



**Mama Ada's
Dumplings & Crepes**
Not Your Mama's Cooking

-FOOD SERVICE-

ROLLED & FILLED CREPES

MAMA'S ORIGINAL CREPES

Our crepes are all hand-crafted with a home-made filling in the heart of Philadelphia. Our crepes are made using only the highest quality ingredients. We use fresh cracked eggs, whole milk, and real fruit to give our crepes their velvety texture and rich flavor.

HEATING INSTRUCTIONS:

MICROWAVE: Remove desired number of crepes from packaging. Place on microwave safe dish and microwave on high for 30 seconds.

STOVE TOP: Heat oil or butter in pan. Remove desired number of crepes from packaging. Cook single crepe for 30 seconds on each side.

SERVING INSTRUCTIONS:

- Can be served as breakfast, lunch, dinner, or dessert!
- Throw them in a pan for an extra crisp!
- Each tray is neatly wrapped to maintain freshness while defrosting.

QUESTIONS AND MORE INFO:

Visit our website at www.mama-adas.com or email orders@mama-adas.com for more information.

OUR FLAVORS



"THE GOODS"

UPC	SKU	CREPE FILLING	TRAYSx CREPES	PIECE SIZE	GROSS WT.	CASE CUBE	CASE DIMENSIONS	PALLET CASES x ROWS
8226147000115	ADA-FSCHO	CHOCOLATE	5x12=60	2.1 OZ	8.55 lbs.	0.375	12 in. x 9 in. x 6 in.	12 x 14= 144
8226147000113	ADA-FSCHR	CHERRY	5x12=60	2.2 OZ	8.6 lbs.	0.375	12 in. x 9 in. x 6 in.	12 x 14= 144
8226147000137	ADA-FSAPL	APPLE	5x12=60	2.2 OZ	8.6 lbs.	0.375	12 in. x 9 in. x 6 in.	12 x 14= 144
8226147000133	ADA-FSBB	BLUEBERRY	5x12=60	2.2 OZ	8.6 lbs.	0.375	12 in. x 9 in. x 6 in.	12 x 14= 144

SEASONAL OFFERINGS

8226147000144	ADA-FSPMK	PUMPKIN CHEESECAKE	5x12=60	2.3 OZ	8.88 lbs.	0.375	12 in. x 9 in. x 6 in.	12 x 14= 144
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Mama Ada's Dumplings & Crepes

CHOCOLATE HAZELNUT CREPES

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
	Total Fat 7g	5%	Total Carb. 16g	12%
Sat. Fat 2g	2%	Fiber .54g	1%	
Trans Fat 0g		Total Sugars 4.1g		
Cholesterol 31mg	22%	Incl.0g Added Sugars	0%	
Sodium 113mg		Protein 3g		

3 servings per container
Serving size 1 crepe (60g)
Calories per serving 137
Vitamin D 10% • Calcium 3% • Iron 1% • Potassium 7%



INGREDIENTS: Crepe: Water, Flour, Eggs, Sugar, Canola Oil, Salt, Baking Powder. Filling: Sugar, Palm Oil, Hazelnuts (13%), Skimmed Milk Powder (8.7%), Fat-Reduced Cocoa (7.4%), Emulsifier: Lecithins (Soya), Vanillin. CONTAINS: WHEAT, EGGS, MILK

CHERRY CREPES

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
	Total Fat 6g	7%	Total Carb. 16g	5%
Sat. Fat 1.3g	14%	Fiber .43g	1%	
Trans Fat 0g		Total Sugars 3.6g		
Cholesterol 31mg	10%	Incl.4g Added Sugars	0%	
Sodium 114mg		Protein 3.2g		

3 servings per container
Serving size 1 crepe (62g)
Calories per serving 128
Vitamin D 10% • Calcium 3% • Iron 1% • Potassium 6%



INGREDIENTS: Crepe: Water, Flour, Eggs, Sugar, Canola Oil, Salt, Baking Powder. Filling: Cherries, sugar, water, corn syrup, modified food starch, Contains 2% or less of the following: sodium benzoate (preservative), potassium sorbate (preservative), citric acid, red 40 (color). CONTAINS: WHEAT, EGGS, MILK

BLUEBERRY CREPES

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
	Total Fat 6g	5%	Total Carb. 15g	12%
Sat. Fat 1.3g	1%	Fiber .51g	1%	
Trans Fat 0g		Total Sugars 3.8g		
Cholesterol 31mg	24%	Incl.0g Added Sugars	0%	
Sodium 113mg		Protein 3.2g		

3 servings per container
Serving size 1 crepe (62g)
Calories per serving 129
Vitamin D 10% • Calcium 3% • Iron 1% • Potassium 6%



INGREDIENTS: Crepe: Water, Flour, Eggs, Sugar, Canola Oil, Salt, Baking Powder. Filling: Blueberries, sugar, water, corn syrup, modified food starch, Contains 2% or less of the following: salt, citric acid, sodium benzoate (preservative), potassium sorbate (preservative). CONTAINS: WHEAT, EGGS, MILK

APPLE CREPES

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
	Total Fat 6g	5%	Total Carb. 15g	12%
Sat. Fat 1.3g	1%	Fiber .42g	1%	
Trans Fat 0g		Total Sugars 3.5g		
Cholesterol 31mg	25%	Incl.0g Added Sugars	0%	
Sodium 115mg		Protein 3.2g		

3 servings per container
Serving size 1 crepe (62g)
Calories per serving 128
Vitamin D 10% • Calcium 3% • Iron 1% • Potassium 6%



INGREDIENTS: Crepe: Water, Flour, Eggs, Sugar, Canola Oil, Salt, Baking Powder. Filling: Apples, water, sugar, corn syrup, modified food starch, Contains 2% or less of the following: citric acid, salt, spices, sodium benzoate (preservative), potassium sorbate (preservative). CONTAINS: WHEAT, EGGS, MILK

SEASONAL OFFERINGS

PUMPKIN CHEESECAKE CREPES

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
	Total Fat 8.3g	7%	Total Carb. 15g	3%
Sat. Fat 2.7g	14%	Fiber .64g	1%	
Trans Fat .16g		Total Sugars 3.3g		
Cholesterol 38mg	10%	Incl.0g Added Sugars	0%	
Sodium 135mg	6%	Protein 4.1g		

3 servings per container
Serving size 1 crepe (65g)
Calories per serving 153
Vitamin D 10% • Calcium 3% • Iron 1% • Potassium 9%



INGREDIENTS: Crepe: Water, Flour, Eggs, Sugar, Canola Oil, Salt, Baking Powder. Filling: Pumpkin, Cream Cheese, Whole Milk Ricotta Cheese, Sugar, Pumpkin Spice (Cinnamon, Ginger, Nutmeg). CONTAINS: WHEAT, EGGS, MILK