

Contact Us
(508) 338 2018
www.notyoursugarmamas.com
info@notyoursugarmamas.com



Visit our Cafe + Market
Tisbury Marketplace
79 Beach Road
Vineyard Haven, MA 02568

NOT YOUR SUGAR MAMAS PLANT-BASED CAFE MENU



CAFFEINATED DRINKS

CHILMARK COFFEE CO. / HOT \$4.00 ICED \$4.50 **P**
Organic blend

ESPRESSO LATTE / HOT \$5.95 ICED \$6.25 **P**
Espresso, NYSM cashew milk w. dates
ADD: raw mocha sauce / \$0.75

MATCHA LATTE / HOT \$5.95 ICED \$6.25 **P**
Matcha, NYSM cashew milk w. dates + vanilla

NON-CAFFEINATED DRINKS

TURMERIC LATTE / HOT \$5.95 ICED \$6.25 **P**
Turmeric, cinnamon, ginger, coconut butter,
dates, black pepper

DANDELION LATTE / HOT \$5.95 ICED \$6.25
Dandy Blend, NYSM cashew milk w. dates

HOT CHOCOLATE / \$6.00 **P**
NYSM superfood chocolate mix, NYSM cashew
milk w. dates



SMOOTHIES **P**

STRAWBERRY BLISS / \$10.95
Strawberry, banana, almond
butter, maca, vanilla

SPINACH MANGO / \$10.95
Spinach, mango, banana,
coconut shreds, NYSM cashew
milk w. dates

RASPBERRY DREAM / \$11.95
Raspberry, banana, almond
butter, dates

TROPICAL DETOX / \$10.95
mango, banana, coconut butter,
chia seeds, spirulina

MANGO GOLDEN MILK / \$11.95
mango, banana, ginger, turmeric,
black pepper, cinnamon, chia
seeds, coconut butter, dates



"MILK"SHAKES / \$8.95

FROZEN CHOCOLATE **P**
NYSM superfood chocolate mix,
NYSM cashew milk w. dates,
NYSM raw chocolate sauce

SALTED CARAMEL **P**
NYSM cashew milk w. dates,
vanilla, coconut oil, sea salt +
almond butter caramel sauce

VERY VANILLA **P**
NYSM cashew milk w. dates,
vanilla, maple syrup

ESPRESSO SHAKE / \$6.95 **P**
Espresso, banana, NYSM cashew
milk w. dates, raw cacao

DANDELION SHAKE / \$6.95
Dandy Blend, NYSM cashew milk
w. dates, banana, NYSM raw
chocolate sauce

CHECK OUT OUR TO-GO OPTIONS,
PANTRY STAPLES AND DESSERT
OPTIONS IN OUR REFRIGERATED
SECTION + MARKET

ADD TO ANY DRINK!

\$0.75 / NYSM RAW CHOCOLATE SAUCE: CACAO, AGAVE

\$1.50 / ESPRESSO SHOT, CACAO, CHIA SEEDS

\$1.50 / ADAPTOGENS: MACA, ASHWAGANDA, REISHI,
PLANT-BASED COLLAGEN, SPIRULINA

\$2.00 / SPINACH, COCONUT OIL, ALMOND BUTTER, PEANUT BUTTER

ABOUT NOT YOUR SUGAR MAMAS

Welcome to Not Your Sugar Mamas Plant-Based Cafe + Market!
We want you to feel great about what you're putting into your body, so everything we
make is organic, gluten-free, free of refined sugar, plant-based and
sourced locally whenever possible.

It is our mission to share good health, spread happiness, care for the planet,
and inspire critical thinking about the food we eat.

We are curating a plant-based dining experience for high-vibe living.

As always, we're keepin' it real

P = PALEO

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BREAKFAST

SERVED ALL DAY

SUPERFOOD OATMEAL / \$5.95
GF oats, chia seeds, coconut palm sugar, coconut butter, sea salt
ADD: cashews, coconut or almonds / \$0.50

AVOCADO TOAST / \$11.95 P
Sliced avocado, NYSM cashew parmesan, arugula, EV olive oil, MV Sea Salt on NYSM grain-free flatbread or NYSM GF sliced bread

PALEO WAFFLE / \$11.95 P
Cassava flour waffles with pure maple syrup and NYSM coconut whipped cream
CHOOSE TOPPING:
fresh berries or PB, chocolate + banana

MERMAID SMOOTHIE BOWL / \$12.95 P
Mango, banana, avocado, spirulina and macadamia nut milk blended and topped with fresh fruit, coconut flakes, pure maple syrup and chia seeds

ACAI BOWL / \$12.95 P
Mango, banana, strawberries, unsweetened açai, macadamia nut milk blended and topped with fresh fruit, coconut flakes, pure maple syrup and chia

BAGELS

BAGELS (baked fresh daily) / \$4.00

Toasted with butter / \$5.75
Toasted with NYSM "cream cheese" / \$6.00
Toasted with avocado / \$6.00

ADD coconut "bacon" \$1.50

FULLY LOADED: toasted with NYSM whipped scallion cream cheese (cashew + almond), avocado, coconut "bacon" and arugula / \$7.95



LUNCH / DINNER

SOUP

CUP \$5.95 / BOWL \$7.95

Our soup alternates daily but typically include one of the following: Red Lentil Dahl, Veggie Chili, Kale White Bean,

GRAIN BOWLS

HALF \$8.95 / FULL \$14.95

TIKKA MASALA CHICKPEA CURRY
Diced tomatoes, curry powder, coconut milk and chickpeas warmed and served over spinach and brown rice topped with NYSM cashew "sour cream"

ADD: avocado or guac \$2.00
coconut "bacon" (house fav) \$1.50

MEXICAN RICE BOWL
Spinach, brown rice and seasoned black beans topped with guacamole, salsa and NYSM cashew "sour cream"

ADD: coconut "bacon" \$1.50

FLATBREADS

CHEESY MARINARA P
SMALL \$12.95 / LARGE \$19.95

NYSM grain-free flatbread w/ avocado oil, marinara sauce, NYSM cashew "cheese" sauce, arugula, NYSM cashew "parmesan", EV olive oil

BUFFALO CHICKPEA
SMALL \$12.95 / LARGE \$19.95

NYSM grain-free flatbread w/ avocado oil, NYSM cashew "cheese" sauce, hot sauce, chickpeas, arugula, NYSM cashew "parmesan"

BLT P
SMALL \$12.95 / LARGE \$19.95

NYSM grain-free flatbread w/ avocado oil, NYSM cashew "cheese" sauce, NYSM basil-walnut pesto, tomatoes, coconut bacon, arugula, EV olive oil

ADD: avocado \$2.00

CONNECT WITH NOT YOUR SUGAR MAMAS



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