

🌱 Vegan

Juices

Freshly extracted to order R26

Fresh

Apple, Celery, Pineapple & Lemon

Apple Sherbet

Apple & Lemon

St Clemence

Oranges & Lemons

Zinger

Beetroot, Apple, Lemon & Ginger

Ultimate Booster

Apple, Cucumber, Celery, Spinach, Lemon

Bombay Blaster

Carrot, Ginger, Pineapple & Turmeric

Smooth & Sweet

Carrot & Pineapple

Summer Sunshine!

Ginger, Pineapple & Apple

Multi Vitamin Mix

Carrots, Beetroot, Celery, Apple & Spinach

Crush

Fruit with ice R30

Mango, Honey & Lemon, Minty Apple & Berry

Superfood Smoothies

Superfood Shake R38 🌱

Banana, Almonds, Brazil Nuts, Vanilla, Coconut Oil, Raw Cocoa

Mama Jack R34 🌱

Paw Paw, Pineapple, Mango, Orange & Banana

Get Up & Go Sports Wo.....man R38 🌱

Almonds, Brazil Nuts, Coconut Oil, Green Powder, Protein Powder, Banana & Moringa.

Almond Orange Honey Heaven R38 🌱

Fresh Orange Juice, Almonds, Honey & Maca Root Powder

Tropicana Exotic R38 🌱

Pineapple, Coconut Milk, Dates, Vanilla, Himalayan Salt & Cardamom

Beautiful Berry Booster R38 🌱

Mixed Berries, Macadamia Nuts, Banana & Lemon Juice

Chocolate Banana Bliss R38 🌱

Raw Cocoa Powder, Coconut Milk, Banana & Mesquite

Breakfast

Whole-Wheat R52 OR 100% Rye R56 OR Gluten free R56

Omelette or Scrambled Eggs till 11am

Petit France

Camembert with Onion Marmalade

Mediterranean

Cherry Tomato, Feta, Olives & Pesto

Sweet & Cheesy

Pepperdews, Cheddar & Cherry Tomatoes

Plain Omelette or Scrambled Eggs

Whole-Wheat R36 Rye R40 GF R40

Fresh Fruit Salad with Cinnamon Cocoa Nibs R38 🌱

Fresh Fruit Salad with Nuts, Honey and Yoghurt R38

Raw Oats, Dates, Grated Apple, Cinnamon, Cocoa Powder R38 🌱

Raw Oats, Mixed Nuts, Honey and Banana R42

Toasted Sandwiches

Whole-Wheat R36 OR 100% Rye R40 OR Gluten free R40
OR Gourmet Baguette R49

Petit France

Camembert with Onion Marmalade

Moroccan 🌱

Hummus, Olives & Pesto

Vegan 🌱

Avo, Cherry Tomatoes & Vegan Cheese

Firm Favourite

Cheese, Cherry Tomatoes & Pesto

Simply Delicious

Feta, Pepperdews & Pesto

Full Of Beans

Marinated Beans, Cheddar, Pesto & touch of Chilli

Marvellous Med

Feta, Olives, Cherry Tomatoes & Pesto

Vegan Roast Veg 🌱

Vegan Cheese with Roasted Veg & Pesto

Warm & Wonderful

Feta & Cheddar, Pepperdews & Mazavaroo HOT

Spaghetti

Gluten Free option add R10

Napoletana R52 🌱

Delicious Sweet Tomatoes

Arrabiata R68 🌱

Olives, Chilli & Tomatoes

Pasta Pesto R68

Feta, Cherry Tomatoes & Pesto

Vegan Pesto R52 🌱

Cherry Tomatoes & Pesto

Spicy Bean R68

Tomato, Chilli & Beans with Mascarpone

Vegan Spicy Bean R68 🌱

Tomato, Chilli & Beans with Vegan Cheese

King of the Shop R68

Butternut, Mascarpone & Moroccan Spice

Queen of the Shop R68 🌱

Butternut, Vegan Nut Cheese & Moroccan Spices

Heavenly Hummus R68 🌱

Hummus, Calamata Olives & Spring Onions

All extras R8 per portion

Quesadillas

Folded over wraps with mazavaroo & pesto R62
Gluten free & Raw Vegan options available, add R10

Original

Roast Veg, Marinated Beans & Cheddar Cheese

Vegan 🌱

Roast Veg, Marinated Bean & Nut Cheese

Warm & Wonderful

Feta, Cheddar, Mazavaroo & Pepperdews. HOT

Wonderfully Warm 🌱

Vegan Cheese, Mazavaroo & Pepperdews. HOT

Med

Feta, Olives & Cherry Tomatoes

The Vegan Med 🌱

Olives, Cherry Tomatoes & Vegan Cheese

American All The Way

Green Pepper, Pineapple, Cheddar & Spring Onions

The Vegan American 🌱

Green Pepper, Pineapple, Vegan Cheese & Spring Onions