

SMOOTHIE BOWLS



ESPRESSO NUT BUTTER 55

Organic espresso, grain free granola, blueberry, banana, peanut butter, dates, chia, hemp protein powder *topped with* grain free granola & almond flakes

ROOIBOS ALMOND CREAM GF V* 55

Rooibos tea, Wazoogles vanilla sky powder, banana, almond butter, nutmeg, cinnamon, dates, *topped with* cacao nibs & coconut flakes

BERRY BEET GF 55

Beet juice, banana, blueberry, avo, berry kefir, ginger *topped with* pumpkin seeds & dried superfood berries

MANGO PASSION GF V* 55

Mango, coconut milk, coconut ice cream, flax seeds, chia, coconut blossom sugar *topped with* coconut flakes, granadilla, chia

SUPER OATS V* 55

Oats, vanilla superfood blend, banana, chia, soy milk *topped with* pumpkin seeds & dried superfood berries

FUNCTIONAL SMOOTHIES



fruits & greens

STRAWBERRY SENSATION 32

Strawberry, banana, coconut oil, Bulgarian yoghurt, honey, apple juice

IMMUNE BOOSTER 32

Banana, paw paw, mint, vit C, Echinacea, pineapple, orange juice

GREEN SMOOTHIE V* 42

Kale, spinach, banana, pumpkin seeds, flax seeds, goji berries, lemon, baobab, coconut water

VERY BERRY V* 46

Strawberry, blueberry, blackberry, banana, apple juice

BERRY BAOBAB V* 49

Blueberry, berry kefir, vanilla, baobab, coconut blossom sugar

power proteins

BENCH PRESS 46

Blueberry, banana, almond butter, chia, whey/hemp /brown rice protein powder, coconut water

PROTEIN ICE COFFEE B 46

Organic espresso, vanilla banting friendly ice cream, cinnamon, chia

ALMOND BUTTER PROTEIN B 49

Almond butter, vanilla banting friendly ice cream, whey / hemp / brown rice protein powder, xylitol, coconut water

super foods

SUPERFOOD 44

Whey / hemp / brown rice protein powder, maca, cacao, goji berries, banana, honey, almond milk

SALTED CARAMEL CHAI 49

Chai, dates, banana, Himalayan pink salt, lucuma, vanilla banting friendly ice cream, soy milk

TURMERIC MYLKSHAKE V* 55

Turmeric, spice blend, coconut ice cream, chia, coconut blossom sugar, almond milk

CACAO CHAGA 55

Chaga, cacao, banana, vanilla banting friendly ice cream, cinnamon, Himalayan pink salt, xylitol

SUPER BERRY 55

Strawberry, blueberry, avo, coconut flakes, Wazoogles Berry Treat, honey, Bulgarian yoghurt, apple juice

SQUEEZED JUICES



MAKE YOUR OWN 30

orange | carrot | apple | beet

greens

LEAFY GREENS 37

Kale, cucumber, celery, apple, lemon

SUPER DUPER GREENS 42

Moringa, broccoli, cucumber, celery, spinach, kale, apple

antioxidants

ANTI OX 37

Beet, lemon, carrot, ginger

IMMUNITY 38

Carrot, orange, pineapple, ginger

FATIGUE FIGHTER 38

Beet, celery, pineapple, orange

LEMON AID 40

Lemon, coconut water, ginger, mint, xylitol

SUPER ROOT 40

Carrot, apple, turmeric, lemon, ginger, cayenne pepper

GUT GOODNESS 40

Orange juice, ginger, pineapple, coconut water

THE SLIMMER 40

Apple, celery, avo, lemon, apple cider vinegar

METABOOST 40

Paw paw, pineapple, lemon, mint, coconut water

BREAKFAST

DILLA GRANOLA BOWL ^N	60
Grain-free granola, bulgarian yoghurt, granadilla, banana, goji berries	
CACAO BUCKWHEAT GRANOLA BOWL ^{N V}	65
Grain-free buckwheat granola, cacao nibs, dried superfood berries, berry kefir	
SUPERFOOD OATS ^N	55
Rolled oats, vanilla superfood mix, soy milk, banana, toasted almond flakes, coconut blossom sugar	
BERRY NUTTER PORRIDGE ^N	70
Rolled oats, buckwheat, almond milk, blueberries, peanut butter, dried superfood berries, pumpkin seeds, cinnamon	
SMASH TOAST ^{N V}	45
Smashed avo, feta, rocket, pumpkin seeds, sprouts, citrus dressing on toast	
EGGS OR TOFU ON TOAST ^N	30
Two eggs or scrambled tofu with toast Tofu + R10	
ALL DAY BREAKFAST STACK ^{FR}	60
Scrambled eggs, streaky bacon, mushroom, sprouts on toast	
SMOKED TROUT EGG WRAP ^{FR GF B}	80
Smoked trout, cream cheese, rocket, sesame seeds, citrus dressing	
BACON AVO EGG WRAP ^{FR GF B}	55
Streaky bacon, cream cheese, sundried tomato pesto, avo, rocket	
MACA PANCAKES	55
Gluten-free maca pancakes, almond nut butter, banana, cinnamon-xylitol, honey	
BUCKWHEAT BANANA BREAD ^{N GF V}	64
Cream cheese, toasted almond flakes, dates, strawberry, honey, cinnamon	



Choice of bread:

- sweet potato (GF)
- rye
- whole wheat
- banting

FLEXITARIAN SUPER BOWLS



BUDDAH BURRITO ^{N V}	70
Black bean, corn, jalapeno salsa, chick peas, red pepper, avo, cream cheese, lettuce, organic corn chips, mint yoghurt dressing	
PECAN AVO ^{N V}	50
Pecans, avo, sundried tomatoe, feta, cucumber, basil, carrot, red onion, chia, lettuce, tahini dressing	
PAD THAI ^N	45
Cabbage, mixed peppers, baby marrow, carrot, pineapple, sprouts, hemp & sesame seeds, mint, coriander, cashew nuts, peanut dressing	
QUINOA BEET ^N	68
Crispy kale, quinoa, roasted beet, chick peas, avo, sunflower seeds, toasted almond flakes, spring onion, citrus dressing	
BUCKWHEAT & BUTTERNUT ^{N V}	60
Buckwheat, roasted butternut, lentils, feta, pumpkin & hemp seeds, cranberries, spring onion, mint, tahini dressing	

WRAPS OR TORTILLAS



Choice of wrap: Whole Wheat Wrap Organic Corn Tortillas Coconut Wrap + R10	
SWEET CHILLI CHICKEN ^N	59
Chicken sweet chilli sauce, cream cheese, cashews, baby marrow, tomato, carrot, rocket, lettuce	
CHICKEN TAHINI ^N	59
Chicken, avo, green beans, cucumber, carrot, sesame seeds, sprouts, toasted almond flakes, rocket, tahini dressing	
THE KIMCHI ^N	59
Vegan patty, beet hummus, kimchi, chickpeas, carrot, baby marrow, pepper, pumpkin & hemp seeds, rockets	
BALSAMIC BEETS ^{N V}	59
Roasted beets, walnuts, feta, avo, corn, sprouts, carrot, lettuce, balsamic glaze	
PESTO GREENS ^N	55
Broccoli, green beans, lentils, avo, pesto, chilli, sprouts, rocket, citrus dressing	
TOASTIES	
Choice of bread: sweet potato (GF) rye seeded whole wheat banting	
TURMERIC CHICKEN MAYO & MOZARELLA	48
TUNA MAYO ^N	48
Coriander & cucumber	
BACON & MOZARELLA ^N	48
with sundried tomato pesto - vegan option available	
MOZZARELLA & TOMATO ^{N V}	35
with basil leaves - vegan option available	



BURGERS



MOZZARELLA & BEET RELISH ^N	40
With tomato, cucumber, onion & lettuce	
THE MIDDLE EAST ^N	35
Beet hummus, tzatziki, salsa, rocket & coriander	
BARE BASICS ^N	30
With tomato, onion, cucumber and carrots	
Choice of protein: (basted with Wellness BBQ sauce)	
- Grilled chicken strips	25
- Ostrich patty	25
- Vegan patty	20

ADD ON +

Egg ^{FR}	7
Avo	21
Bacon	21
Vegan Bacon	25
Basil Pesto	8
Sundried Tomato Pesto	8
Grilled Mushrooms	16
Grilled Rosa Tomatoes	11
Mozzarella	14
Feta	15
Cream Cheese	14
Vegan Mozzarella	18
Grilled Tofu	20
Smoked Trout	55
Grilled Chicken Strips ^{FR}	25
Tuna in Brine	22
Vegan Patty	20
Ostrich Patty ^{FR}	25

^N NEW	^B BANTING
^V VEGETARIAN	^{GF} GLUTEN FREE
^{V+} VEGAN	^{FR} FREE RANGE

SHOTS



BUCHU	10
PURE GINGER	15
ELEVATE Pineapple, cayenne pepper, apple cider vinegar	20
THE INVINCIBLE Ginger, turmeric, lemon, cayenne pepper	25
WHEATGRASS & APPLE	25
WHEATGRASS	30

+ ADD YOUR SUPER SUPPLEMENTS



CHIA Source of omega 3 fatty acids, high in fibre, antioxidant	8
COCONUT OIL Rich in natural saturated fats, promotes a healthy heart	8

MORINGA 8
antioxidant, anti-inflammatory,
lowers blood sugar levels

MACA 8
Balances hormones, provides energy,
rich in calcium & fibre

LUCUMA 8
Super nutrient, source of protein, Vit B3,
beta carotene

BAOBAB 12
High in calcium, rich in vit C,
acts as a prebiotic

HEMP SEEDS 12
Rich in essential fats, promotes
a healthy heart

NUT BUTTER 12
Source of protein & essential fats,
promotes a healthy heart

MATCHA 12
Antioxidant, boosts memory &
concentration, detoxifying

WHEY PROTEIN POWDER 20

HEMP PROTEIN POWDER 20

BROWN RICE PROTEIN POWDER 20

HOT DRINKS



100% ORGANIC ARABICA COFFEE
Enjoy the sweet aroma with hints of fruit
and delicate pomegranate, with a subtle
aftertaste of chocolate

CHOOSE YOUR MILK
almond, dairy or soy

ESPRESSO SGL 15 | DBL 18
AMERICANO REG 18 | LRG 22
FLAT WHITE 20
RED FLAT WHITE 25
CAFÉ LATTE 25

THE BULLET 29
Dbl espresso, coconut oil

ALMOND SPICE 25
Cinnamon, vanilla, coconut blossom
sugar, almond milk

MACA HOT CHOCOLATE 30
Wellness hot chocolate, maca,
Himalayan pink salt

TURMERIC FIRE 30
Turmeric, spice blend, ginger, cayenne
pepper, coconut oil, coconut blossom sugar

MATCHANILLA 40
Matcha, mint, spice blend, vanilla,
coconut oil, coconut blossom sugar

CHAGA CHAI LATTE 45
Wellness chai, chaga, milk

ENGLISH BREAKFAST 18
ROOIBOS 18
GREEN 18
VANILLA 18
GINGER 18

HOT TODDY 22
Ginger tea, apple, lemon, mint

GINGER BOOST TEA 22
Rooibos tea, lemon, ginger, turmeric,
cayenne pepper, cinnamon, honey