

empanada mama

®

mama's meals

all natural and fresh home cooking with zero trans fat

Daily
Happy Hour

10% off Online Orders

@ www.empmamany.com

Follow us on   for specials and promotions

Gratuity of 18% will be added for parties of (4) or more.
3 credit/debit cards maximum per transaction. Separate checks are not
available for your parties. Please respect our neighbors. Thank you!



PLEASE,
RESPECT OUR
NEIGHBORS.
THANK YOU!

empanadas



wheat flour \$3.75

JERK N CHEESE

Jerk marinated chicken with swiss cheese.

KOREAN BEEF

Soy sauce-braised beef, carrots, bean sprouts, spring onion. Spiced with clove & star anise.

EL BANDITO

Traditional mole' (bitter chocolate & coffee) braised beef, black beans, cheddar cheese.

DESAYUNO COLOMBIANO

Colombian pork sausage, cheddar cheese, eggs, Spanish onion and top round steak with a Latin twist

DESAYUNO AMERICANO

top round steak, cheddar cheese, eggs, Spanish onion and a Latin twist

HUEVOS PERICOS

tomatoes, eggs and scallion

CHEESE

simple and delicious, stuffed with mozzarella cheese

CHEESE PIZZA

tomato sauce and cheese

SPINACH & CHEESE

mozzarella with sautéed spinach

SPICY CHICKEN

chicken breast slow cooked in mama's special picante 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

CHEESESTEAK

top round steak strips with mozzarella, red pepper, Spanish onion with a Latin twist

CHEESEBURGER

ground beef cooked in traditional Latin spices with cheddar cheese

BEEF & BROCCOLI TERIYAKI

strips of beef sautéed with teriyaki sauce and broccoli

EL RUBEN

shredded beef, sauerkraut, Russian dressing, Swiss cheese, caraway seeds

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 (kielbasa) sausage sautéed with sauerkraut and mustard

HAM & CHEESE

mama's ham and cheese melt

HAWAIIAN

ham with sautéed pineapples and mozzarella

CUBAN

slow roasted pork, ham with mozzarella and a touch of sofrito

REGGAETON

Caribbean style roast pork with sofrito seasoned yellow rice and pigeon peas

PERNIL

marinated pork slow-roasted to perfection

TJC

mama's tuna melt with cheddar cheese and jalapeños

VIAGRA \$3.95

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



corn flour \$3.75

NEW! VIAGRA CORN FLOUR \$3.95

VEGGIE

steamed potatoes, carrots and lima beans

RICE & BEANS

white rice and red beans

CHEESE

a Colombian classic corn empanada stuffed with mozzarella

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

BBQ PULLED PORK \$3.55

Slow roasted pork, onions, peppers, cheddar cheese, and bbq sauce

CHORIZO

ground pork sausage with classic Latin herbs and spices



Wheat flour empanadas

oven baked \$3.75

MUSHROOMS

sautéed portobello and white mushrooms with onions, garlic and parsley

GREEK SPINACH PIE

classic Greek style with spinach and feta cheese

SHREDDED CHICKEN

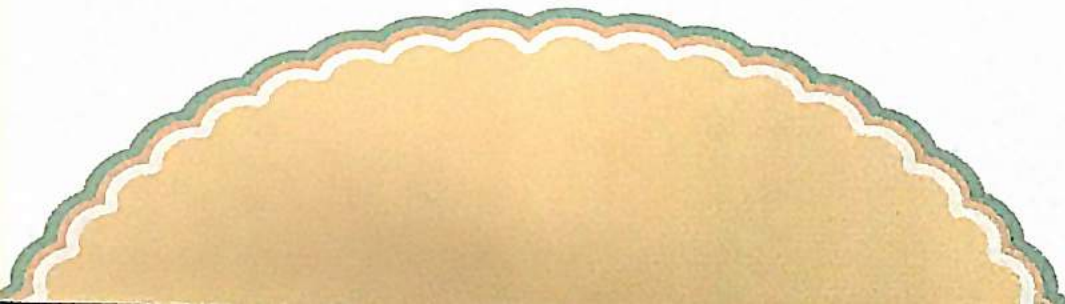
sautéed chicken with sofrito sauce and red peppers

GROUND BEEF

ground beef sautéed with onions, Latin herbs and spices

GREEK SAUSAGE PIE

Greek pork sausage in traditional Mediterranean spices





tapas

MAMA'S HOUSE NACHOS	12.50
Plantains chips, pulled pork, cheddar cheese, black beans & guacamole	
YUCA FRITA AND PLANTAIN CHIPS COMBO	10.75
spicy guava sauce, sour cream and guacamole regular, mild 🍌, hot 🍌	
GUACAMOLE with plantain chips	9.75
regular, mild 🍌, hot 🍌	
YUCA FRITA fried yucca served with spicy guava	9.75
sauce and sour cream 🍌	
TOSTONES	
Classica: mashed fried green plantains	8.75
served with garlic puree	
Seafood Ranchero: seafood (prawns, scallops, crab) shredded lettuce, dill & pickles	12.50
Pernil: marinated pulled pork, Colombian spiced beans, avocado, feta cheese topped with garlic sauce and fresh cilantro	11.50
MAMA'S TACOS Three tacos per order	12.50
Piña Pork: Pickled Cabbage, shredded pork caramelized pineapple, guacamole, cilantro	
CBC: Chipotle, braised beef cheddar, guacamole and shredded lettuce	
MADUROS fried sweet plantains	7.50
CHICHARONES fried fresh pork belly	12.25
served with tostones *comes with green and red salsa	
PICADA strips of grilled steak, chicken, fried arepa, yuca, Chicharron, chorizo and green plantain	
Small, serves 2	18.95
Large, serves 4	34.95
HOMEMADE CASSAVA	5.00
mashed yuca dough with ground beef or oven-roasted pork	
COLOMBIAN SAUSAGE	6.50
with gniddle cake and lemon	
SWEET CORN TAMALES with mozzarella	8.25
extra mozzarella - \$ 1.50	



sides

RICE and BEANS "Combo"	6.75
RICE white or yellow	3.95
BEANS red or black	3.95
PLANTAIN CHIPS	3.75
POTATO CHIPS	3.50
GARLIC PURÉE (2 oz)	1.25
CHIMICHURRI SAUCE (2 oz)	1.25
PICO DE GALLO (2 oz) 🍌	1.25
GREEN OR RED SALSA (1 oz) 🍌	0.50
CHIPOTLE MAYO (2 oz) 🍌	1.25
SOUR CREAM (2 oz)	1.25
GUACAMOLE	5.75
regular, mild 🍌, hot 🍌	
SALSA RACHERO	1.25
GUAVA SAUCE	1.25
TARTAR SAUCE	1.25

ARGENTINIAN CHIMICHURRI	1.25
BBQ SAUCE	1.25
MAYONNAISE	1.25

Red or green salsa: Xsm 1oz- 0.50 · Sm 8oz-\$4.95
Med 16 oz- \$6.95 · Lg 32oz- \$10.95



breakfast

CORNMEAL PANCAKES	12.75
topped with mixed berries compote and guave syrup	
MAMA'S FRENCH TOAST	12.75
bread topped with maduros, walnuts & chocolate shavings	
MAMBO FRITATA	13.75
open faced omelete mixed with sweet sausage, onions, bell peppers, cheddar cheese, tomato sauce, served with side salad & balsamic vinaigrette	
MAMA'S HASH	13.75
Plantains & Kielbasa sausage, spring onions and cilantro, topped with fried eggs, garlic & cheese dressing	
AVOCADO TOAST	11.75
Toasted 7 grain bread, topped with avocado arugula, parmesano cheese & cumin dressing	
TYPICAL COLOMBIAN BREAKFAST	8.25
Scrambled eggs with tomatoes and arepas served with white rice mixed with red beans and acajona	
Add grilled Colombian sausage \$4.25	
Add grilled chicken \$5.75	
Add grilled Skirt or Sirloin steak \$8.25	
9TH AVE BREAKFAST	9.75
scrambled eggs with melted cheddar cheese Served with grilled hot dogs and our delicious home fries	
MAMA'S STEAK & EGGS	13.00
4oz sirloin steak with fried eggs, papas chorriadas, Served with grilled baguette	
TORTILLA PAISA	9.75
open faced omelet with chorizo, maduros, migas de arepa, topped with diced avocado and cilantro	
HUEVOS RANCHEROS 🍌	9.75
2 eggs sunny side up on crispy corn tortillas with ranchero sauce. (regular or picante) Served with refried red beans and feta cheese	



soups

- NO SUBSTITUTIONS PLEASE -
there is no substitution for the real thing

V = Vegetarian L = Lowfat D = Dairy Free

COLOMBIAN STYLE LENTIL (V.L.D)	8.75
BUTTERNUT SQUASH	8.75
with a hint of ginger (V.L)	
CHICKEN	9.50
Colombian chicken soup with a side of white or yellow rice (D)	
SANCOCHO DE COLA	12.95
home made Colombian style oxtail soup Prepared with yuca, green plantains, slices of corn on the cob, recato, cilantro and onions with a side of white or yellow rice (D)	



salads

Salads made-to-order, fresh and delicious

PORTOBELLA SALAD	12.95
Field mushroom, spinach, watercress, jalapeño and red onion, Blue-cheese, cumin and burned jalapeño dressing	
COCO SALAD	11.95
Avocado, cherry tomatoes, scallions, romaine lettuce, crispy plantain chips, served with a coconut lime dressing	
CAESAR SALAD	11.95
romaine lettuce, Parmesan cheese, croutons, and caesar dressing	
AVOCADO	11.95
avocado, cucumber, tomato, romaine and iceberg lettuce, cilantro and scallions, with either cumin dressing or a mustard vinaigrette	
GREEK SALAD	11.95
romaine lettuce, Kalamata olives, tomatoes, cucumbers, red onion, imported feta cheese, oregano with house vinaigrette	
PERSEPHONE SALAD	11.95
arugula, watercress, chicory and romaine, red onion, grapes, toasted walnuts, olive oil and red wine vinegar	
ENSALADA PEQUEÑA small green salad	8.00
comes with cucumber, tomatoes, romaine and iceberg lettuce, cilantro and scallions with house cumin dressing	
*mama's dressings are home made and fat free!	

make additions to your salad:

AVOCADO	\$3.50
CRUMBLD FETA CHEESE	\$2.75
GRILLED CHICKEN	\$5.75
GRILLED SKIRT OR SIRLOIN STEAK	\$8.25
GRILLED SHRIMP	\$8.25
EXTRA DRESSING 2oz	\$0.75

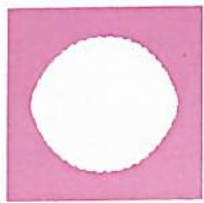


Sandwiches

CHORI PAN	10.25
Grilled Colombian pork sausage with beer-battered onion rings, chimichuri sauce on a toasted baguette	
STEAK SANDWICH	14.25
Grilled skirt steak with roasted garlic, aioli, salsa criolla (tomato, onion, pepper, vinegar and oil)	
PULL PORK BRIOCHE	10.95
Pork shoulder slow roasted in bourbon BBQ Sauce with pickles and coleslaw	
MEXI - BURGER DELUXE 🍌	10.95
8oz burger, toasted bun, chipotle mayo, pickled jalapenos, lettuce, tomato, red onions, avocado	
MEXI-CHICKEN DELUXE 🍌	12.45
grilled chicken breast, toasted bun, chipotle mayo, pickled jalapenos, lettuce, tomato, red onions, avocado	
MAMA'S CUBAN SANDWICH	12.95
slow roasted pork shoulder, ham, mozzarella, Swiss cheese, sofrito sauce, pickles, dijon mustard, mayo and mama's green sauce on a baguette	

Add Cheese to your sandwich Cheddar, Swiss, Mozzarella, Feta, Brie, Blue cheese \$1.50

All sandwiches are served with potato chips



arepas

AREPAS..... 7.95
traditional South American white corn pattie stuffed with your choice of


SHREDDED BEEF - SHREDDED CHICKEN - PORK - HAM - GROUND BEEF

make your own special arepa - additional toppings add Avocado \$2.50 - add Maduros \$3.50 - add Mozzarella, cheddar, brie, swiss, feta, blue cheese, spinach, red beans, black beans, BBQ sauce - \$1.50

SPECIALTY AREPAS..... 7.95

MOZZAREPA sweet corn griddle cake with bits of melted mozzarella cheese

CUBANA sofrito seasoned roast pork, Cuban style black beans and mozzarella cheese

SPICY CHICKEN  slowly cooked chicken breast in mama's picante sauce (Add on cheese for \$1.50 more)

HAM AND CHEESE mama's delicious ham and cheese melt

CHEESEBURGER ground beef cooked in traditional Latin spices with cheddar cheese

CHEESESTEAK top round steak strips with mozzarella cheese, red bell pepper, Spanish onion and a Latin twist

PLAIN AREPA..... 4.95



mama's meals

MILANESA DE CERDO..... 19.95
Center cut pork loin breaded and fried, cilantro and pickled jalapeño pesto, with roasted plantain, cherry tomatoes, topped with chipotle mayo

ARROZ CON CAMARONES..... 17.95
Colombian style fresh shrimp mixed with sofrito sauce, seasoned yellow rice, peas, onions and carrots. Served with house salad

ARROZ CON POLLO..... 15.95
Colombian style shredded boneless chicken mixed with sofrito sauce, seasoned yellow rice, peas, onions, and red peppers. Served with maduros (fried sweet plantains)

TAMALES..... 13.95
traditional homemade Colombian style tamales wrapped in a banana leaf (pork or chicken)

BANDEJA PAISA..... 22.00
6oz grilled sirloin steak, chicharron, Colombian sausage, maduros, fried egg, avocado, white rice, red beans and arepa

POLLO GUISADO..... 15.95
Latin style chicken stew cooked slowly in sofrito sauce, yellow peppers, potato and garlic. Served with white or yellow rice

POLLO A LA PLANCHA..... 17.95
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

PALOMILLA A LA PLANCHA..... 19.95
grilled sirloin marinated with traditional Latin herbs and spices. Served with white or yellow rice, black or red beans, salad and chimichurri sauce

ENTRAÑA A LA PLANCHA..... 19.95
grilled skirt steak marinated with traditional Latin herbs and spices. Served with white or yellow rice, black or red beans, salad and chimichurri sauce

CARNE SUDADA..... 17.95
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

*Salsas will be served with savory empanadas, breakfast platters, arepas, cassavas, tamales, arroz con pollo and arroz con camarones picada, bandeja paisa and colombian breakfast.



cold beverages

HOME MADE DRINKS *

* SALPICÓN..... 4.95
mixed fresh fruit cocktail made with grapes, apples, watermelon, bananas

* ICED TEA with honey and lemon..... 3.75

* UNSWEETENED ICED TEA..... 3.75

* LEMONADE..... 3.75

* MINT LEMONADE..... 3.95

* WATERMELON LEMONADE..... 3.95

* CHERRY LEMONADE..... 3.95

JUICES.....

PASSION GOYA BOTTLE..... 3.00

MANGO GOYA BOTTLE..... 3.00

FRESH SQUEEZED ORANGE JUICE..... 5.00

APPLE JUICE..... 3.00

CRANBERRY JUICE..... 3.00

SODAS..... 2.75

CANS: coke, diet coke

FOUNTAIN SODAS: Coke, diet coke, sprite, ginger ale, fanta

POSTOBON SODAS..... 3.00

Colombiana - apple

MALTA GOYA BOTTLE..... 3.00

BOTTLED WATER..... 2.50

ICED COFFEE..... 2.50

ICED CAPPUCCINO..... 4.50

NO REFILLS ON ANY BEVERAGES



hot beverages

Add scoop of ice cream \$1.50
Add vanilla or hazelnut syrup \$0.95
Add Irish Cream or Kahlua \$5.00

TEA..... 2.75

COLOMBIAN HOT CHOCOLATE..... 3.50

REGULAR COFFEE..... 1.95

HOT APPLE CIDER..... 5.00

CAFE AMERICANO..... 3.50

CAFE CON LECHE (regular or decaf)..... 4.50

CAFE MOCHA..... 4.75

ESPRESSO..... 2.75

Double..... 4.50

CAPPUCCINO..... 4.50

VANILLA CAPPUCCINO..... 5.25

HAZELNUT CAPPUCCINO..... 5.25



shakes

NATURAL FRUIT..... 5.50

Made with either milk or water:

GUAVA - GREEN ORANGE - BLACKBERRY

SOURSOP - STRAWBERRY - PINEAPPLE

PASSION FRUIT - PAPAYA - MANGO

BANANA - AVOCADO - VANILLA

Romaine lettuce, spinach, cucumber..... \$1.25

add ice cream to your natural fruit shake (1 scoop)..... \$1.50

additional flavor..... \$1.25

add chocolate syrup..... \$0.95

add peanut butter..... \$1.25

add house tequila, rum or vodka..... \$5.00

For comments or complaints: info@empmamany.com

NYC Department of Education (FAMIS) systems (as well as the City of New York, if required) under FAMIS vendor number HER705761

dessert empanadas (wheat flour) & mama's sweets

\$3.95

ROMEO & JULIET
guava with mozzarella cheese

SWEET PLANTAINS
mashed sweet plantains with mozzarella cheese

SWEET FIGS

ripe figs, caramel and cheese

U.S.A.

apples and cinnamon

CARAMEL & CHEESE
yes, caramel and cheese

BELGIAN

Belgian milk chocolate

BELGIAN & BANANA

Belgian milk chocolate and banana

ELVIS EMPANADA

Peanutbutter and Banana

\$2.95

add to your dessert empanada a scoop of vanilla ice cream + whipped cream + chocolate syrup + caramel syrup

\$7.00

FLAN

traditional Colombian style flan

FRESH FRUIT PLATTER

watermelon, apples, oranges and grapes

\$9.00

CHURRITOS

served with Dulce de Leche and bitter sweet chocolate sauce