



Mama-p Menu

<https://menulist.menu>

142 Pacific Highway, Charlestown, New South Wales, Australia, 2290
(+61)240775814 - <http://mamap.com.au>



Here you can find the menu of Mama-p in Charlestown. At the moment, there are 23 meals and drinks on the menu. You can inquire about seasonal or weekly deals via phone. What [User](#) likes about Mama-p: they have a range of vegan options as well as gluten-free. the focus is largely all the means of life, so that eating delicious and good for them too! the presentation of all menu options is beautiful. their caption rohe desserts are incredible and 10/10 would recommend! they also sell environmentally friendly home and beauty products that I thought was tidy! I wish they had longer opening times [read more](#). The restaurant and its premises are wheelchair accessible and thus reachable with a wheelchair or physical limitations. What [User](#) doesn't like about

Mama-p:

I got a terrible plastic drink container and a cheap plastic straw, to lose weight, ie smoothie and was shocked that they didn't give me any BI-degradable nowadays) containers? Not even a two degradable straw, there are really good products out there? mmm [read more](#). It's certainly always an experience to be in a *typical saloon* and to taste; to feel like a cowboy for once with a beer and also the **finger food like crispy fries, onion rings or a delicious burger**, Here you'll find sweet pastries and cake, small snacks and chilled refreshments and hot beverages. One should particularly acknowledge the courses from Australia of this place, The visitors of the restaurant also appreciate the extensive selection of differing **coffee and tea specialities** that the establishment has to offer.

Mama-p Menu



Salads

SALAD BOWL

Süßes

MUFFINS

Dessert

MATCHA

Starters

GARLIC MUSHROOM

Mexican dishes

TACO

Milchshakes

SMOOTHIE

Breakfast Menu

GRANOLA

Popular Items

SMOOTHIES

Condiments and Sauces

MUSHROOM

Plates Brunch

WAFFLE

Coffee

MATCHA LATTE

COFFEE

Restaurant Category

VEGAN

GLUTEN FREE

These types of dishes are being served

SALAD

ICE CREAM

DESSERTS

Dishes are prepared with

GARLIC

COCONUT

TOFU

FRUIT

MUSHROOMS

TOMATOES

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142 Pacific Highway,
Charlestown, New South Wales,
Australia, 2290

Opening Hours:
Monday 06:30-13:00
Tuesday 06:30-13:00
Wednesday 06:30-14:00
Thursday 06:30-14:00
Friday 06:30-12:00
Saturday 07:00-13:00
Sunday 08:00-12:00

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