

Community Space Proposal Summary

Mama Sheila

Applicant Information

Business Owner	Proposed Use	Proposed Business Hours
Mama Sheila's House of Soul	Soul Food Restaurant & Black History Museum	8am-11pm Includes Community Event Space

Proposal Summary

- Business Summary

Providing food and leading the Church have always been the passions of Mama Sheila and Frederick Braithwaite. What began as Mama Sheila catering for the church and Frederick serving as the pastor, has evolved into a restaurant that is a pillar of the South Minneapolis Community. Founded in 2016, Mama Sheila's House of Soul quickly became a neighborhood hotspot and hasn't slowed down. The freshest ingredients, devoted chefs, and delicious secret recipes are unmatched, showcasing Mama Sheila's passion for providing her community with the best soul food. As interior designer and through his community ties as a general contractor, Frederick's devotion to the promotion of Black excellence also can be felt in the aura of Mama Sheila's restaurant. The elegant interior design boasts the achievements of Black figures in history, to compliment the passion Mama Shiela brings to every soul food recipe.

- Project Idea

Frederick and Sheila, owners of "Mama Sheila's House of Soul", propose a Soul Food Restaurant/Black Museum within the first-floor tenant space of the Minneapolis Democracy Center at 3000 Minnehaha Ave. The objective of this facility is to provide the community with a place for healing and to bring people of differing backgrounds together in oneness.

- Community Empowerment & Community Benefits

The restaurant would include a Black Museum to display cultural history, artifacts and black icons, local and national. While guests dine, they will be enchanted with appropriate soul and cultural music. This unique combination of dinning and black history will be a destination for many schools and community tours to learn of the outstanding aspects of black culture.