

Beverages

Hot!

All of our hot drinks are served with a sweetener of your choice: raw honey, coconut sugar or stevia.

Milk options: homemade raw almond, non GM soy or organic dairy milk.

Filter, Americano or Espresso	R22
Double Espresso	R24
Cappuccino	R28
Cafe Latte	R32
Assorted Teas (Ask for availability)	R18
Hot Chocolate	R26
Matcha Latte	R36
Carob Chai	R26
Turmeric Latte	R36
Malted Carob	R36

All of these drinks may be ordered HOT or ICED.

Juices

Cold-pressed to perfection with no additives.

Boost Orange, carrot, pineapple, ginger.	(500 ml) R49 (250 ml) R28
Renew Kale, spinach, apple, lemon, ginger.	(500 ml) R49 (250 ml) R28
Build Beetroot, carrot, pineapple, ginger, lemon.	(500 ml) R49 (250 ml) R28
Refresh Apple, cucumber, celery, lemon, parsley, aloe.	(500 ml) R49 (250 ml) R28
Burn (savoury) Tomato, beetroot, carrot, peppers, lemon.	(500 ml) R56 (250 ml) R32
Apple Sherbet Apple, lemon, lemon zest.	(500 ml) R45 (250 ml) R24

Nut Milks

Chocolate Brazil Nut Milk Brazil nut milk, cacao powder, dates, vanilla, rock salt.	(500 ml) R65 (250 ml) R45
Strawberry Almond Milk Almond milk, strawberries, coconut nectar.	(500 ml) R55 (250 ml) R35

A 15% service fee will be added to tables of 8 or more people

Breakfast

Things on Toast (gluten-free available)

Avocado, pesto, tomato, rocket, honey balsamic reduction.	R58
Hummus, sauteed kale, toasted seeds, sprouts.	R55
Peanut butter, sliced apple, raw honey.	R48
Chocolate spread, banana, coconut, dates, cinnamon, lemon juice, coconut nectar.	R55
Vegan cheese, tomato, sliced onion, paprika and house-made vinaigrette	R62

Superfood Chia Bowl **R62**
Chia seeds, macadamia butter, almond milk, coconut, goji berries, fresh fruit and dates, raw honey.

Gluten Free Pancakes **R75**
Served with maple syrup, fresh fruit, cinnamon and vanilla ice cream.

Hot Oats **R58**
Rolled oats, almond milk, raisins, nut butter, cinnamon, raw honey.

Lunch

Mexican Protein Wrap **R79**
Grain-free wrap, Mexican spiced beans, guacamole, salsa, lettuce, coriander, homemade sour cream.

Rice Paper Rolls **R65**
Rice noodles, avocado, sliced vegetables, coriander. Served with a creamy soy dipping sauce.

Organic Kale Salad **R55**
Served with a maple chipotle cashew dressing, sliced carrots, red pepper and organic hemp seeds.

Baked Pizza **R125**
Our signature gluten-free loaded pizza, with cashew nut cheese.

Dragon Roll Sushi **R78**
Sushi with avocado, cucumber and other veg fillings. Served with traditional dippings sauces.

Bunless Beetroot Burger **R75**
Homemade beetroot and bean patty, with vegan BBQ sauce, greens, sprouts, avocado, cashew nut cheese, salsa and artisan mustard, on gluten free bread.

Falafel and Hummus Wrap **R75**
Grain-free wrap, roasted eggplants, hummus, handmade falafels, cucumber, sprouts, tomato and lettuce.

Mediterranean Raw Tart **R85**
Raw nut base, herby hemp cream filing, marinated vegetables. Served with a side salad.

Seasonal Gluten-Free Lasagna **R78**
Ask your server for today's specials.

Coconut Curry **R88**
Vegetables, spices, coconut milk. Served with your choice of brown rice or shredded spinach, with traditional condiments.

Breakfast Buffet

Available Saturday and Sunday mornings from 9 to 11am and public holidays.

Our breakfast buffet includes:

Coconut yogurt, fruit salad, fruit skewers or sliced fruit.

Granola, nut butters and nuts.

Almond or rice milk.

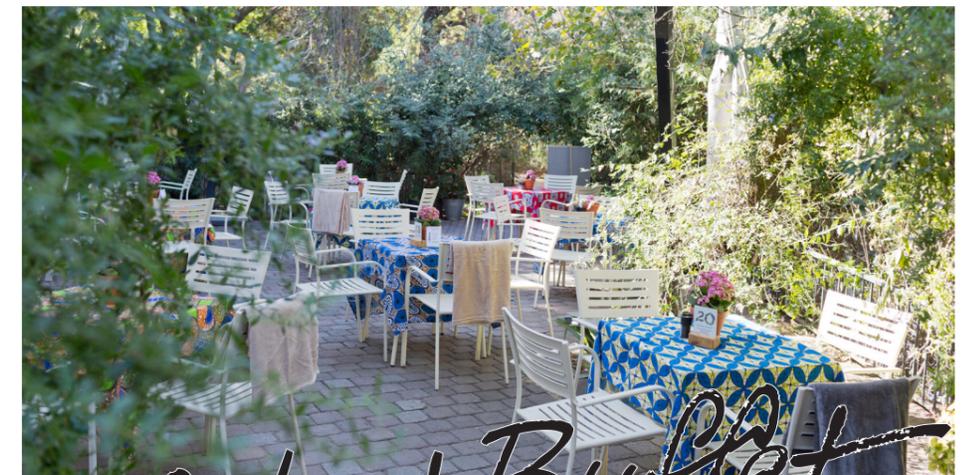
Oats, millet or chia seeds.

Toast with vegan butter, jams and other spreads.

Assorted Superfoods.

Hot Food: grilled tomatoes, vegan sausages, sauteed mushrooms, creamy spinach, onion rings and potato chips.

Please ask your server for costs involved.



le lunch Buffet

Available Friday - Sunday, from 11:30 to 15:30 and public holidays.

We design our lunch buffet around what we have in our garden. Our ingredients are mostly organic, local and seasonal. We only use the best of everything!

We offer over 30 different dishes to choose from. 90% of our dishes are gluten-free. All dishes are 100% dairy-free. We do not use any refined sugars.

We offer a small plate or a large plate at a per plate price. Seconds and extra large servings may be charged for.

We trust that you enjoy our handcrafted, farm to table style offerings, that nourish body, soul and mind!

Please note: our food is very nutrient dense - please do not over-dish.

Allergy Alert: NUTS, SEEDS, WHEAT, SOY are used extensively in our kitchen, please notify us if you have an allergy.

Cool drinks

Please see our drinks fridges for assorted bottled beverages.

- Home-made Ice Tea** (caffeine-free) (500ml) R35
Herbal tea with lemon, mint, ginger and raw honey.
- Fresh Mozambique Coconut** R35
- Bottled Coconut Water** SQ
Ask for available brands.
- Sparkling or Still Water** (500ml) R15
- Sparkling Water** (750ml) R25
- Lemon Aloe Cordial** R45
Sparkling water, lemon, raw honey, aloe.
- Antonia's Kombucha** (250ml) R28
Assorted flavours. (500ml) R55

Tonics

- Organic Wheatgrass** (50 ml) R20
- Ginger and Apple** (50 ml) R20
- Turmeric Ginger** (50 ml) R25
- Coconut Probiotic** (50 ml) R25
- Detoxing Charcoal** (50 ml) R20
- Elixir** (50 ml) R26
One shooter of cultured vegetable juice and one shooter of kombucha, the perfect probiotic balance.

Smoothies.

- Chocolate Bliss** (500 ml) R59
Raw cacao powder, banana, dates, maca, almonds. (250 ml) R38
- Almond Butter** (500 ml) R56
Raw almond butter, pea and hemp protein powder, bananas, dates, maca, mesquite, lemon juice. (250 ml) R36
- Wondermix** (500 ml) R52
Bananas, pineapple, spirulina, chia seeds, kale, orange juice. (250 ml) R29
- Aloe Berry** (500 ml) R55
Mixed berries, goji berries, aloe, dates, cashews. (250 ml) R35
- Leafy Green** (500 ml) R55
Leafy greens from our garden, almonds, dates, banana, moringa, maca, pineapple. (250 ml) R32
- Maca Love** (500 ml) R50
Maca, banana, cashews, vanilla, dates. (250 ml) R28
*recipe - compliments of Rawlicious.

Dessert

All of our desserts are raw. We use only the finest organic ingredients. The desserts are free of refined sugars and dairy, most are free from gluten too. They are all handmade at Leafy Greens. **Our desserts contain nuts**, fruit and natural sweeteners. Please tell us if you don't eat honey.

- Seasonal Fruity Cheesecake** R52
Raspberry, mango, blueberry, goji berry, mint and spirulina, caramel, nuts. Ask your waiter for flavours.
- Chocolate Orange Cheesecake** R52
Raw cacao, coconut sugar, superfoods, orange juice, nuts, rock salt.
- Super Brain Chocolates** R18
Raw cacao, raw honey, ashwaganda, blue green algae, mucuna, vanilla and rock salt.
- Chocolate Log** R38
Raw cacao, macadamia nuts, coconut nectar, rock salt.
- Raw Gelato Scoop** R22
Coconut, nuts, raw honey, rock salt. Ask for available flavours.
- Raw Seasonal Fruit Tart** R48
Ask your waiter for the tart of the season. Gluten-free.
- Goji Berry Bar** R32
Cranberries, coconut oil, cashews, goji berries, dates, vanilla.
- Chocolate Caramel Tart** R52
Raw cacao, nuts, coconut nectar, oats, rock salt, vanilla.
- Apple Pie** R52
Coconut, nuts, apples, cinnamon, raw honey. Served hot or cold with vanilla gelato.
- Almond Rocher** R22
Raw chocolate with roasted almonds, coconut sugar and coconut oil.
- Dessert Platter for 2, 4 or 6** R65 p/p
A selection of some of our desserts. (Minimum of 2 people sharing.)



Leafy Greens Cafe

