

eat. energize

* substitutions to the menu items are available at an additional cost
* some of our products contain tree nuts or may have been made in an environment where nuts are used
* not all ingredients are listed
* for parties of 7 or more, a service fee will be added

V vegetarian

C chilli

lunch served from 11 'til closing

Gourmet Sandwiches

all gourmet sarmies are served with potato chips or sweet potato chips on either health, 60% rye, sourdough or ciabatta

gluten free bread R3

the gypsy king R76

wholegrain mustard, emmenthal cheese, rocket, tomato, gypsy ham & topped with tangy dressing

don't be chicken with the avo R86

greek pesto, tomato, baby spinach, avocado & free range chicken with yoghurt mayonnaise

bacon and avo open sandwich R83

oven baked bacon & fresh smashed avocado served on toasted health bread
add feta R12

Toasted Cheeses

all toasted sandwiches are served with a mix of white cheddar, emmenthal & mozzarella cheese

V

deluxe toastie R45

artisan sourdough toastie, cheese mix, paprika & cayenne mix

add ham or bacon R21

add tomato R6

add feta R12

V

caprese toastie R54

artisan sourdough toastie, cheese mix, greek pesto, basil leaves & tomato

V

mushroom toastie R62

artisan sourdough toastie, cheese mix, grilled mushrooms & caramelised onion

Salads

add avocado R19

honey mustard chicken salad R52

grilled free range chicken, cos & mixed lettuce, cocktail tomatoes, corn, red onion & honey mustard dressing

add feta R12

add crispy bacon pieces R21

V

we're a little butternutters R55

roasted butternut, feta, cocktail tomatoes, mixed leaves, cucumber, sundried tomatoes, rocket, & tangy dressing

V

beetroot salad R51

roasted beetroot, feta, corn, celery, mixed leaves & cocktail tomatoes

add tuna R18

pesto chicken salad R79

free-range chicken, carrots, cherry tomatoes, greens, rocket, pecorino cheese, peppadews & greek pesto

**ain't no chicken little...
more like chicken lot R71**

free-range spicy cajun chicken, carrots, cherry tomatoes, greens, rocket, feta & olive oil

Quesadillas

pineapple bbq chicken quesadillas R68

grilled free range chicken breast, spring onion, white cheddar, pineapple, jalapenos, bbq sauce, coriander, brown rice topped with homemade guacamole & chunky salsa

V

hearty black bean quesadillas R59

black beans, corn, chunky salsa, spring onion, coriander, white cheddar, garlic and taco seasoning topped with home made guacamole

Wraps

**original or multigrain
gluten free wrap R5**

V

brown rice & black bean R61

brown rice, black beans, lettuce, red onion, tomato, guacamole, white cheddar & coriander

V

very very veggie R54

roasted vegetables, hummus, mozzarella, cocktail tomatoes, carrots, toasted sunflower seeds, greens & olive oil

tuna wrap R65

tuna, corn, feta, spring onion, carrots, cocktail tomatoes, greens & yoghurt mayonnaise

sticky chicken R72

free range chicken breasts, greens, cocktail tomatoes, feta, carrots, avocado & sticky sauce

Burgers

all pulp burgers are served with 160g pure beef patty, basting sauce, burger mayonnaise, butter lettuce, tomato, caramelised onion & gherkins served with your choice of sweet potato fries, potato chips or side salad on a sesame seed kitke roll

bacon & avo burger R89

crispy bacon & fresh avo slices

V

uber cheese burger R79

white cheddar & mozzarella

crumbed chicken burger R69

free range chicken breast crumbed in coriander, paprika, lemon rind, sesame seeds, breadcrumbs & buttermilk served with white cheddar & jalapeños

pulpe-
licious &
nutritious

Beer & Cider

jack black pale ale lager (340ml) R29

full golden colour, medium body with red berry & zesty citrus finish

sxollie cider (330ml) R44

elgin apples, 100% golden delicious

and union | steph weiss (330ml) R42

traditional, unfiltered bavarian weiss

stellenbrau craft lager (330ml) R30

light golden beer with a rich foamy head & easy drinking character

Wine

d'aria blush | glass R29

a crisp rose blend of sauvignon blanc & merlot

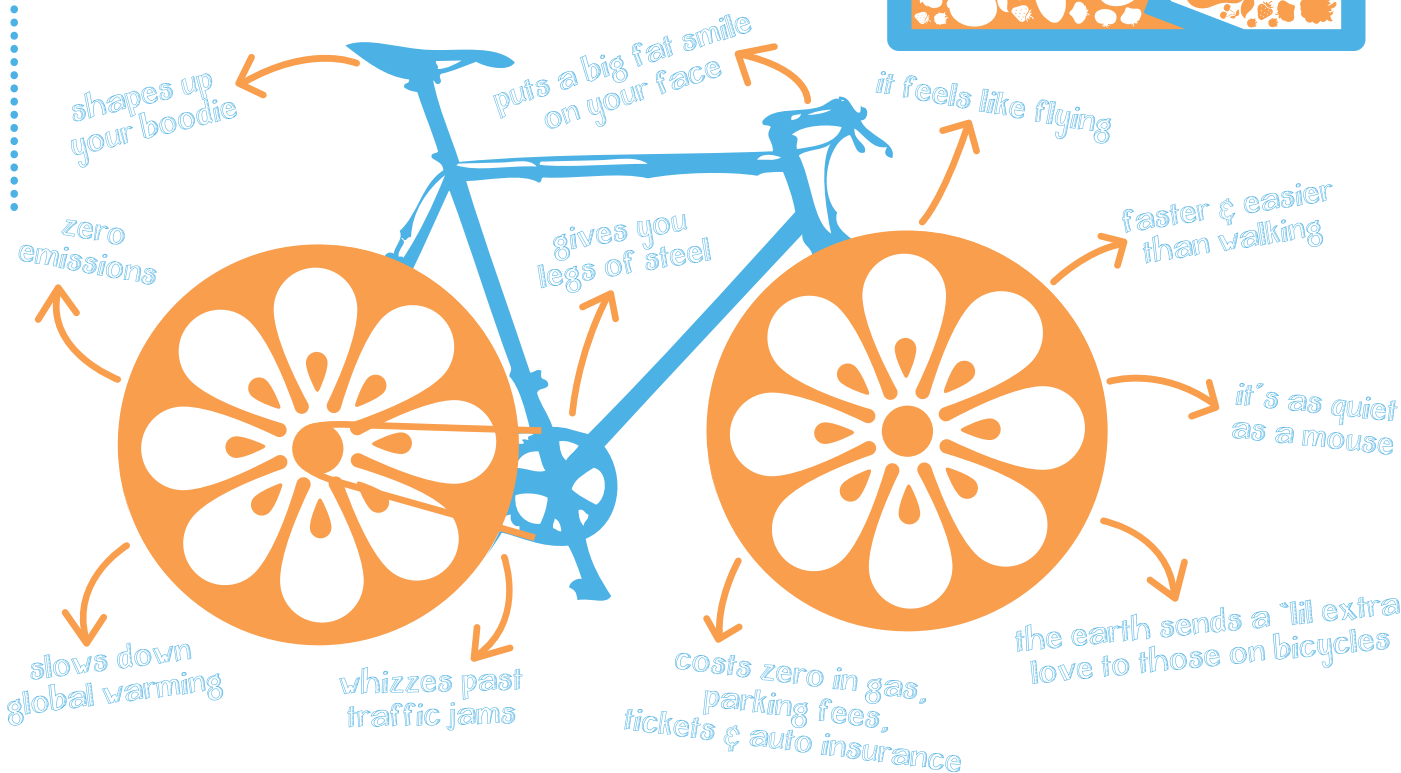
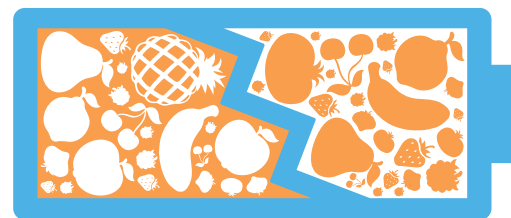
d'aria music sauvignon blanc | glass R30

a fresh crisp wine with tropical fruit aromas & flavours with hints of gooseberries & fig

d'aria music red blend | glass R34

a blend of cabernet sauvignon blanc, merlot & shiraz

eat.energize



LOVE

menu:

V vegetarian

C chilli

breakfast served 'til 12:00

Breakfast

 our free range eggs may be ordered
fried, scrambled or poached

gluten free toast R3 per slice

V the small breakfast bite R55
2 free range eggs & mozzarella,
grilled cocktail tomatoes,
served with a choice of toast

V coffee french toast R51
sliced ciabatta dipped in a milk, vanilla pod,
cinnamon & egg mixture. fried in coffee &
sugar butter, served with maple
flavoured syrup & coffee cream

the big breakfast bite R79
2 free range eggs, oven baked bacon,
beef sausage & grilled tomatoes
served with a choice of toast
add chilli mince R21

the brekkie burrito R79
2 free range scrambled eggs, white cheddar,
chilli mince toasted in a wrap. topped with
chunky salsa & homemade guacamole

great ham & egg roll R48
free range scrambled eggs, pan fried ham &
white cheddar served on a ciabatta roll

magic mushrooms R45
smashed avocado, grilled mushrooms &
grilled cherry tomatoes served
on a slice of sourdough toast

ALWAYS PULPING

Omelettes

 our free range egg omelettes are made with three
eggs or egg whites only served with a choice of toast

basic R56

carne R87
white cheddar, oven baked bacon &
grilled cherry tomatoes

V vegetarian R77
white cheddar, caramelised onion,
baby spinach & grilled cherry tomatoes

good morning brekkie R48

 breakfast & regular flat white or americano
available monday - friday 'til 12pm.
variations to the menu items will be charged for

granola breakfast sunday R45
granola, bulgarian yoghurt,
fresh seasonal fruit & honey

the mexican stand off R41
one slice of sourdough toast topped with
mexican mince & scramble egg

V crushed avo goodness R41
smashed avocado served on one slice of
sourdough toast & topped with a sunny side up
egg & two slices of raw tomato

V brekkie wrap R41
free range scrambled eggs,
white cheddar & cocktail tomatoes
add bacon R21

Bake & Shake

freshly baked muffins R27
served with butter & jam

plain croissant R30
served with butter and jam
add white cheddar R15

scone R28
add white cheddar R15



Hot Drinks

almond milk substitute R6

espresso R19
americano REG R23 | LRG R25
flat white REG R25 | LRG R29

latté R29
macchiato R21
mocha R33

red cappuccino with honey & cinnamon
REG R28 | LRG R31

nomu hot choc sugar free **R33**

chai latte R31

tea: ceylon | earl grey | rooibos **R19**
chamomile | green **R19**

Cold Drinks

still | sparkling water R18
grapetiser | appletiser R28
lemonade | gingerbeer R30
bos ice tea lemon | berry | peach R28
bos sugar free R32

Boosters

extra green booster R15
wheat & barley grass, spirulina & hemp seed

extra hemp protein R10
contains all the 21 known amino acids

extra chia seeds R10
loaded with fibre, protein, omega-3

extra baobab R14
10x more vitamin C than oranges

Freshly Squeezed

apple SML R35 | LRG R45
carrot SML R30 | LRG R39
orange SML R34 | LRG R43
add ginger, mint or celery R6

Super Juice

going green SML R38 | LRG R52
apple, pear, cucumber, swiss chard,
celery & ginger

C vegan vampire SML R38 | LRG R46
carrot, chilli, ginger, beetroot & tomato

the big bang SML R38 | LRG R46
carrot, orange, cucumber & ginger

liquid sunshine SML R39 | LRG R48
carrot, grapefruit, orange, lemon & pineapple juice

Pure Juice

apple, tropical or mango SML R22 | LRG R27
pineapple SML R24 | LRG R29

Super Shakes

strawberry stumple SML R44 | LRG R53
strawberries, bulgarian yoghurt, apple juice,
mint, baobab booster & ice

green eyed monster SML R45 | LRG R51
pineapple, banana, swiss chard, ginger, bulgarian
yoghurt, milk, lemon & green superfood booster
(wheat grass, barley, spurlina & hemp)

surfers corner SML R51 | LRG R59
coconut milk, mango, banana, turmeric,
cinnamon, ginger & chia seeds

under construction SML R45 | LRG R54
hemp protein powder, blueberries
chia seeds & H2O

Smoothies

cool beans SML R33 | LRG R40
deluxe coffee espresso, milk &
marcels vanilla frozen yoghurt

chocolate frost SML R36 | LRG R44
nomu sugar free powder, banana, milk &
marcels vanilla frozen yoghurt

strawberry fields SML R36 | LRG R44
strawberries, banana, apple juice &
marcels strawberry frozen yoghurt

the peanut gallery SML R36 | LRG R45
black cat peanut butter, banana, honey,
milk & marcels vanilla frozen yoghurt

mango groove SML R38 | LRG R46
mango, passionfruit, mango juice &
marcels mango frozen yoghurt

pukka chai SML R40 | LRG R48
chai, honey, banana, milk &
marcels vanilla frozen yoghurt

ready berry go SML R39 | LRG R49
blueberries, strawberries, blackberries,
raspberries, apple juice & mixed berry sorbet

luscious lemon SML R32 | LRG R39
lemon, mint, tropical juice & lemon sorbet

ARE YOU IN
NEED OF A
GOOD
SMOOTHING?

