

# Nourish'd

## JUICES

**HAPPY HIPPIY 375ML - R40.00**

KALE, SPINACH, CELERY, CUCUMBER, APPLE,  
LEMON, GINGER

**PINEAPPLE DREAMS 375ML - R38.00**

PINEAPPLE, CUCUMBER, APPLE, LEMON

**FEELIN' DA BEET OF MY HEART 375ML - R40.00**

BEETROOT, APPLE, CARROT, GINGER, MINT

**SUNRISE SUN SALUTATION 375ML - R40.00**

ORANGE, CARROT, LIME, ECHINACEA

**HONEYLOVE 375ML - R40.00**

GRAPEFRUIT, ORANGE, LEMON, BEE POLLEN,  
RAW HONEY, TURMERIC, BLACK PEPPER

**GLOW AND FLOW 375ML - R38.00**

ORANGE, APPLE, GINGER, BASIL, CHILI,  
CAYENNE PEPPER

**ALMOND MYLK 375 ML - R46.00**

ALMONDS, CINNAMON, DATES, VANILLA BEAN,  
HINT OF HIMALAYAN SALT

**FRESH ORANGE JUICE 375 ML - R36.00**

ORANGE JUICE

## SHOTS

**HOT SHOT 25 ML - R30.00**

GINGER, LIME, TURMERIC, BLACK PEPPER

**HYEN CAYENNE 25 ML - R30.00**

GINGER, LEMON, CHILI, CAYENNE PEPPER

**BLACK GRIT 25 ML - R30.00**

ACTIVATED CHARCOAL, GREEN PEPPER, FRESH  
LIME

**WHEATGRASS SHOT 25 ML - R22.00**

WHEATGRASS, DASH OF LEMON

# SMOOTHIES

## **MAKIN' ME CACAO – R49.00**

CACAO POWDER, CACAO NIBS, MACA POWDER,  
BANANA, DATES, CHIA SEEDS, CINNAMON,  
ALMOND MYLK

## **BOOBALICIOUS – R46.00**

BANANA, PEANUT BUTTER, CINNAMON, CHIA  
SEEDS, COCONUT YOGHURT, WHEY PROTEIN  
(\*CAN REPLACE THE WHEY WITH HEMP SEEDS)

## **GONE GREEN – R46.00**

KALE, AVOCADO, BANANA, HEMP PROTEIN,  
GINGER, DATES, ALMOND MYLK

## **BLADY BLAZIN' BERRIES – R46.00**

BLUEBERRIES, STRAWBERRIES, RASPBERRIES,  
FROZEN BANANA, RAW HONEY, CHIA SEEDS,  
MACA, COCONUT YOGHURT, ALMOND MYLK

## **MAGIC MANGITO – R46.00**

MANGO, PINEAPPLE, PAPAYA, PASSIONFRUIT,  
CUCUMBER, LEMON, LUCUMA, MINT, GOJI  
BERRIES

## **FABINO CERTIFIED ORGANIC & FAIRTRADE COFFEE**

SINGLE ESPRESSO – R15.00

DOUBLE ESPRESSO – R20.00

MACCHIATO – R17.00

AMERICANO – R18.00

DOUBLE SHOT AMERICANO – R21.00

FLAT WHITE CAPPUCCINO – R20.00

HOT CACAOLATE – R22.00

RED ESPRESSO – R18.00

RED CAPPUCCINO – R24.00

RED SPICED CHAI LATTE – R25.00

## **TEA**

GREEN TEA – R20.00

ROOIB OS TEA – R18.00

ENGLISH BREAKFAST TEA – R18.00

PEPPERMINT TEA – R18.00

**'BUTCHA IN  
A BOTTLE'**

TASHA'S HOMESTYLE  
KOMBUTCHA "GOOD  
FOR THE SOUL" :)  
**750 ML - R60.00**

\*NOURISH'D SIGNATURE ALMOND MYLK AVAILABLE ON REQUEST