

COFFEE

If you love coffee you already know how magical it can be, especially on a day when you need a pick-me-up or a comforting treat. Now, with LFP, there are even more reasons to love this wonderful beverage, as some of ours include a few health benefits...

	single	double
ESPRESSO A full-flavoured, concentrated form of coffee served as a "shot".	14	18
MACCHIATO Espresso topped with steamed milk.	17	19
CAFÉ BOMBON ½ Espresso plus ½ Condensed milk.	18	
	short	tall
AMERICANO Espresso & hot water.	17	20
CAPPUCCINO Espresso with steamed & foamed milk.	20	23
LATTE Espresso with steamed milk.	20	25
MOCHA Espresso & chocolate with steamed milk.	22	26
CARAMEL Espresso & caramel with steamed milk.	23	27
HAZELNUT Espresso & hazelnut syrup with steamed milk.	23	27
VANILLA Espresso & vanilla syrup with steamed milk.	23	27
DARK OR WHITE HOT CHOCOLATE Steamed milk with either mocha (dark) or vanilla (white) flavoured syrup.	22	26
NUT MILK OR CREAM Order as a delicious & nutritious extra to add to your coffee.	05	

TEA

Whatever it is that tea may lack, it certainly makes up to you with some serious health benefits. Researchers attribute tea's health properties to polyphenols (a type of antioxidant) & phytochemicals (originating from plants).

	short	tall
CHAI LATTE Spiced chai blended with steamed milk.	20	22
MATCHA LATTE Matcha green tea powder with steamed milk.	23	27
ROOIBOS ESPRESSO Sophisticated as an espresso with a surge of heart-healthy rooibos.	15	
ROOIBOS LATTE OR CAPPUCINO Rich in antioxidants minus the caffeine.	20	24
SEASONAL TEA SELECTION Organic Minty Delicious / Organic Berry Explosion / Organic Rooibos / Zesty Lemon / Brilliant Breakfast / Ginger & Honey / Hyson Young Green / Moroccan Mint / Perfect Earl Grey	18	
ICED		
VIETNAMESE ICED COFFEE Espresso with condensed milk served over ice.		24
ICED COFFEE LATTE Full-bodied espresso with cold milk poured over ice.		23
ICED HONEY & NUT LATTE Beat the heat! Two shots of espresso, hazelnut syrup, milk & raw honey poured over ice.		24
ICED MOCHA Espresso combined with bittersweet chocolate & milk over ice.		24
HOMEMADE ICED TEA Simply speaking, thirst-quenching!		18

Lacoco
EST. 2014

BAKERY • DEMO KITCHEN • JUICE BAR

FOOD
PURVEYORS

Flour We use stone-ground flour, which translates to flour that undergoes the more natural milling process. No chemicals, no preservatives - purely healthy wheat germ fiber, natural oils, vitamins, & enzymes.

Butter Our Jersey cows are milked every morning to provide our daily bread with 100% old-fashion, farm butter. With a hint of salt to compliment the naturally creamy texture, there's no room for additives, flavourants, nor colourants! Enjoy this delightful spread on our various baked goods.

Honey On our farm, nestled in the heart of the Kalahari, we have our very own bee project. These extraordinary little creatures that provide us with the most exceptional natural & raw honey are our pride & joy! Our bees visit the Black thorn (*Senegalia mellifera*) trees with their sweet-smelling yellow flowers, which only bloom in spring & summer. We feel truly blessed with our bees & trees! The product has a unique taste & no artificial preservatives or sugar syrups are used to enhance its naturally sweet taste. Enjoy our honey as a sugar alternative - we love to add it to our own menu items!

"City-living is packed with commitments & rushed schedules, so I don't blame us for seeking convenience when it comes to food! But we often forget who exactly provides us with the meals we eat - meals that give us energy to continue our busy lives. Knowing my dad for 25 years, I've come to appreciate the work of a farmer's as one of the most important on the planet! I've learnt from his experience on a Kalahari Desert farm that the job requires true dedication & passion. Farmers are also busy. They work around the clock to deliver fresh produce & to earn a living. A great deal of labour goes into maintaining resources. Doing our part to sustain local farming will, in turn, allow us to continue enjoying nutritious premium products, & we hope to emphasise the importance of nurturing this relationship between farmers & real-food lovers."

- Jeanine (owner, LFP)

**KINDLY PLACE YOUR
ORDER AT THE COUNTER**

SUPERFOOD SMOOTHIE BOWLS

As cool as a bowl of ice cream, minus the guilt...

AÇAÍ

A fruit-infused, smooth blend of a bowl with almond milk, *açai powder, frozen berries & banana - topped with some more banana, almonds, strawberries, chia seeds & **sweet dukkah.

55

GREEN MATCHA

A fibre-dense & nutrient-rich bowl with oats, almond milk, ***matcha powder, avo, baby spinach, chia seeds & ginger - topped with coconut, fresh berries & honey.

60

BREAKFAST

served 'til 12 pm

LOW CARB GRANOLA

Topped with Greek yoghurt, berries, dried fruit & Kalahari honey.

46

CHAI SPICED OATS

Rollled oats simmered in a blend of chai-infused milk, almonds and our Kalahari honey.

60

BUTTER CROISSANT

Served with our farm butter & homemade preserve.

Add scrambled egg for R15.

32

SCRAMBLED EGGS

Scrambled organic eggs, bacon & roasted tomatoes.

63

SIGNATURE SMASHED AVO

Served with our Bavarian rye bread.

42

SMOKED TROUT ON RYE

Smoked trout on toasted rye bread served with cream cheese & avo.

75

OMELETTES

Free Range Egg Omelette's:

Vegetarian 🌱 - Butternut, spinach & feta.

Meaty - Bacon, cheddar cheese, cherry tomatoes & fresh basil.

Smoked Trout - Avo & cottage cheese.

45

53

75

FRENCH TOAST

Rich French pastry-style bread served with:

Berries & crème fraîche

Peanut paste & streaky bacon

45

57

PLUS PROTEIN?

Add a choice protein to any meal:

Free range egg.....05

Free range chicken breast.....22

Grass-fed fillet 150g.....40

SALADS

What do you get when you mix LFP's creative flair with fresh fruits, vegetables, herbs, grains, & nuts? Only a range of salads boasting unique combinations that burst with flavour! As far as our green fingers can reach, we use seasonal ingredients, making it subject to availability.

HOUSE CHOPPED SALAD *{with a citrus vinaigrette}*

Mixed lettuce, cherry tomatoes, cucumber, sugar snap peas, broccolini, avo & Greek feta.

55

CAESAR SALAD *{with a homemade caesar dressing}*

Cos lettuce tossed with aged parmesan cheese, boiled egg, olive oil & ciabatta croutons.

55

BULGUR WHEAT & GREENS *{with a hummus dressing}*

Celery, onion & tomato with a blend of fresh mint, parsley & garlic - served with bulgur wheat.

55

BUTTERNUT & POMEGRANATE QUINOA

{with a balsamic vinaigrette}

Roasted butternut, dried pomegranate, goat's cheese, honey-roasted pecan nuts, pumpkin seeds & red onion - served with quinoa.

60

SOUP

Come rain, come sunshine...Our seasonal soups are lovingly prepared for you to indulge in. If you're looking for something to warm your soul, each of our hearty soups has a depth of flavour that will satisfy your taste buds.

CHICKEN, MUSHROOM & BROWN RICE

Oven-roasted chicken & homemade chicken stock combined with brown rice & mushrooms.

62

THAI SWEET POTATO

Green curry paste & roasted sweet potato combined with coconut milk.

58

SPICY MEXICAN BEEF

Succulent fillet strips combined with Mexican flavours, tomato, corn & beans.

73

CROSTINIS

Three delicious slices of our homemade ciabatta, served toasted.

Fresh tomato slices, basil leaves & mozzarella

60

Gorgonzola cheese, pecan nuts & honey

65

Goat's cheese with pineapple & chili

55

RAW

Fresh, clean & crisp is one thing! The untainted flavours of nature is another... Specially prepared vegan meals.

VEGGIE SPAGHETTI 🌱

A colourful nest of raw vegetable spirals tossed in our spicy peanut.

55

WRAP 🌱

A crunchy mix of red peppers, carrots, cucumber, cabbage, avo, bean sprouts, spinach & coriander wrapped up in two rice paper rolls - served with spicy peanut dressing.

55

SANDWICHES

At LFP we love to break the mould when it comes to proving there's so much more to the basic sandwich as we know it! As with our other specialities, we get really creative with our freshly baked breads, different ingredients' textures & flavour combinations.

ROASTED BEEF

Thinly sliced succulent roast beef with cherry tomatoes, rocket & citrus onion marmalade.

70

THE HAM SANDWICH

Pastrami, gypsy ham, salami, Gouda, provolone & Dijon mustard.

62

ROASTED CHICKEN

Homemade roast chicken with almonds, celery, lettuce & crème fraîche mayo.

68

ITALIAN MEATBALLS

Served with homemade marinara sauce, basil pesto & provolone cheese.

59

GREEN GODDESS 🌱

Avo, mozzarella, tomato, cucumber, onion marmalade, sprouts with mixed lettuce. - Served with green goddess sauce.

68

SMOOTHIES

Made with ingredients so fresh, LFP smoothies are blended-to-order. All of your favourites are in the mix with real whole fruit.

	300ml	500ml
CRUNCH TIME Whey protein, peanut butter, raw cocoa, banana, plain yoghurt & milk.	32	42
VITAL SIGNS Raspberry, strawberry, chia seeds, banana, raw Kalahari honey & plain yoghurt.	28	38
BLUE OCTANE Açai berry powder, blueberries, banana, coconut water, vanilla & Kalahari salt.	36	46
SPRING CLEAN Spinach, avocado, apple, lemon, ginger, baobab powder & spirulina.	36	46
ROCK SOLID Almond butter, dates, banana, milk, hemp seed protein, raw Kalahari honey & Kalahari salt.	34	44

SHOTS

Keep it clean. Take advantage of raw, natural liquid blends, packed with vitamins & minerals to fight any bad boys that may be in your body.

CLEAN CUT ORGANIC WHEATGRASS

FRESH GINGER, LEMON & CAYENNE PEPPER

22 each

DARK DETOX MIX - WITH ACTIVATED CHARCOAL, LEMON & H2O

GINGER & GRAPEFRUIT

CAKES & SWEETS Take a look at our delicious selection on display at the counter. Baked fresh daily.

* Picked in Brazil, these purple berries are packed with overall health boosters: antioxidants, vitamins, minerals, & omegas 6 & 9.

** LFP's homemade mix of crushed nuts, honey, seeds & sweet spices - as inspired by Egyptian duqqa.

*** As a natural caffeine kicker, matcha paired with omega-loaded chia seeds & gut-healthy oats make for a, well, match made in breakfast-heaven!