

BEVERAGES

NESPRESSO	17.00
HOT BEVERAGES	15.00
WATERS	18.00
SOFT DRINKS	25.00



BREAKFAST

TWO POACHED EGGS	57.00
Rocket, Smoked Salmon OR Parma Ham OR Lean Bacon	
TWO FLAP JACKS, SCRAMBLED EGGS, COTTAGE CHEESE & AVO	75.00
Rocket, Smoked Salmon OR Parma Ham OR Lean Bacon	
SCRAMBLED EGGS & BABY SPINACH	40.00
*Served with your choice of toast	
BABY SPINACH & HALLOUMI OMELETTE	45.00
*Served with your choice of toast	
FRENCH TOAST	49.00
*Served with your choice of toast	



CINNAMON & HONEY OATS	39.00
BREAD OPTIONS	0.00
LOW GI, CIABATTA, RYE & GLUTEN FREE	
SCRAMBLED EGG CROISSANT	57.00
With Smoked Salmon OR Parma Ham OR Lean Bacon	

LIL'SHOT

WHEATGRASS SHOT	23.00
APPLE & GINGER SHOT	25.00
Try It With Cayenne Pepper & Lemon Juice	
FLU SHOT	25.00
Apple, Ginger, Carrot & Lemon	



FROZEN YOGHURT PLAIN

120g	9.00
R24	
240g	9.00
R48	



SOUPS

Lentil, Corn, Carrot, Celery & Onion	42.00
*Add Chicken R25	
Chilli, Carrot, Tomato, Potato & Celery	42.00
*Add Chicken R25	
Red Pepper, Cauliflower, Cream, Chilli, Thyme, Onion & Feta	49.00
*Add Chicken R25	



WRAP, SALADS & SANDWICHES

NORWEGIAN SALMON & CAVIAR 88.00

Norwegian Salmon, Caviar, Cottage Cheese, Fennel, Crisp Watercress, Lemon Zest & Jalapeño Dressing

ROCKET & FETA 55.00

Fresh Rocket, Mint, Baby Spinach, Radish, Bean Sprouts & Crumbled Feta Cheese

BABY SPINACH & APPLE 55.00

Thinly Sliced Green Apple, Baby Spinach, Celery, Cucumber, Feta Cheese & Bean Sprouts

PEAS & TOASTED PUMPKIN SEEDS 55.00

Crunchy Snow Shoot Peas, Bean Sprouts, Fresh Mint, Mixed Cabbage, Watercress & Toasted Pumpkin Seeds

WATERMELON & HALLOUMI 65.00

Watermelon, Watercress, Halloumi Cheese, Toasted Pumpkin Seeds & Pecan Nuts

BUTTERNUT & FETA 60.00

Roasted Butternut, Mixed Green Salad, Crumbled Feta Cheese, Tomato, Cucumber, Celery, Radish, Toasted Pumpkin Seeds

LENTIL CURRY & MINT YOGHURT 52.00

Lentil Curry, Fresh Coriander, Celery, Coconut Shavings, Banana, Mint Yoghurt, Fresh Chili, Sliced Radish & Sprouts

TOMATO, MOZZARELLA & BASIL 68.00

Rosa Tomatoes, Boccocini Mozzarella, Fresh Basil, Wild Rocket, Balsamic Reduction & Sprouts

MOROCCAN CHICKEN 72.00

Moroccan Chicken, Fresh Coriander, Rosa Tomatoes, Cucumber, Cumin, Paprika, Radish, Sprouts & Cream Cheese

HONEY & MUSTARD CHICKEN 72.00

Honey & Mustard Chicken, Pecorino Shavings, Mixed Greens, Tomatoes, Cucumber & Sprouts

THAI CHICKEN 72.00

Thai Chicken, Mixed Greens, Fresh Ginger, Chopped Red Chili, Fresh Coriander, Spring Onion, Lemon Grass, Sprouts & Thai Dressing



AVO, LEMON & CHILI 54.00

Avocado, Lemon, Chili, Mixed Lettuce & Rosa Tomatoes

CAMEMBERTT & PARMA HAM 75.00

Camembert Cheese, Fresh Strawberries, Parma Ham, Honey, Wild Rocket, Watercress & Toasted Pumpkin Seeds

BEETROOT & FETA 65.00

Marinated Beetroot, Rocket, Citrus Segments, Feta & Toasted Pumpkin Seeds

POTATO & CRISPY PANCETTA 55.00

Lemon Marinated Potatoes, Mixed Greens, Crispy Pancetta, Homemade Aioli & Toasted Pumpkin Seeds *Recommended to be enjoyed as a salad

POACHED EGG & BACON 68.00

Medium Poached Eggs, Bacon, Baby Spinach, Wild Rocket, Feta, Avocado, Toasted Pumpkin Seeds & Homemade Aioli

THIA BEEF & FETA 78.00

Thai Beef Strips, Mixed Green Salad, Corn Off The Cob, Red Peppers, Feta & Coriander

ORANGE CHILLI CHICKEN & AVO 79.00

Orange Chilli Chicken Strips, Mixed Green Salad, Avocado, Orange Segments, Coriander, Parsley & Chai Seeds

POACHED PEARS & GORGONZOLA 69.00

Red Wine Poached Pears, Gorgonzola Cheese, Pecan Nuts, Mixed Fresh Greens & Balsamic Reduction

COLD PRESSED JUICES

Cold Pressed Juices	25.00
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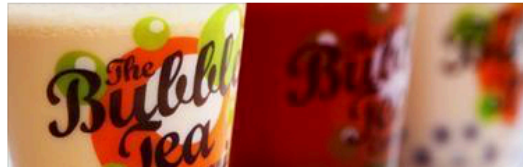


BUBBLE TEA

CHOOSE YOUR SIZE	25.00
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CHOOSE YOUR FLAVOUR MILKY	0.00
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CHOOSE YOUR FLAVOUR FRUITY	0.00
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CHOOSE YOUR BOBAS	0.00
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SMOOTHIES

BLACK CAT Banana, Honey & Peanut Butter	39.00
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S.A.M Strawberry, Apple & Mint	37.00
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ISLAND IMPACT Mango & Banana	39.00
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LIL'BISCUIT Digestive Biscuits & Honey	39.00
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BERRY PUNCH Mixed Berry & Almonds	39.00
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GUMMY BERRY JUICE Mixed Berries, Pomegranate & Goji Berries	39.00
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B-NICE Blueberry, Pineapple & Apple	35.00
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JUNGLE FUSION Pineapple, Coconut & Banana	35.00
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COOLER Pineapple, Lemon & Mint	35.00
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AVO CHOC Avocado, 85% Lindt, Peanut Butter & Honey	49.00
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MORNING SUNSHINE Espresso, Banana, Chai Seeds & Honey	47.00
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SUPER C Strawberry, Pineapple, Orange, Mint & 500mg Vit C	38.00
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THE NUTTER Almonds, Cashews, Pecan Nuts, Coconut & Honey	48.00
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BERRY BEAUTIFUL Mixed Berries & Agave Nectar	42.00
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THE HULK Apple, Pineapple, Banana, Chia Seeds, Xylitol & Spirulina	45.00
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JUST PEACHY Peach, Mango, Chia Seeds & Vanilla	45.00
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NUTELLA EXPRESS Vanilla, Toffee & Nutella	42.00
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MIKE'S MAGIC Strawberry, Banana & Apple	42.00
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THE POWERHOUSE Kale, Chia Seeds, Cinnamon, Banana & Vanilla	42.00
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CARROT CAKE Carrot, Banana, Pecan Nuts, Cinnamon, Honey, Ginger & Nutmeg	39.00
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FREE RANGE CHICKEN

ROTISSERIE CHICKEN	70.00
Half	
ROTISSERIE CHICKEN	125.00
Full	
CHICKEN KORMA CURRY	85.00
Served with Couscous & Roasted Butternut	
FREE RANGE CHICKEN BREASTS	45.00
160g Chicken Fillet, Lemon, Thyme & Rosemary	



CHICKEN STRIPS	65.00
Crispy Fried Chicken Strips Served With Potato Wedges & Homemade Aioli	

BURGERS

BANTING BURGER	79.00
160g Moroccan Lamb, Wild Rocket, Sliced Tomato, Red Onion & Red Pepper	
Lil'Lamb	78.00
Moroccan Lamb, Mint Yoghurt, Red Onion, Wild Rocket & Red Pepper	
Lil'Chicken	68.00
Ground Chicken Breast, Wild Rocket & Homemade Aioli	



ROLLS

Fresh Bread Daily	0.00
Hamburger Rolls, Portuguese Rolls, French Loaf, Low GI Bread, Ciabatta, Rye	



QUINOA SALADS

BETROOT & FETA	80.00
Quinoa, Marinated Beetroot, Pecan Nuts, Rocket, Sprouts & Crumbled Feta	
BUTTERNUT & TOASTED PUMPKIN SEEDS	75.00
Quinoa, Roasted Butternut, Fresh Greens, Feta, Rosa Tomatoes, Cucumber, Celery, Radish & Toasted Pumpkin Seeds	
TOMATO, MOZZARELLA & BASIL	75.00
Quinoa, Rosa Tomatoes, Bocconcini Mozzarella, Fresh Basil, Balsamic Reduction, Rocket & Sprouts	
ORANGE CHILLI CHICKEN AND AVO	88.00
Quinoa, Orange Chilli Chicken Strips, Avocado, Orange Segments, Coriander, Parsley, Chia Seeds	



STRAWBERRY, FETA & PECAN NUTS	75.00
Quinoa, Fresh Greens, Mint, Sprouts, Strawberries & Pecan Nuts	
CHOOSE YOUR SIDES	18.00