

# BREAKFAST

*Breakfast is our favourite meal of the day that's why we serve it all day long.*

## **Açaí Surprise Bowl 62**

**LOW CALORIE | GF | VEGAN**

Frozen berries, banana, raw cacao, açai powder with coconut milk. Topped with spiced nuts, coconut, banana, berries, cacao nibs, chia seeds & Kalahari honey.

## **Granola with Grilled Pineapple 64**

**LOW CALORIE | GF | HIGH IN FIBER**

Topped with Greek yoghurt, berries & Kalahari Honey.

## **Spring Fruit Salad 49**

**GLUTEN FREE**

Selection of seasonal fruits, roasted nuts & Greek yoghurt.

## **Berry Quinoa Porridge 69**

**LOW CALORIE | GF | HIGH IN FIBER**

Quinoa made with coconut milk, chia seeds, berries & vanilla served with almonds.

## **Golden Chai Spiced Oats 55**

Creamy rolled oats made with turmeric, chai spice, almonds & apples.

## **PANCAKES**

### **Buckwheat Pancakes 75**

**GLUTEN FREE + VEGAN**

Buckwheat pancakes with fresh banana, pecan nuts & peanut butter ice cream (normal pancake mix also available)

### **Pumpkin Flapjacks 72**

**GLUTEN FREE + VEGAN**

Pumpkin flapjacks served with fresh fruit & almonds butter.

**ADD STREAKY BACON 24**

## **FRENCH TOAST**

**TWO SLICES OF RICH FRENCH-STYLED BREAD SERVED WITH:**

- **BERRIES & CRÈME FRAÎCHE 68**
- **STREAKY BACON & PEANUT BUTTER 79**

### **Signature Smashed Avo 58**

Semi dried cherry tomato, fried capers and Greek feta served on rye.

**VEGAN OPTION - BAKED ALMOND FETA.**

### **Eggs Bennie**

English muffin with either gypsy ham/smoked trout/ pulled Pork with two poached eggs with sundried tomato pesto topped with hollandaise sauce.

**GYPSY HAM 85**

**PULLED PORK 89**

**SMOKED TROUT 103**

### **Smoked Trout on Rye 102**

Two poached eggs served with our Bavarian rye with avocado & cream cheese.

## CHOOSE BETWEEN RYE, CIABATTA OR GLUTEN FREE BREAD 10

### - SIMPLE 33

Our free-range scrambled eggs served on toast.

### - BASIC 73

Our free-range scrambled eggs, streaky bacon & roasted tomatoes served on toast.

### - CLASSIC 83

Our free-range scrambled eggs, streaky bacon, beef sausage, mushrooms & roasted tomatoes served on toast.

## ADD AVOCADO 22

### Mushroom & Pesto Eggs 73

#### CONTAINS NUTS

Two poached eggs, thyme roasted mushrooms & semi-dried tomato with basil pesto served on rye.

### Mediterranean Eggs 73

#### CONTAINS NUTS

Two poached eggs, hummus, rocket, semi dried tomatoes, Greek feta served on rye.

### Mexican Breakfast Bowl 82

Our free-range scrambled eggs, chorizo, black beans, mince, sweet corn salsa, guacamole served with corn tortilla chips.

### Breakfast Blue's Burger 72

Three fried eggs, streaky bacon, bacon jam & cheddar cheese served on brioche bun.

### The Breakfast Pantry 79

Poached egg, quinoa, roasted cherry tomato, smashed avo, haloumi cheese, beetroot hummus on ciabatta.

## OMELETTE

#### BANTING FRIENDLY

Our free-range omelette is made with 3 eggs.

For an egg white omelette

## ADD 18

### - VEGAN CHICKPEA 65

Made with chickpea flour, baby spinach, fresh tomatoes & avocado.

### - CHEESE 63

Matured cheddar, mozzarella & Greek feta.

### - VEGETARIAN 71

Baby spinach, roasted butternut, harissa pesto & Greek feta.

### - MEATY 78

Streaky bacon, matured cheddar cheese & cherry tomato.

### - ITALIAN 81

Meatballs, homemade marinara sauce, basil pesto & mozzarella.

### - SMOKED TROUT 103

Avocado, lemon zest & cottage cheese.

# LUNCH BOWLS

*It's a big bowl of pure deliciousness that is high in protein & low in carbs.*

## BURRITO BOWL

**LOW CALORIE | GLUTEN FREE**

Sautéed veggies, jalapeños, sweet corn salsa, black bean, guacamole served over coriander brown rice with lemon vinaigrette.

**Vegan Chilli 97**

**Chicken 102**

**Rump 200g 125**

## Bunless Burger Bowl 98

**LOW CALORIE | GLUTEN FREE**

200g Kalahari free-range beef mince with matured cheddar, fresh tomato, onion marmalade, avocado with green vinaigrette served with crisp lettuce.

## Vegan Burger Bowl 87

**VEGAN**

Black bean burger with vegan cheddar, roast butternut, salsa, avocado with green vinaigrette served with burger bun.

## Skinny Lamb Bowl 120

**LOW CALORIE | GLUTEN FREE**

Slow cooked lamb, quinoa, carrot ribbons, baby spinach, onion marmalade & broccoli served with tzatziki.

## Bangkok Coconut Curry 90

**VEGAN**

Red coconut curry made with broccoli, baby marrow, butternut, carrots, peppers with fresh corn, sesame seed and pineapple relish served on sticky rice.

**ADD CHICKEN 26**

## Sweet Potato & Chickpea Coconut Curry 78

**VEGAN**

Sweet potato, spinach, cauliflower, chickpeas & coconut milk served with coriander brown rice.

*Most people have no idea  
how good their body is  
designed to feel.  
- Kevin Trudeau*



# G & T

## **Blackberry & Lemon 56**

Gin, blackberry, mint, lemon & tonic.

## **Elderflower Smash 59**

Gin, elderflower, thyme, lemon & tonic.

## **Strawberry Sour 59**

Gin, strawberry, basil & tonic.

## **Citrus 63**

Gin, cinnamon bark, orange & tonic.

## **Pink G&T 71**

Gin, grapefruit juice, lemon & tonic.

*Don't cry over  
gilt milk it could  
have been gin!*

## **COCKTAILS**

### **Strawberry Daiquiri 53**

Bacardi, strawberry liqueur & strawberries.

### **Mojito 48**

Bacardi, soda, fresh limes & mint.

### **Pimm's no1 44 | 89 12**

Pimm's, lemonade, ginger ale & fresh fruit.

## ICED & COOL

### **Vietnamese Iced Coffee 26**

Espresso with condensed milk served over ice.

### **Iced Coffee Latte 26**

Full-bodied espresso with cold milk poured over ice.

### **Iced Honey & Nut Latte 28**

Beat the heat! Two shots of espresso, hazelnut syrup, milk & raw honey poured over ice.

### **Iced Mocha 28**

Espresso combined with bittersweet chocolate & milk poured over ice

### **Iced Chai Latte 30**

Spiced chai blended with milk & crushed ice

### **Red Apple 26**

Red espresso with freshly squeezed apple juice

### **Homemade Iced Tea 28**

Cinnamon & ginger or citrus & rooibos

### **Italian Sodas 26**

{Flavoured cordials served with sparkling water & blended with ice} Green Apple, Raspberry, Grapefruit, Strawberry, Pink Lemonade, Granadilla, Pineapple or Blood Orange

### **Simple Juices**

#### **AWAKE**

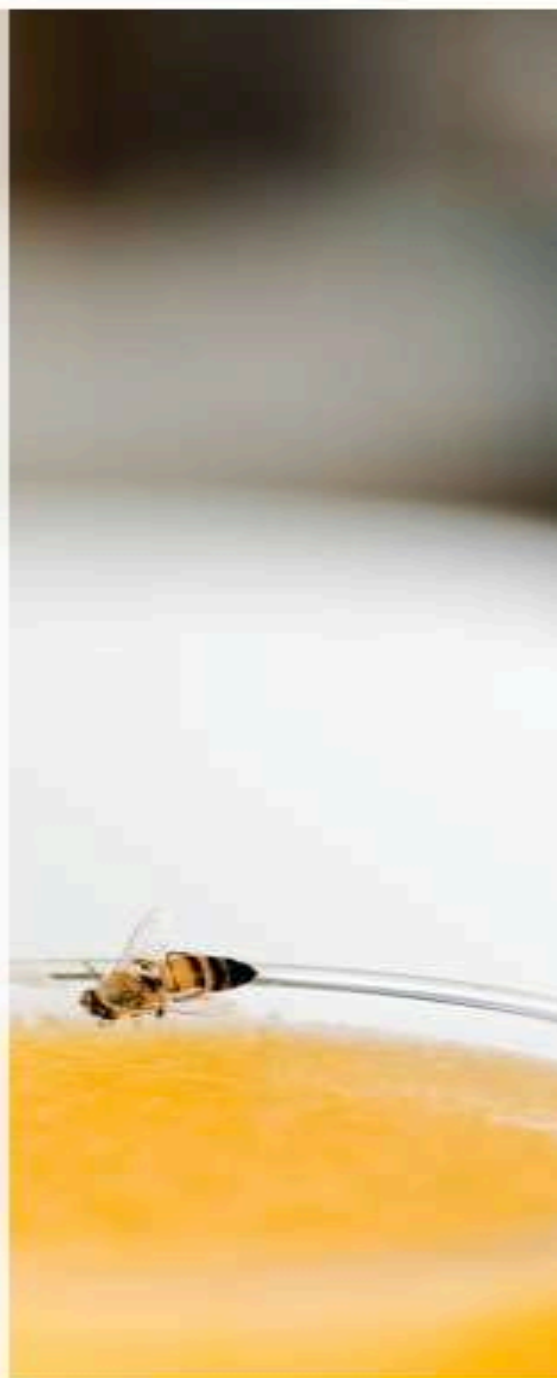
Apple, mint & cucumber 28

#### **BOLD**

Beet, carrot & orange 29

#### **CLEAN**

Carrot, ginger & apple 29



## SOFT DRINKS

### **MINERAL WATER**

Still or Sparkling 18

### **APPLETIZER OR GRAPETIZER 23**

### **COOL DRINKS 15**

Coke, Coke Light, Coke Zero or Fanta

### **BOS ICE TEA RANGE 18**

Peach, Lemon, Apple, Berry, Lime & Ginger or Yuzu

# SALADS

ALL SALADS ARE SERVED WITH SEEDED CRACKERS (GLUTEN FREE).

*Quinoa is gluten free and is high in protein, iron & fiber, pronounced [KEEN-wah]*

## Quinoa Superfood

HALF 73 | FULL 92

**GF/ HIGH IN FIBER/ VEGAN**

Quinoa, baby spinach, avocado, butternut, cranberry, cucumber ribbons, beetroot, broccoli, chopped nuts, pumpkin seeds, toasted sesame seeds, fresh herbs & sprouts. Served with hummus & green vinaigrette.

**ADD CHICKEN BREAST 26**

## Pineapple Chicken Salad

HALF 68 | FULL 84

Grilled chicken, pineapple, peppadew, sundried tomato pesto, feta, spring onion, cucumber, avocado, red pepper, honey nuts, sesame seed & mixed lettuce. Served with mustard vinaigrette dressing.

## Strawberry Biltong

HALF 73 | FULL 102

**GLUTEN FREE**

Biltong, strawberry, baby spinach, honey coated pecan nuts, red onion, avocado & gorgonzola. Served with strawberry & black pepper vinaigrette.

## Mediterranean Salad

HALF 73 | FULL 92

**GLUTEN FREE**

Halloumi cheese, butternut, brinjal, crispy chickpea, pumpkin seeds & rocket. Served with sundried tomato pesto & hummus.

## Rainbow Salad

HALF 40 | FULL 60

**VEGAN**

Carrots, red pepper, spring onions, cucumber, corn, red cabbage, pickled vegetables, roasted peanuts, sesame seeds & mixed lettuce. Served with peanut dressing or mustard vinaigrette dressing.

**ADD CHICKEN 26**

# SANDWICHES & WRAPS

*Choose between rye, panini, wrap or gluten free bread 10*

## **Raw Rice Wrap 69**

**LOW CALORIE / GF / VEGAN**

Red cabbage, carrot, cucumber, avocado, lettuce, mint, basil & sprouts served with spicy peanut dressing or Asian dipping sauce.

**ADD CHICKEN 26**

## **Rainbow Sandwich 59**

**VEGAN | CONTAINS NUTS**

Carrot, red pepper, beetroot, avocado, red cabbage, sprouts, tomato, cucumber & basil pesto.

## **Green Goddess 72**

**VEGETARIAN**

Avocado, mozzarella, tomato, cucumber, onion marmalade, sprouts & mixed lettuce served with a green goddess sauce.

## **Lamb Sandwich 102**

Slow roasted lamb with tzatziki, baby spinach & caramelised onions.

## **Steak Sandwich 96**

Rump steak, cherry tomato, onion marmalade, mustard mayo & rocket.

## **Chicken Club 89**

Chicken, streaky bacon, avocado, tomato, cos lettuce, pesto mayo & sundried tomato.

## **Asian Pork 89**

Pulled pork, Asian coleslaw, pickled cucumber & onion.

*Fall in love with  
taking care of  
your body.*



# TEA SELECTION

## Chai Latte

**SINGLE 26 | DOUBLE 28**

Spiced chai blended with steamed milk.

## Hazelnut Chai Latte

**SINGLE 30 | DOUBLE 32**

Spiced chai & hazelnut syrup blended with steamed milk.

## Matcha Latte

**DOUBLE 28**

Matcha green tea powder with steamed milk.

## Black Latte 38

**VEGAN | GF | DAIRY FREE**

Peanuts, almonds, dates, black sesame, activated charcoal & almond milk.

## Yellow Latte 38

**VEGAN | GF | DAIRY FREE**

Turmeric, coconut oil, cinnamon, cardamom & almond milk.

## Beetroot Latte 38

**VEGAN | GF | DAIRY FREE**

Grounded beetroot, cocoa, ginger, cinnamon, coconut blossom sugar & almond milk

## Rooibos Espresso

**SINGLE 15**

Sophisticated like an espresso with a surge of heart-healthy rooibos

## Rooibos Latte or Cappuccino

**SINGLE 24 | DOUBLE 28**

Rich in antioxidants minus the caffeine

## Red Ginger Latte

**SINGLE 30 | DOUBLE 32**

Red espresso & ginger syrup blended with steamed milk

## Red Symphony

**DOUBLE 36**

Red espresso, white hot chocolate, steamed milk & whipped cream

## Seasonal Tea Selection 18

**ORGANIC MINTY DELICIOUS**

**ORGANIC BERRY EXPLOSION**

**ORGANIC ROOIBOS**

**ZESTY LEMON**

**BRILLIANT BREAKFAST**

**GINGER & HONEY**

**HYSON YOUNG GREEN**

**MOROCCAN MINT**

**PERFECT EARL GREY**

# PHARMACY ADD ON

## CHIA SEEDS 5

Gluten free and rich omega 3, fibre & antioxidants.

## ORGANIC HEMP SEED PROTEIN 20

Vegan friendly, high in protein, boosts energy, omega 3 and 6, contains all amino acids & transfat free.

## GINGER SHOT 28

Relieves nausea, immune booster, anti inflammatory, decongestant, aphrodisiac.

## WHEY PROTEIN 25

22g protein, free from artificial sweeteners & sugar.



# COFFEE SELECTION

## Espresso

**SINGLE 14 | DOUBLE 18**

A full-flavoured, concentrated form of coffee served as a "shot".

## Macchiato

**SINGLE 15 | DOUBLE 20**

Espresso topped with steamed milk.

## Cafe Bombon

**DOUBLE 23**

Espresso & condensed milk.

## Americano

**SINGLE 18 | DOUBLE 20**

Espresso & hot water.

## Cappuccino

**SINGLE 22 | DOUBLE 26 | MEGA 30**

Espresso with steamed & foamed milk.

## Flat White

**SINGLE 24 | DOUBLE 26**

## Latte

**SINGLE 22 | DOUBLE 26**

Espresso with steamed milk.

## Mocha or White Mocha

**SINGLE 26 | DOUBLE 28**

Espresso & dark or white chocolate with steamed milk.

## Caramel

**SINGLE 26 | DOUBLE 28**

Espresso & caramel with steamed milk.

## Hazelnut

**SINGLE 26 | DOUBLE 28**

Espresso & hazelnut syrup with steamed milk.

## Vanilla Bean

**SINGLE 26 | DOUBLE 28**

Espresso & vanilla syrup with steamed milk.

## Dark or White Hot Chocolate

**SINGLE 22 | DOUBLE 26**

Steamed milk with either mocha (dark) or vanilla (white) flavoured syrup.

## Add

**NUT MILK 05 | CREAM 05**



# TOASTED SANDWICHES

*Choose between rye, panini, wrap or gluten free bread 10.*



PLAIN CHEESE	20
CHEESE & TOMATO	26
GYPSY HAM, CHEESE & TOMATO	45
PEANUT BUTTER & HONEY	28
MARMITE & TOMATO	21
CHICKEN MAYO	49
BACON & AVOCADO	55
BACON & EGG	52

## Add On's

VEGETABLES	15
MATURED CHEDDAR CHEESE	19
AVOCADO	23
FREE-RANGE EGG	5
FREE-RANGE CHICKEN BREAST	26
STREAKY BACON	24
BEEF SAUSAGE	22
RUMP 200G	59
TOAST	5
JAM & CHEESE	25

## Vegan Cheese Add On's

BAKED ALMOND FETA 50G	59
SHARP CHEDDAR 50G	5
MOZZARELLA 50G	25

## KIDS MENU

*Fill up that tummy with our special menu just for kids*

### French Toast Fingers 28

Served with syrup.

### Bacon in my Belly 40

Scrambled eggs & bacon served on toast.

### Ham & Cheese Toastie 45

Gypsy ham & cheddar cheese served on brown or white bread.

### Flapjacks 28

Served with honey.

### Cheese Burger 49

150g beef patty with cheddar cheese served on a burger bun.



# COLD PRESS

Ask about our 1 or 3 day juice detox

## GREEN

### 01 Super 500ML 49

Kale, spinach, cos lettuce, celery, cucumber, apple, lemon & ginger.

### 02 Spike 500ML 49

Spinach, wheatgrass, cucumber, pineapple, lemon & ginger.

### 03 Simple 500ML 49

Kale, spinach, romaine, cucumber, lemon & apple.

### 04 Sweet 500ML 47

Kale, cucumber, apple, fennel, pineapple & thyme.

### 05 Surprise 500ML 48

Wheatgrass, apple, cucumber & lemon.

## RED

### 01 Kick-Start 500ML 44

Beetroot, carrot, kale, spinach, cucumber & celery

### 02 Round Up 500ML 44

Beet, apple, lemon & ginger.

### 03 Punch-Line 500ML 47

Beet, pear, carrot & ginger.

## GOLD

### 01 Crush 500ML 46

Carrot, apple, cayenne pepper & ginger.

### 02 Crisp 500ML 48

Pineapple, carrot, apple, mint, cucumber & lemon.

### 03 Calm 500ML 48

Grapefruit, pineapple & mint.

### 04 Recharge 500ML 48

Orange, carrot, lemon & turmeric.

### 05 Crave 500ML 49

Pineapple, coconut water & lemon.

## BLACK

### 01 Magic 500ML 49

Activated charcoal, spinach, kale, apple, cucumber & lemon.

## SHOTS

Keep it clean, raw, natural liquid blends, packed with vitamins

### Apple Cider Vinegar, Honey, Ginger & Cinnamon 25

Apple cider vinegar helps to reset your body, balance sugar levels and increase energy levels.

### Dark Detox Shot 22

Activated charcoal, lemon & H2O. Rids the body of unwanted minerals & absorbs excess gas in the digestive system.

### Wheatgrass 22

Detoxifies blood, increases energy, promotes cell repair & boosts alkalinity.

### Ginger, Lemon & Cayenne Pepper 25

Detoxifies & boosts metabolism, supports immune system, cayenne pepper contains compounds such as capsaicin that reduces inflammation & pain.

### Turmeric, Lemon & Ginger 28

Turmeric helps to reduce depression, manage arthritis and blood sugar. Ginger is a powerful antioxidant that increases circulation & reduces inflammation & soothes nausea.

# SMOOTHIES

*Blended-to-order mixed with real whole fruit*

## Crunch Time

300ML 29 | 500ML 49

Whey protein, peanut butter, raw cocoa, banana, plain yoghurt & milk.

## Vital Signs

300ML 35 | 500ML 45

Raspberries, strawberries, chia seeds, banana, raw Kalahari honey & plain yoghurt.

## Blue Octane

300ML 40 | 500ML 50

VEGAN

Açaí berry powder, blueberries, banana, coconut water, vanilla & Kalahari salt.

## Spring Clean

VEGAN

300ML 35 | 500ML 45

Spinach, avocado, apple, lemon, ginger, baobab powder & spirulina.

## Rock Solid

300ML 41 | 500ML 51

Almond butter, dates, banana, milk, hemp seed protein, raw Kalahari honey & Kalahari salt.

## Skinny Mint

300ML 35 | 500ML 45

Pineapple, banana, plain yoghurt, mint, milk & honey.

## Pink Lady Detox

300ML 29 | 500ML 49

VEGAN

Avocados, celery sticks, coconut water, beet, lemon, apple & berries.

## Coffee Date

300ML 29 | 500ML 49

Espresso, banana, dates, vanilla, milk & ice.

## Tropical

300ML 43 | 500ML 53

Apricot, pineapple, banana, coconut milk, tumeric & raw Kalahari honey.

*A healthy outside starts from the inside*  
- Robert Ulrich