



National Diabetes Awareness Month

Health Conscious Menu



**entrees**

- Baked Chicken** White or Dark..... 7
- Baked Catfish** 1pc or 2pc..... 6/9
- Baked Trout** 1pc or 2pc..... 6/9
- Baked Crab Cakes**..... 13
- Baked Pork Chops**..... 9

**sides**

- Macaroni & Cheese**..... 2.5
- Mashed Potatoes**..... 2.5
- Fresh Greens** Seasonal..... 2.5
- Cabbage**..... 2.5
- String Beans**..... 2.5
- Side Salad**..... 2.5
- Cole Slaw**..... 2

**dessert**

- Apple Cobbler** Diabetic Friendly..... 4
- \*While Supplies last
- Pound Cake** Diabetic Friendly..... 4
- \*Check board for availability

**soups & salads**

- Soup of the Day** Cup or Bowl..... 3/6
- \*Check board for Soup of the Day
- Salad** House or Garden..... 5/6
- Add Grilled Chicken** ..... 3
- Add Grilled Shrimp**..... 4

**sandwiches**

- Club Sandwich\***..... 6
- Turkey Burger\***..... 6
- Veggie Burger\***..... 4
- \*Served with a wheat bun

**beverages**

- Un-Sweet Tea**..... 2
- Bottled Water**..... 2



**Mama J's x American Diabetes Association**

November is National Diabetes Awareness Month and to honor Mama J's customers for ordering off of this special health conscious menu, customers will be entered into a Ticket-2-Kick It drawing—pulled 4 times this month— to win a \$25 Mama J's Gift Certificate.

With an estimated 53,000 individuals affected by Diabetes in the Richmond Area who don't even know it. We invite you to join the fight to **STOP** Diabetes by encouraging healthy eating habits.