Breakfast: 7 - 11am

Zucchini Fritters Remixed (GF) (DF) (SF) (B) **65**

Topped With Poached Eggs to Your Liking & Our Homemade Tomato & Onion Relish.

The Green Omelette (GF) (DF) (SF) (B) **75**

3 Egg Omelette Mixed With Spinach, Parsley& Basil. Filled With Caramelized Onion, Goats Cheese / Feta, Avo (Seasonal) & Rocket.

Creamy Mushrooms on Toast (GF) (SF) (V) **65**

Creamy Mushrooms On Toast With Wild Sprout Hummus Drizzled With A Kale Pesto On Sourdough / 100% Rye.

Add: poached egg: +R8. Bread: Grain Free +15

Hot Fac Porridge (GF) (DF) (SF) (V) (B) **70**

Flaxseeds, Almonds, Chia Seeds Topped With Fig Compote & Cinnacrunch Granola.

Wild Soul Bowl (V) (DF) (SF) (GF) **60**

Gluten Free Oats With Hemp Powder, Raw In-House Peanut Butter, Coconut Milk, Cacao Nibs, Pumpkin Seeds & Dates.

Our Free Range Eggs, Free Range Chicken And Fresh Seasonal Produce Are All Sourced From Our Family Farm.

Key: (GF) Gluten Free (DF) Dairy Free (SF) Sugar Free (V) Vegan (B) Banting

All Day Menu

TOASTS

Classic Avo Smash (GF) (DF) (SF) (V) (B) **55**

Smashed Avo With Lemon, Pickled Onion, Sesame Seeds & Chilli Flakes on Sourdough / 100% Rye.

Add: Smoked Salmon +30 / Poached Egg +8

Bread: Gluten, Grain & Dairy Free Vegan bread +15

Toasted Banana Bread (GF) (DF) (SF) (B) **40**

Served With Butter.

Add: Mixed Nut Butter, Fresh Banana, Chia Seeds & Cinnamon +20

Fig & Pecan Loaf (GF) (DF) (SF) (V) (B) **40**

Served With Coconut Oil / Butter.

Hemp Jacks (GF) (DF) (SF) (B) **75**

Hemp Waffle Served With Speciality Nice-Cream, Seasonal Fresh Berries, Topped With Cacao & Almond Drizzle.

WILD WRAPS (GF) (DF) (SF) (B)

Chicken Wrap **75**

Chicken, Avo, Basil Pesto, Baby Spinach, Cabbage, Grated Carrots, Caramelized Onion & Feta.

Vegetarian Wrap **65**

Sundried Tomato Paste, Hummus, Caramelized Onion, Goats Cheese, Baby Spinach, Cabbage, Grated Carrots & Grated Baby Marrow.

Key: (GF) Gluten Free (DF) Dairy Free (SF) Sugar Free (V) Vegan (B) Banting

Smoothies

	350ml	*500ml*
Papaw Jinja Papaya, Mint, Almond Mylk, Spinach, Pineapple, Baobab, Lucuma & Ginger.	**48**	**60**
Cacao Nut Cacao, Cashews, Banana, Mulberries, Maca, Mesquite, Almond Mylk & Himalayan Salt.	**48**	**60**
Green Cream Guayusa, Mango, Lemon, Hemp, Spinach, Avo & Coconut Milk.	**48**	**60**
Sweet Chai Maca, Dates, Mesquite, Almond Butter, Hemp, Flax Seeds, Cinnamon, Vanilla & Coconut Cream.	**52**	**62**
Superberry Blueberries, Blackberries, Banana, Almond Mylk, Chia, Camu Camu & Coconut Oil.	**52**	**65**
Summer Splash Mango, Pineapple, Orange, Strawberry, Sunflower Seeds, Chia, Lucuma & Dates.	**55**	**65**
Pnut Power Banana, Almond Mylk, Oorah Organic Whey, Homemade Sugar Free Peanut Butter, Cinnamon, Dates, Chia & Maca.	**55**	**65**

SMOOTHIE BOWLS (GF) (DF) (SF) (V) (B)

• Berry B-Rad **72**

Banana, Mixed Berries, Coconut Flakes, Lucuma, Chia, Almond Mylk & Dates. Topped With Cinnacrunch Granola, Fresh Banana & Then Drizzled With Almond Butter.

• Coo Cacao **72**

Cacao, Coconut Oil, Coconut Milk, Hemp, Mulberries, Almond Butter, Avocado, Dates Topped With Goji Berries, Cacao Nibs & Toasted Almond Flakes.

• Fig-a-licious **72**

Figs, Banana, Maca, Cinnamon, Sugar Free Peanut Butter, Oorah Organic Whey, Dates & Chia Seeds. Topped With Seasonal Fruit, Hemp Seeds, Coconut & Peanut Dust.

Key: (GF) Gluten Free (DF) Dairy Free (SF) Sugar Free (V) Vegan (B) Banting

Juices

	350ml	500ml
Bao-nade Baobab, Spring Water, Lemon, Ginger & Honey.	42	50
Core Green Spinach, Kale, Cucumber, Celery, Mint, Lemon, Apple & Ginger.	42	50
Super Green Spinach, Kale, Lime, Spirulina, Cucumber, Mint & Ginger.	44	54
The Full Monty Coconut Water, Cucumber, Kale, Spinach, Aloe, Mint, Lemon & Ginger.	45	55
Rise & Shine Carrot, Orange, Lemon, Ginger, Turmeric & Cinnamon.	42	50
Step-To-The-Beet Carrot, Beetroot, Lucuma, Lemon.	42	50

Everything On The Menu Is Refined Sugar Free & Gluten Free. Made With TLC.

Shots

Ginger Shot *25ml* Shot Of Ginger.	18
Revive *50ml* Ginger, Lemon & Honey.	30
Beautify *50ml* Activated Charcoal, Apple & Lemon.	30
Refresh *50ml* Black Pepper, Turmeric, Ginger, Lemon, Unfiltered Apple Cider Vinegar & Filtered Water.	30

Hot Drinks

Switch to Almond Mylk +10

Matcha Latte Matcha Green Tea Superlatte Blend.	**38**
Beetroot Latte Beetroot & Cocoa Velvet Superlatte Blend.	**38**
Turmeric Latte Turmeric, Cinnamon & Ginger Golden Superlatte Blend.	**38**
Choc Chaga Chaga Mushroom, Coco Oil, Cacao, Hemp Seeds, Coconut Nectar & Coconut Flakes.	**40**
Super Boost Almond Mylk, Vanilla Extract, Cacao, Cinnamon, Mesquite, Maca, Coconut Nectar, (Vegan Horlicks).	**40**
Red Selection Red Espresso – Flat White / Latte.	**30**
Bulletproof Espresso, MCT Oil & Honey (Blended).	**40**
Guayusa Green Energy Tea.	**35**
Tea Selection	**17**

All Our Nut Butters & Nut Mylks Made In House - With Love & Preservative Free

Coffee

Decaf Available

Flat White	**26**
Latte	**28**
Americano	**20**
Cortado	**25**

Coconut Vanilla Coffee Shake **55**

Homemade Vanilla & Coconut Nice Cream with a double shot Espresso & Cacao Drizzle.