

BREAKFAST

SUPER OATS (LOW GI, WHEAT FREE,) R55

**OATS, CRANBERRIES, ALMONDS, COCONUT FLAKES,
CINNAMON, PUMKIN SEED, LINSEED, MILK, HONEY**

SLICE OF ARTISAN TOAST R

100% RYE, SOURDOUGH OR SWEET POTATO

ADD TOPPING

AVO R

EGG R

SMOOTHIES BOWLS

CHOCOLATE SMOOTHIE BOWL R69

**CHOCOLATE SMOOTHIE TOPPED WITH COCONUT
FLAKES, GRANOLA, COCOA NIBS AND FRESH FRUIT**

VERY BERRY SMOOTHIE BOWL R55

**BERRY SMOOTHIE TOPPED WITH BERRIES, DATES,
MINT, YOGHURT AND GOJI BERRIES**

THE SWEET STUFF

GUILT FREE CAKES (PROCESSED SUGAR FREE)

VEGAN MUFFINS

AND

RAW TREATS

ASK OUR STAFF FOR THE FLAVOUR OF THE DAY

HOT DRINKS

SINGLE/DOUBLE

FLAT WHITE	R22	R26
LATTE	R24	R28
ESPRESSO	R17	R19
AMERICANO	R20	R24
CORTADO	R20	R24
MACCHIATO	R20	R24
MOCCACHINO	R24	R28
BULLET PROOF	R24	R28
SPICED HOT CACAO		R28
CHAI LATTE		R25
ROOIBOS TEA		R18
CEYLON TEA		R18
HERBAL TEA		R18
RED CAPPUCINO	R22	R26

ICED DRINKS

ICED COFFEE	R26
ICED CHAI LATTE	R28

EXTRAS

GLASS OF MILK	R10
EXCHANGE WITH SOY	R6
EXCHANGE WITH ALMOND MILK	R9



PROTEIN SMOOTHIES

GREEN SHIELD

R60

**BANANA, DATES, AVOCADO, KALE, PEAR,
PEA PROTEIN, ALMOND MILK**

PROTEIN PUNCH

R60

**CARROT, PAPAYA, PINEAPPLE, HEMP PROTEIN,
ALMONDS, GINGER, ORANGE**

FRESH PRESSED JUICE

IRON MAN

R45

APPLE, ORANGE, GINGER, CUCUMBER, SPINACH

GREEN MACHINE

R50

KALE, BROCCOLI, PEAR, PARSLEY, CELERY

IMMUNITY

R40

CARROT, PINEAPPLE, LEMON, GINGER, HONEY

HEART BEET

R50

BETROOT, ORANGE, SPINACH, CELERY

SHOTS

GINGER AND BEETROOT

GINGER AND LEMON

GINGER AND ORANGE

GINGER AND CAYENNE

**R15
EACH**



STANDARD SMOOTHIES

TOUR DE BERRY R50

**APPLE, BANANA, RASPBERRIES,
COCONUT CREAM, KALE AND BLUEBERRIES**

TROPICAL BUZZ R50

**MANGO, GRANDILLA, SPINACH, PAPAYA,
COCONUT CREAM, BANANA AND LACUMA**

JUMP START R50

**BANANA, ESPRESSO, CHIA,
HONEY, COCONUT CREAM**

GOURMET SMOOTHIES

STRAWBERRY DREAM R55

**BANANA, STRAWBERRY, CASHEWS,
MACA, HONEY**

CACAO KISS R55

**BANANA, COCOA POWDER , PEANUT BUTTER,
DATES, CHIA, COCONUT MILK**

FIBRE ACTIVE R55

**OATS, COCONUT CREAM, ALMOND BUTTER,
CNNAMON, HONEY, DATES, ROCK SALT**

