

CONSCIOUS

BREAKFAST

Served from 11am to 12:30pm on weekdays and from 9am to 12pm on weekends

Conscious Fry Up.....	R60
Soya sausage, tomato, mushrooms, baked beans, avo. Add scrambled tofu and peppers for R15.	
Add toast: Ciabatta	R9
Rye	R12
Frenchish Toast.....	R50
Ciabatta sautéd in maple sauce and served with seasonal fruit.	
Sunshine Tofu-lette(GF)	R65
A Tofu and turmeric pocket, filled with cooked kale, peppers and cherry tomatoes OR spinach and mushrooms.	
Waffles (GF)	R55
Waffles served with seasonal fruit and homemade chocolate syrup. Add a scoop of ice cream for R20 or cream for R10.	

STARTERS

Beer Battered Tofu.....	R65
Tofu pieces rolled in an alcohol-free beer batter, served with a mini salad of carrot, red cabbage, sesame seeds and a mayo and sour cream dressing.	
Dukkha Dippers.....	R50
Crumbed soya dippers covered in Dukkha (Egyptian mix of nuts and sesame seeds) served with a sriracha mayo dip.	
Loaded Lentil Potato Skins (GF, SF).....	R65
Crispy potato skins filled with cooked lentils and mixed peppers and topped with tomato relish and lemon juice.	
Potato Quinoa Croquettes (GF, SF)	R64
Mashed potato, quinoa, carrots and spring onion croquettes, served with our homemade cashew cream.	
Rainbow Roll.....	R55
Rice paper wrap with mushrooms, rice noodles, carrots, red cabbage, avocado, spinach, pickled ginger and a ginger peanut sauce. Coated in roasted sesame seeds and coriander and served with soya* sauce dip.	
Soup Specials	R65
Ask your waitron for our soup specials.	

SALADS

Conscious Summer Salad (GF, SF).....	R85
Sun dried tomatoes, soft brown lentils, baby spinach, rocket, rosa tomatoes, avocado, cucumber, toasted pumpkin seeds and grilled aubergine, tossed in our house balsamic and agave dressing.	
Red Pearl Salad (GF, SF)	R85
Couscous with roasted beetroot, grilled butternut in garlic and cumin with red onion, cranberries, toasted nuts, garnished with baby spinach and served with our house balsamic and agave dressing.	
Seriously Good Salad (GF)	R70
Freshly chopped green salad with cucumber, tomato, carrots, avocado, roasted cashew nuts, crispy BBQ tofu pieces and a sprinkling of sunflower seeds, tossed in olive oil and balsamic vinegar. *Raw Option - remove tofu and ask for raw cashews.	
Vitamin C Boost (GF, SF).....	R72
Beetroot, carrot and cucumber ribbons, diced raw spinach, parsley, steamed broccoli, almonds and strawberry segments in a delicious citrus dressing.	

GF= Gluten Free
SF= Soya Free

M E N U

All burgers and wraps are served with a mini salad (mixed lettuce, cucumber, carrots, tomato, cashew nuts, sunflower seeds and the house balsamic dressing). Substitute the salad with potato chips for an additional R12 or sweet potato chips for R15.

BURGERS & BUNNIES

Burgers and Bunnies are served with whole wheat rolls. Opt for a GF roll for an extra R10, for burgers, R15 for bunny chows

Almost Perfect Veggie Burger (GF, SF)	R80
Our homemade red bean, carrot, almond, onion and flax seed burger, served on a roll with greens, tomato, cucumber, caramelized onion and grated carrot.	
Conscious 108 Burger (GF, SF)	R80
Our homemade beetroot, quinoa, mushroom and thyme burger, served on a roll with greens, tomato, cucumber, avocado, grated carrot and sriracha mayo.	

Cheezy BBQ Burger	R70
A FRY's soya patty topped with our delicious cheeze sauce, served on a roll and topped with tomato, cucumber, caramelised onion and grated carrot.	

Hawaiian Crumbed Burger.....	R70
A FRY's crumbed soya patty with pineapple, avocado and mayo, served on a roll and topped with tomato, cucumber, caramelized onion and grated carrot.	

Veggie-Dog	R52
A FRY's soya dog, served on a long whole wheat roll, topped with mustard, sour cream, tomato sauce and caramelized onions.	

Butterbean Bunny Chow.....	R70
Melt in your mouth butterbean curry served in two rolls, topped with tomato, cucumber and fresh coriander.	

Chickpea Bunny Chow	R70
A tangy Durban-style chickpea curry served in two rolls, topped with tomato, cucumber and fresh coriander.	

Potato and Aubergine Bunny Chow	R70
Home style potato and aubergine curry served in two rolls, topped with tomato, cucumber and fresh coriander.	

WRAPS

All wraps are whole-wheat, substitute a GF wrap or a portion of quinoa for R15 extra.

BLCT	R66
Crispy smoked tofu, topped with mixed greens, tomato, mayo and sour cream.	

Chimichanga (SF)	R70
Spicy red beans, served with hummus, avocado and sour cream.	

English Breakfast Scramble.....	R70
Scrambled tofu with mixed peppers and mayo, topped with sautéed mushrooms and grilled soya sausage pieces.	

Ginger Peanut Tofu.....	R66
Crispy tofu, layered with red peppers, shredded carrots, spring onions and our homemade ginger peanut sauce.	

Just So Mayo.....	R66
Sautéed soya strips with mayo, red cabbage, grated crated carrots, mixed peppers.	

Lentils and Grilled Veg (SF).....	R70
Aromatic brown lentils, grilled aubergine, spinach, butternut and roasted beetroot with our homemade hummus.	

SIDES

Potato Chips	R20	Roasted Butternut	R20
Sweet Potato Chips.....	R24	Grilled Aubergine	R15
Side Salad	R20	Quinoa.....	R20

Opening Hours:

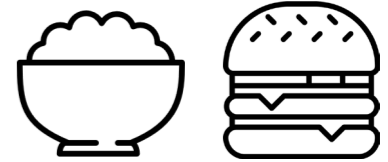
Mon, Wed-Fri 11am-10pm

Sat 9am-10pm

Sun 9am-3pm

Closed on Tuesdays

Kitchen closes 30 minutes before closing



BUDDHA BOWLS AND BAKES

Blossom Bowl (GF, SF)	R94
Red cabbage, sliced carrots, sautéed spinach, sweet potato, steamed chickpeas, quinoa and avocado served with our homemade hummus.	

Burrito Bowl (GF, SF)	R90
Spicy red beans, black rice, roasted fresh corn, a salsa of diced tomato, cucumber, mint, peppers and red onions served with avocado and fresh lemon.	

Feel Good Bowl(GF, SF)	R94
Grilled aubergine, spiced butternut pieces, curried chickpeas served with quinoa and topped with our homemade cashew cream.	

Green and Grainy (GF, SF)	R72
Sautéed baby marrows and spinach with millet, green peas, steamed broccoli topped with crispy kale and a basil avocado pesto.	

Karmic Bowl (SF)	R110
Sautéed homemade seitan, steamed spinach and a caramelized onion mash served with our homemade cashew cream.	

Lentil Shepherd's Pie (GF, SF).....	R94
Butternut and mixed peppers topped with aromatic brown lentils and caramelized onion mash.	

Red Lentil Stew (GF, SF)	R82
Red lentils cooked in turmeric infused spices served with sautéed spinach and brown basmati rice and topped with cucumber, tomato and coriander.	

So Yum Bowl.....	R100
Rice noodles, mushroom coconut curry, sautéed broccoli, baby marrow and cauliflower with soya* sauce and crushed peanuts, marinated bean sprouts with mint and crushed nuts served with coriander, spring onion and lemon.	

Tofu Mushroom Stroganoff	R86
Whole wheat fusilli pasta served in a creamy mushroom and tomato sauce with fried pieces of tofu.	

PIZZA

All pizza based are homemade with Eureka unbleached stoneground whole wheat flour. Opt for a GF pizza base for R15 extra.

Margarita	R60
Whole wheat pizza base, topped with a tomato sauce and cashew nut cheese.	

Design your own pizza with the below toppings OR try one of our Gourmet Pizzas.

Caramelized Onions/ Pineapple/ Mixed Peppers/ Tomato slices/ Spinach	R8
<i>Avocado/ Sautéed mushrooms/ Crispy Aubergine/ Roasted Beetroot/</i>	
Soya sausage/ Grilled Tofu	R10
Extra cheese	R14
Seitan.....	R30

Gourmet Pizzas

Three Amigos	R95
Whole wheat pizza base with tomato sauce, BBQ seitan, peppadews, spinach and cashew nut cheese.	

Very Deluxe.....	R98
Whole wheat pizza base with tomato sauce, marinated soya strips, roasted butternut, rosa tomatoes, toasted pumpkin seeds, avocado, coriander and cashew nut cheese.	

We offer catering services and sell frozen meals. Please speak to a waiter or check out www.conscious108.com

*NB! soya sauce contains gluten.

DRINKS

COLD PRESSED JUICES.....R38

Ask waitron for the available freshly pressed juices.

COCONUT WATER.....R26

Ask waitron for available flavours.

UN-MILKSHAKES

All milkshakes are made with our homemade soya milk ice-cream

Conscious Chocolate.....R36

Very Vanilla.....R36

Choc Peanut Butter.....R40

Vanilla Oreo.....R40

SMOOTHIES

Banana Almond.....R40

Almond milk, bananas, almonds, agave and cocoa.

Kanana.....R40

Apple, kale, banana, chia seeds and almond milk.

Pineapple Mojito Green.....R40

Pineapple, mint, coconut water, lemon juice and spinach.

Tropical Turmeric.....R45

Coconut milk, turmeric, pepper, ginger, banana, cinnamon, agave and blended ice.

Very Berry.....R40

Beets, carrots, chia seeds, apples, strawberries and ginger.

SOFT DRINKS

Coke.....R17

Coke Zero.....R17

Sprite.....R17

Sprite Zero.....R17

Tab.....R17

'TISERS

Appletiser.....R22

Red Grapetiser.....R22

BOS ICE TEA

Berry Ice Tea.....R22

Lemon Ice Tea.....R22

Peach Ice Tea.....R22

MIXERS

Dry Lemon.....R13

Lemonade.....R13

Soda Water.....R13

KOMMUNITEA KOMBUCHA

Lemon Tree.....R35

Ruby Tuesday.....R35

NUMESA WATER KEFIR.....R28

Ask waitron for available flavours.

LOCAL MINERAL WATER

Still water
500ml.....R18

750ml.....R28

Sparkling Water
500ml.....R18

750ml.....R28

CAFFE

All our hot drinks are served with soya milk.

Americano.....R22
Traditional black coffee.

Babyccino.....R12
Steamed milk topped with sprinklings of cocoa.

Caffe Latte.....R28
Espresso and steamed milk.

Cappuccino.....R26
Espresso topped with frothed milk.

Cappuccino Creme.....R28
Espresso topped with frothed milk and cream.

Double Espresso.....R22
Double shot.

Espresso.....R18
Single shot.

Espresso Machiato.....R20
Espresso with frothed milk.

Hot Chocolate.....R26
Dark cocoa mixed with frothed milk.

Rooibos Cappuccino.....R26
Rooibos tea espresso topped with frothed milk.

TEA

Black Chai.....R17

Chamomile.....R17

Five Roses.....R17

Green.....R17

Peppermint.....R17

Rooibos.....R17

Rooibos Chai.....R17

ALTERNATIVE MILK

Almond Milk.....R10

Coconut Milk.....R8

Oat Milk.....R10

Rice Milk.....R10



Please note that we no longer use plastic straws. Smoothies and milkshakes will be served with a stainless steel straw.

If not returned, you will be charged a R50 surcharge per straw.

ALCOHOL

WHITE WINE

Durbanville Chardonnay glass R43 bottle R125

Durbanville Sauvignon Blanc glass R43 bottle R125

Nederburg Rosé glass R35 bottle R90

RED WINE

Reyneke Shiraz Blend glass R45 bottle R130

Laibach Merlot bottle R170

Laibach Pinotage bottle R210

BEER

Black Label.....R25

Castle Lite.....R25

Amstel.....R26

Heineken.....R27

Non-Alcoholic Beer.....R22

You're welcome to bring your own wine, corkage is charged at R40