Mama
plant based cuisine

Menu

Our Hearty Stews

Dahl ala Mama

A comforting red lentil stew, with coconut milk, lime leaves, tomatoes, carrots, onions and garlic.
Infused with our own roasted indian spice mix for an ultimate experience

Topped with

Cherry tomatoes, mango chutney, vegan yogurt, coriander

- Served with rice -

2600 kr

Mama Jamaica

A hearty stew with chunky root vegetables, potatoes, sweet potatoes, carrots, garlic, onion, bell peppers, red chilli, turmeric, lemon and the "secret ingredient" Bananas

Topped with

Chopped red bell peppers, finely chopped red onions, chives, roasted seeds

- Served with rice -

2700 kr

West Africa

Umami stew with west African spices, tomatoes, chunky sweet potatoes, peanut butter, celery, spinach and onions

Topped with

Salty peanuts, coriander, red cherry tomatoes

- Served with rice -

2700 kr

***Any allergies? Please let us know :)**

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Salads

Rainbow Salad

A salad to brighten up your day!

Icelandic salad, bellpeppers, chickpeas, red cabbage, dates, blueberries, pumpkinseeds Served with our delicious Mama tahini sauce

2750 kr

Sun Salad

Texture rich and colorful salad

leafy greens, sundried tomatoes, mix of veggies, herbs, herby potatoe salad, smoked almonds, pickled & raw red onions, turmeric tahini dressing

2750 kr

Forest Salad

Earthy & Grounding salad

marinated portabellos, pesto, rucola, leafy greens, mix of veggies, blueberries, herby cashew nut dressing

2750 kr

Sandwiches

Forest Mushroom

Marinated portabello mushrooms, rucola, tomatoes, pickeld onions, cashew nut dressing

2100 kr

Hummus & Pestó

Homemade hummus & pestó, tomatoes, rucola, red onion

2000 kr

Weekly Specials

Soup of the Week

We rotate between our most loved soups every week
- Ask our waiters for the current soup -
Served with sourdough bread & hummus

2100 kr

Hummus Platter

Sourdough & rye bread
carrots, celery, cucumber, red bell peppers, olives, home made hummus

2250 kr

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Our Cakes

Orgasm

Our signature vegan sheese cake with wild blueberries and vanilla

1550 kr

Peanut Butter Heaven

Salty peanut butter cake with chocolate ganache

1550 kr

- Topped with -
Berries and Chrunch

Bliss Balls

Coco Bliss

Vegan sheese, roasted coconuts, vanilla, maple syrup, dipped in dark chocolate

690 kr

Peanut Butter Bliss

Almonds, cashew peanut butter, sea salt, dates, dipped in dark chocolate

690 kr

Tahini & Cacao bliss

Cacao, white tahini almonds, cashew, dates dipped in dark chocolate

690 kr

Hot Drinks

Coffee

Organic high quality coffee
Espresso - Americano - Cappuccino - Latte

550 kr - 550 kr - 650 kr - 750 kr

Matcha Latte

Quality Japanese green tea
With oat milk and maple syrup

800 kr

Cacao

Organic 100% Raw Cacao
With cinnamon, vanilla, cardamoms
maple syrup

1000 kr

Golden Milk

Delicious turmeric Latte
with turmeric, cinnamon, cardimom
ginger, pepper, oat milk
maple syrup

800 kr

Tea Blends

Tea blends made by our herbalist
- See tea menu -

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Smoothies or Bowls

Peanut Butter Love

Frozen ripe bananas, peanut butter, dates, dark chocolate, oat milk

Smoothie - 1550 kr
Bowl - 1850 kr

Açaí Power

Frozen ripe bananas, açaí berries, blueberries, dates, spice mix

Smoothie - 1550 kr
Bowl - 1850 kr

Strawberry Bliss

Frozen ripe bananas, strawberries, lemon juice, coconut milk, maple syrup

Smoothie - 1550 kr
Bowl - 1850 kr

Bowls Topped with

Homemade seed & nut granola
fresh berries &
roasted coconuts

Fresh Juices

The Red One

Beetroot, pear, lemon

1550 kr

The Green One

Spinach, cucumber, cellery, ginger, apple

1550 kr

The Orange One

Oranges, carrots, ginger

1550 kr

Welcome to Mama!

We welcome you to our nest here in the Heart of Reykjavik city. Our intention with this project is to bring awareness back to nature and assist our planet through conscious business management. Sharing the best food available, made with joy, passion and love. Sharing events that bring us into deeper connection with ourselves and one another.
Mama is about celebrating all the delicious flavors and textures of life. We deeply appreciate your support.
'Takk fyrir' and enjoy this moment.