



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

-RETAIL-

CREPESHOP

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 packed 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 | PACK SIZE OZ. | GROSS WT. | CASE CUBE | CASE DIMENSIONS (in.) | PALLET CASES x ROWS |
|---------------|----------|-----------------------|---------------|------------|-----------|-----------------------|---------------------|
| 8226147000105 | ADA-CHO | CHOCOLATE | 20/9.07 | 15.72 lbs. | 0.93 | 15.5 x 12.5 x 8.5 | 9x8=72 |
| 8226147000013 | ADA-CHR | CHERRY | 20/12.3 | 16.34 lbs. | 0.93 | 15.5 x 12.5 x 8.5 | 9x8=72 |
| 8226147000037 | ADA-APL | APPLE | 20/12.3 | 16.34 lbs. | 0.93 | 15.5 x 12.5 x 8.5 | 9x8=72 |
| 8226147000051 | ADA-SWCH | SWEET CHEESE | 20/12.3 | 16.34 lbs. | 0.93 | 15.5 x 12.5 x 8.5 | 9x8=72 |
| 8226147000136 | ADA-SWCR | SWEET CHEESE & RAISIN | 20/12.3 | 16.34 lbs. | 0.93 | 15.5 x 12.5 x 8.5 | 9x8=72 |
| 8226147000044 | ADA-PMK | PUMPKIN CHEESECAKE | 20/10.6 | 16.97 lbs. | 0.93 | 15.5 x 12.5 x 8.5 | 9x8=72 |



Mama Ada's Dumplings & Crepes

CHOCOLATE HAZELNUT CREPES

| Nutrition Facts | Amount/serving | % DV | Amount/serving | % DV |
|-----------------------------------|---|------------|------------------------|------------|
| | Total Fat 7g | 5% | Total Carb. 16g | 12% |
| 3 servings per container | Sat. Fat 2g | 2% | Fiber .54g | 1% |
| Serving size 1 crepe (60g) | Trans Fat 0g | | Total Sugars 4.1g | |
| Calories 137 per serving | Cholesterol 31mg | 22% | Incl.0g Added Sugars | 0% |
| | Sodium 113mg | | Protein 3g | |
| | 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% |
| 3 servings per container | Sat. Fat 1.3g | 14% | Fiber .43g | 1% |
| Serving size 1 crepe (62g) | Trans Fat 0g | | Total Sugars 3.6g | |
| Calories 128 per serving | Cholesterol 31mg | 10% | Incl.4g Added Sugars | 0% |
| | Sodium 114mg | | Protein 3.2g | |
| | 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

SWEET CHEESE & RAISINS CREPES

| Nutrition Facts | Amount/serving | % DV | Amount/serving | % DV |
|------------------------------------|--|------------|------------------------|-----------|
| | Total Fat 9.7g | 7% | Total Carb. 20g | 5% |
| 3 servings per container | Sat. Fat 3.6g | 14% | Fiber 0.5g | 3% |
| Serving size 1 crepe (100g) | Trans Fat 0g | | Total Sugars 7.9g | |
| Calories 186 per serving | Cholesterol 40mg | 10% | Incl.3g Added Sugars | 0% |
| | Sodium 169mg | 6% | Protein 4.5g | |
| | Vitamin D 8% • Calcium 3% • Iron 6% • Potassium 1% | | | |



INGREDIENTS: Crepe: Water, Flour, Eggs, Sugar, Canola Oil, Salt, Baking Powder. Filling: Farmer Cheese, Ricotta Cheese, Raisins, Sugar, Eggs, Vanilla, Salt. CONTAINS: WHEAT, EGGS, MILK

SWEET CHEESE CREPES

| Nutrition Facts | Amount/serving | % DV | Amount/serving | % DV |
|------------------------------------|--|------------|------------------------|-----------|
| | Total Fat 10g | 7% | Total Carb. 18g | 5% |
| 3 servings per container | Sat. Fat 3.8g | 14% | Fiber 0.4g | 3% |
| Serving size 1 crepe (100g) | Trans Fat 0g | | Total Sugars 6.9g | |
| Calories 186 per serving | Cholesterol 41mg | 10% | Incl.3g Added Sugars | 0% |
| | Sodium 173mg | 6% | Protein 4.6g | |
| | Vitamin D 8% • Calcium 3% • Iron 1% • Potassium 2% | | | |



INGREDIENTS: Crepe: Water, Flour, Eggs, Sugar, Canola Oil, Salt, Baking Powder. Filling: Farmer Cheese, Ricotta Cheese, Sugar, Eggs, Vanilla, Salt. CONTAINS: WHEAT, EGGS, MILK

APPLE CREPES

| Nutrition Facts | Amount/serving | % DV | Amount/serving | % DV |
|-----------------------------------|---|------------|------------------------|------------|
| | Total Fat 6g | 5% | Total Carb. 15g | 12% |
| 3 servings per container | Sat. Fat 1.3g | 1% | Fiber .42g | 1% |
| Serving size 1 crepe (62g) | Trans Fat 0g | | Total Sugars 3.5g | |
| Calories 128 per serving | Cholesterol 31mg | 25% | Incl.0g Added Sugars | 0% |
| | Sodium 115mg | | Protein 3.2g | |
| | 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% |
| 3 servings per container | Sat. Fat 2.7g | 14% | Fiber .64g | 1% |
| Serving size 1 crepe (65g) | Trans Fat .16g | | Total Sugars 3.3g | |
| Calories 153 per serving | Cholesterol 38mg | 10% | Incl.0g Added Sugars | 0% |
| | Sodium 135mg | 6% | Protein 4.1g | |
| | 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