, mild, hot... 8.50
GUACAMOLE FRIED casserole served with guacamole sauce... 8.50
TOSTONES fried fried green plantains served with garlic puree... 8.25
MADUROS fried sweet plantains... 7.25
CHICHARONES fried fresh pork belly served with tostones...
*comes with green and red salsa
NEW! PICADA strips of grilled steak, chicken, fried arepa, yuca, Chicharrón,
chorizo, and green plantain... Small, feeds 2... 18.95
Large, feeds 4... 34.95
HOMEMADE CASSAVA mashed yuca dough with ground beef or oven roasted pork... 5.00
VEAL & RICE BALLS with lemon mustard sauce... 8.75
and a splash of our: Albarrino wine from Galicia, Spain
COLOMBIAN SAUSAGE with griddle cake and lemon... 6.25
SWEET CORN TAMALES with mozzarella... 7.75
extra mozzarella... 1.50
ZAPATILLOS sauce made of mushroom and onion over a baguette topped with mozzarella, brie cheese and parsley... 8.50
sides
RICE and BEANS " Combo"... 6.75
RICE white or yellow... 3.95
BEANS red or black... 3.95
PLANTAIN CHIPS... 3.75
POOTATO CHIPS... 3.50
GARLIC PUREÉ... 1.25
CHIMICHURRI SAUCE... 1.25
PICO DE GALLO... 1.25
GREEN OR RED SALSA... 0.50
CHILE POTOSINO... 1.25
SOUR CREAM... 0.50
GUACAMOLE regular, mild, hot... 5.75
RED OR GREEN SALSA
Xsm 1 oz $0.50 • Sm 4 oz $1.50 • Med 16 oz $5.50 • Lg 32 oz $10.50
breakfast
TYPICAL COLOMBIAN BREAKFAST scrambled eggs with tomatoes... 8.25
and scallions served with white rice mix with red beans and 1/2 arepa
Add grilled Colombian sausage $3.75 • Add grilled chicken $4.95
Add grilled Skirt or Sirloin steak $6.25
CHEESESTEAK FRIETA an open-faced omelet with top round steak strips, Spanish onion, red bell peppers... 8.45
NEW! MAMA'S STEAK & EGGS 4oz sirloin steak with fried eggs, papas chorreadas. Served with grilled baguette... 12.00
NEW! TORTILLA PAISIA open-faced omelet with chorizo, maduros, magas de arepa, topped with sliced avocado and cilantro... 9.75
9TH AVE BREAKFAST scrambled eggs with melted cheddar cheese... 9.75
Served with grilled hot dogs and our delicious home fries
HUEVOS RANCHEROS 2 eggs sunny side up on crispy corn tortillas with ranchero sauce (regular or picante) Served with refried red beans and feta cheese... each breakfast plate comes with green and red salsa
- NO SUBSTITUTIONS PLEASE - " there is no substitution for the real thing"
soups
V = Vegetarian L = Lowfat D = Dairy Free
COLOMBIAN STYLE LENTIL SOUP (V, L, D)... 7.95
MEDITERRANEAN WHITE BEANS (V, L, D)... 7.45
add a Spanish chorizo sauce to your soup $1.75
BUTTERNUT SQUASH with a hint of ginger (V, L)... 7.95
CHICKEN Colombian chicken soup with a side of white rice (D)... 8.75
SANCOCHO DE COLA (D)... 12.25
home made Colombian style okra soup. Prepared with yuca, green plantains, slices of corn on the cob, rice, cilantro and onions with a side of white rice
salads
Salads made-to-order, fresh and delicious
NEW! WATERMELON SALAD Fresh watermelon, feta cheese... 12.95
Kalamata olives, fresh mint, parsley, red onions. Served with fresh lime and olive oil dressing
NEW! CHICKEN CAESAR SALAD... 15.95
AVOCADO avocado, cucumbers, tomatoes, romaine and iceberg lettuce, cilantro and scallions, with either cumin dressing or a mustard vinagrette
GREEK SALAD romaine lettuce, tomatoes, cucumbers... 10.95
Kalamata olives, red onion, imported feta cheese, oregano with house vinagrette
PERSEPHONE SALAD arugula, watercress, chicory and romaine... 10.95
red onion, grapes, toasted walnuts, olive oil and red wine vinegar
ENSALADA PEQUEÑA small green salad comes with cucumber, tomatoes, romaine and iceberg lettuce, cilantro and scallions with house cumin dressing
*mama’s dressings are homemade and fat free!
make additions to your salad - GRILLED CHICKEN $4.95 - AVOCADO $3.50
CRUMBLED FETA CHEESE $2.75 - GRILLED SKIRT OR SIRLOIN STEAK $6.25

# Arepas

**Palomilla a la Plancha**
- Grilled sirloin marinated with traditional Latin herbs and spices. Served with white or yellow rice, black or red beans, salad and chimichurri sauce
- **Price:** 19.95

**Entrana a la Plancha**
- Grilled skirt steak marinated with traditional Latin herbs and spices. Served with white or yellow rice, black or red beans, salad and chimichurri sauce
- **Price:** 19.95

**Marinated Grilled Pork Loin**
- Served with side of white or yellow rice, black or red beans, salad and chimichurri sauce
- **Price:** 18.95

**Carne Sudada**
- Braised skirt steak cooked with yuca, potatoes, tomatoes, red peppers, onions and Colombian spices. Served with white or yellow rice, pico de gallo and salad
- **Price:** 17.95

**Mexi-Burger Deluxe**
- 8oz burger, toasted bun, chipotle mayo, pickled jalapenos, lettuce, tomato, red onions, avocado. Served with homemade potato chips
- **Price:** 9.95
- Add Cheddar, Mozzarella or Swiss cheese additional $1.50

**Mexi-Chick Deluxe**
- Grilled chicken breast, toasted bun, chipotle mayo, pickled jalapenos, lettuce, tomato, red onions, avocado. Served with homemade potato chips
- **Price:** 12.45
- Add Cheddar, Mozzarella or Swiss cheese additional $1.50

**Mama's Cuban Sandwich**
- Slow roasted pork shoulder, ham, mozzarella, Swiss cheese, sofrito sauce, pickles, dijon mustard, mayo and Mama's green sauce on a baguette. Served with homemade potato chips
- **Price:** 12.95
- *Sandwiches will be served with savory empanadas, arepas, breakfast plates, casavies, tamales, arroz con pollo and arroz con camarones only.*

# Mama's Meals

**Arroz con Camarones**
- Colombian style fresh shrimp mixed with sofrito sauce, seasoned yellow rice, peas, onions and carrots. Served with house salad
- **Price:** 17.95

**Arroz con Pollo**
- Colombian style shredded boneless chicken mixed with sofrito sauce, seasoned yellow rice, peas, onions and red peppers. Served with maduros (fried sweet plantains)
- **Price:** 15.95

**Bandera Paisa**
- 6oz grilled sirloin steak, chicharron, Colombian sausage, maduros, fried egg, avocado, white rice, red beans and arepa
- **Price:** 22.00

**Pollo Guisado**
- Latin style chicken stew cooked slowly in sofrito sauce, yellow peppers, potato and garlic. Served with white or yellow rice
- **Price:** 14.95

**Tamales**
- Traditional homemade Colombian style tamales wrapped in a banana leaf (pork or chicken). Comes with green and red salsa
- **Price:** 12.95

**Pollo a la Plancha**
- Marinated chicken breast seasoned with traditional Latin herbs and spices. Grilled to perfection and served with white or yellow rice, black or red beans, salad and chimichurri sauce
- **Price:** 17.95

# Hommade Drinks

**Salpicon**
- Mixed fresh fruit cocktail made with: grapes, apples, watermelon, bananas
- **Price:** 4.95

**Iced Tea with Honey and Lemon**
- **Price:** 3.00

**Unsweetened Iced Tea**
- **Price:** 3.00

**Lemonade**
- **Price:** 3.25

**Mint Lemonade**
- **Price:** 3.50

**Cherry/Watermelon Lemonade**
- **Price:** 3.50

# Juices

**Passion Goya Bottle**
- **Price:** 3.00

**Mango Goya Bottle**
- **Price:** 3.00

**Orange Juice**
- **Price:** 3.00

**New! Fresh Squeezed Orange Juice**
- **Price:** 4.00

**Apple Juice**
- **Price:** 3.00

**Cranberry Juice**
- **Price:** 3.00

# Sodas

**Cans:** coke, diet coke / Fountain Sodas: seltzer, Coke, diet Coke, tonic, gingerale, Sprite
- **Price:** 2.75