



Conscious Café

Going green to Save the Blue

Welcome to Conscious Café

Conscious Café is a Vegetarian and Vegan café that serves freshly squeezed juices, smoothies, fair-trade coffee and teas, as well as wraps, sandwiches and salads. Our wraps are made daily in-house, our bread freshly baked with a live culture yeast and our sauces, dips and dressings made from scratch. We use only the finest ingredients available. We grow our own sprouts and are actively cultivating our 'living garden' that is free of all pesticides, herbicides and artificial fertilizers! As the saying goes:

"You are what you eat... but more importantly, you are what your food eats!"

We intend our vegetable garden to help the kitchen become self-sustainable, ensuring that the best, most nutritious, organic food makes it onto your plate! We strive to support local organic farmers and businesses, embracing whole heartedly the motto:

"Think globally, act locally!"

It is with this motto in mind that Conscious Café involves itself with activities such as ocean conservation and Animal Rights activism. Our owner Andre is a ship's Captain for renowned Ocean Conservation group Sea Shepherd and has been on several campaigns around the world, stopping illegal fishing and capturing

evidence of destructive fishing industries. The Conscious Crew has also been involved in other community projects, such as beach-clean ups, Human Rights marches surrounding pollution and clean air, as well as several animal rights activities.

The Café hosts evening concerts with local and international artists, as well as film evenings, Chanting groups, Drum Circles and more! We have an ever changing exciting line-up of events and plans, and take great pride in bringing our community something different and unique each month.

INTERESTED IN US. WHAT WE DO. WHERE WE GO. OUR EVENTS OR OUR PLANS?
JOIN OUR MAILING LIST AND BE THE FIRST TO FIND OUT ABOUT EVENTS!



Conscious Café at The Castle



consciouscafeafrika

Thank you for your patronage!

We hope you enjoy your eating experience with us.



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Beverages

Fair Trade Coffee

	Regular	Large
Cappuccino.....	R 22.00	R 25.00
Africano / Filter Coffee.....	R 20.00	
Espresso.....	R 18.00 (single)	R 20.00 (double)
Latte.....	(served tall)	R 25.00
Ice Cappuccino.....	(served tall)	R 26.00
Hot Chocolate.....	(served tall)	R 25.00
Soy Milk.....	R 8.00	

Tea

(single serving in a pot)

Green Tea with fresh Mint / Ginger, Lemon and Honey Tea.....	R 22.00
Chai Tea.....	R 20.00
Five Roses / Rooibos.....	R 18.00
Moontree Speciality Herbal Tea (ask your server for our tea menu).....	R 25.00
Red (Rooibos) Cappuccino.....	R 26.00

Freshly Squeezed Juice

Orange Juice / Cloudy Apple Juice.....	R 30.00
Orange Bang: Apple, Carrot, Orange.....	R 35.00
Beetroot Boost: Apple, Carrot, Beetroot, Ginger.....	R 35.00
The Green Mamba: Spinach, Cucumber, Apple, Ginger, Lemon.....	R 35.00

Smoothies

The Choc Banana: Sweet Banana, Raw Cacao.....	R 35.00
Nutty Chocolate: Sweet Banana, Raw Cacao, Peanut Butter.....	R 40.00
Tropical Dawn: Sweet Banana, Orange Juice, Pineapple, Papaya.....	R 35.00
Berry Mnandi: Oats, Dates, Sweet Banana, Mixed Berries.....	R 40.00

Add Moringa Superfood powder to your juice or smoothie.....R 6.00

Notice your glass straw? It is estimated that by 2050 every seabird will have plastic in its stomach and there will be more plastic in the ocean than fish. Single use plastics like plastic straws, cutlery and plastic bags are the biggest ocean polluters, getting stuck in sea turtles' noses and being eaten by other marine wildlife. That's why we don't serve plastic straws anymore.

When you're out to eat, save a sea turtle and refuse plastic straws.





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Sweet Treats

V - VEGAN

VG - VEGETARIAN

Ice-Cream (V) Two scoops of sweet, creamy and cool ice-cream. Chocolate and Salted Caramel flavours available.....R 25.00

Chocolate Brownie (V) Made with non-GMO flour, coconut milk and dark chocolate with a shot of espresso for a full-body taste!....R 25.00

Carrot Cake Muffin (V) Chef Jabu's home recipe: a delectable carrot muffin with sweet lemon icing. *(Weekends only)*.....R 25.00

Rainbow Cupcakes (V) Colourful and tasty! Dark Chocolate, Creamy Vanilla, Sweet Orange, Zingy Strawberry and Happy Rooibos flavours available. *(Weekends only)*.....R 15.00

KOMBUCHA SPECIAL An ice cold glass of delicious, sweet Kombucha, full of probiotics. Keep your micro-biome charged!R 30.00



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All Day Breakfast

V - VEGAN

VG - VEGETARIAN

WE USE FREE-RANGE EGGS

VEGAN EGG OPTION AVAILABLE

St Benedict (VG)

Potato rosti topped with sautéed spinach, 2 poached eggs, chopped salsa salad, tangy tahini sauce, fresh rocket and a sprinkle of paprika..... R 67.00

The Vegan Benedict (V)

The vegan version of the 'St. Benedict' - potato rosti topped with sautéed spinach, 4 falafels, chopped salsa salad, tangy tahini sauce, fresh rocket and a sprinkle of paprika..... R 70.00

The Halloumi Stack (VG)

Potato rosti topped with mushrooms, grilled Halloumi cheese, fresh rocket and tangy tahini sauce.... R 67.00

Breakfast Wrap or Toast (VG)

Scrambled eggs, tomato, onions and cheddar cheese in a toasted wrap or on toast..... R 60.00

Scrambled Eggs and Mushrooms (VG)

2 Scrambled eggs with mushrooms, served with slices of juicy tomato and toast..... R 50.00

Gary's Favourite (VG)

Our most loyal customer's favourite brekkie: a slice of warm toast smothered with mashed avo and topped with two poached eggs..... R 55.00

French Toast (VG)

A warm and sweet breakfast. 2 Slices served with golden syrup..... R 35.00

Extras:

Condiments: Tahini / Hummus / Pesto R 8.00

Extra Toast / Extra Scrambled Eggs / Two Poached Eggs..... R 12.00

Avocado / Halloumi Cheese / Mushrooms R 15.00

TOASTED WRAPS AND OPEN SANDWICHES

OUR WRAPS ARE MADE FRESH IN-HOUSE USING NON-GMO, STONEGROUND FLOUR
GLUTEN-FREE WRAPS ARE AVAILABLE ON REQUEST

**choose one of our wholesome and healthy fillings
SERVED IN A WRAP OR ON ARTISANAL BREAD**

Roasted Veg & Hummus (V)

Sweet potato and butternut, roasted with garlic and balsamic vinegar, served with crispy greens, vinaigrette and creamy hummus.....R 75.00

Grilled Halloumi (VG)

Grilled Halloumi cheese on a bed of fresh leafy greens, with slices of tomato, home-made pickles, green pea and basil pesto and tangy tahini sauce.....R 75.00

Spinach and Mushroom (V)

Sautéed spinach with mushrooms, served with green pea and basil pesto, crispy greens and tangy tahini sauce.....R 80.00

The Falafel Classic (V)

Our famous falafels, freshly made, served with green pea pesto, creamy hummus, crispy greens, chopped salsa salad, home-made pickles and tangy tahini sauce
.....R 85.00

Avocado Pesto (V)

Green pea and basil pesto, crispy greens, chopped salsa salad with vinaigrette, fresh avocado slices and tangy tahini sauce.....R 75.00

Spinach and Halloumi (VG)

Sautéed spinach, grilled Halloumi cheese, with crispy greens and tangy tahini sauce.....R 80.00

each served with a side of house salad or potato chips

Extras:

Condiments: Tahini / Hummus / Pesto R 8.00
Avo / Halloumi / Mushrooms..... R 15.00
5 Falafels with tangy Tahini sauce..... R 25.00

CONSCIOUS KIDS MENU

Toasted Cheese and/or Tomato Sandwich with Chips (VG)..... R 40.00
Potato Chips / Sweet Potato Wedges (VG).....R 35.00 / R 40.00