



# WELCOME

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*THE NATURAL CHOICE.*

WE CAN CONFIDENTLY CLAIM THAT OUR MENU IS UNLIKE MOST OFFERED  
IN THE INDUSTRY. EVERY ITEM ON OUR MENU IS AS GOOD FOR THE BODY AS  
IT IS FOR THE TASTE BUDS. ALL OUR FOOD AND BEVERAGES ARE MADE FRESH  
RIGHT IN FRONT OF OUR GUEST'S EYES, USING ONLY LOCALLY SOURCED  
NATURAL INGREDIENTS OF THE HIGHEST QUALITY.

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*Good food is all about SHARING!*

**lacococfoodpurveyors**



# BREAKFAST

## AÇAÍ BOWL R90

*LOW CALORIE / GF / VEGAN*

ACAI, FROZEN BERRIES, BANANA WITH ALMOND MILK.  
TOPPED WITH SEASONAL FRUIT, NUT BUTTER,  
CHIA SEEDS AND CACAO NIBS

## BERRY QUINOA POT R69

*LOW CALORIE / GF / VEGAN*

QUINOA, COCONUT CREAM,  
COCONUT BLOSSOM SUGAR,  
BERRIES, CHIA SEEDS & ALMOND BUTTER

## GLUTEN FREE GRANOLA WITH GRILLED PINEAPPLE R75

*LOW CALORIE / GF / HIGH IN FIBER*

TOPPED WITH GREEK YOGHURT, BERRIES & HONEY

## GOLDEN OATS R63

*VEGAN*

ROLLED OATS MADE WITH COCONUT MILK,  
TURMERIC, CHIA SPICE, ALMONDS & APPLES

# FLAPJACKS

## BUCKWHEAT FLAPJACKS R80

*GLUTEN FREE / VEGAN*

WITH FRESH BANANA, PECAN NUTS &  
PEANUT BUTTER ICE CREAM  
// NORMAL FLAPJACKS ARE ALSO AVAILABLE

## PUMPKIN FLAPJACKS R95

*GLUTEN FREE / VEGAN*

SERVED WITH FRESH FRUIT & ALMOND BUTTER  
ADD // STREAKY BACON + *R28*

# FRENCH TOAST

## BERRY BLISS R72

BERRIES & CRÈME FRAÎCHE

## PB STREAK R82

STREAKY BACON & PEANUT BUTTER

# FAVOURITES

## SMOKED TROUT ON RYE R135

RYE BREAD TOPPED WITH AVOCADO, CREAM CHEESE  
// SERVED WITH TWO POACHED EGGS  
& 80G SMOKED TROUT

## SIGNATURE SMASHED AVO R58

CHERRY TOMATO PUREE,  
FRIED CAPERS & GREEK FETA  
// SERVED ON RYE

ADD  
// SCRAMBLED EGG + *R20* // STREAKY BACON + *R30*

## SWEETCORN AND PUMPKIN FRITTER R89

SERVED WITH SMASHED AVOCADO,  
TOMATO SALSA AND SRIRACHA DRESSING  
ADD

// STREAKY BACON + *R30* // POACHED EGG + *R8*



# EGGS

CHOOSE BETWEEN :  
RYE / CIABATTA  
GLUTEN FREE BREAD + **R10**

## SIMPLE R33

OUR FREE-RANGE SCRAMBLED  
EGGS // SERVED ON TOAST  
ADD // AVOCADO + **R22**

## BASIC R73

OUR FREE-RANGE SCRAMBLED EGGS,  
STREAKY BACON & ROASTED  
TOMATOES  
// SERVED ON TOAST

## CLASSIC R90

OUR FREE-RANGE SCRAMBLED EGGS,  
STREAKY BACON, BEEF SAUSAGE,  
MUSHROOMS & ROASTED  
TOMATOES // SERVED ON TOAST

## MUSHROOM AND PESTO EGGS R85

TWO POACHED EGGS, THYME ROASTED  
MUSHROOMS & SEMI-DRIED TOMATOES WITH  
BASIL PESTO SERVED ON RYE  
// *PESTO CONTAINS NUTS*

## MEDITERRANEAN EGGS R74

TWO POACHED EGGS, HUMMUS, ROCKET,  
SEMI-DRIED TOMATOES & GREEK FETA  
// SERVED ON RYE

## MEXICAN BREAKFAST BOWL R93

OUR FREE-RANGE SCRAMBLED EGGS, CHORIZO,  
MINCE, SWEET CORN SALSA, GUACAMOLE  
// SERVED WITH TORTILLA CHIPS

## SWEETCORN AND CHILLI SCRAMBLED EGGS R90

WITH BACON, PARMESAN CHEESE,  
CHERRY TOMATOES  
// SERVED ON CIABATTA

## BREAKFAST BLUE'S BURGER R81

TWO FRIED EGGS, STREAKY BACON,  
BACON JAM AND CHEDDAR CHEESE  
// SERVED ON A BURGER BUN

## THE BREAKFAST PANTRY R83

POACHED EGG, QUINOA, ROASTED CHERRY  
TOMATO, SMASHED AVOCADO, HALOUMI  
CHEESE & BEETROOT HUMMUS  
ON CIABATTA

## EGGS BENNIE

ENGLISH MUFFIN WITH EITHER GYPSY HAM,  
PULLED PORK, SMOKED TROUT WITH TWO  
POACHED EGGS & SUNDRIED TOMATO PESTO  
TOPPED WITH HOLLANDAISE SAUCE

## GYPSY HAM R85

## PULLED PORK R89

## 40G SMOKED TROUT R108

# OMELETTE

*\*OUR FREE RANGE OMELETTE  
IS MADE WITH 3 EGGS*  
ADD // EGG WHITE OMELETTE + **R18**

## CHEESE R63

MATURED CHEDDAR, MOZZARELLA & FETA

## VEGETARIAN R71

BABY SPINACH, ROASTED BUTTERNUT,  
SUNDRIED TOMATO PESTO & FETA

## MEATY R78

STREAKY BACON, MATURED CHEDDAR  
CHEESE & CHERRY TOMATO PUREE

## MINCE AND CHEESE R81

MINCE & CHEDDAR

## SMOKED TROUT R108

AVOCADO, LEMON ZEST, CREAM CHEESE  
& 40G SMOKED TROUT

# SALADS

**\*HALF PORTIONS ARE 75% OF FULL PORTION PRICE**

## MEDITERRANEAN SALAD HALF R67 // FULL R89

*GLUTEN FREE*

ROASTED BEETROOT, BUTTERNUT, BRINJAL,  
HALLOUMI, PUMPKIN SEEDS, ROCKET,  
CHERRY TOMATOES, SUN-DRIED TOMATO PESTO  
// SERVED WITH HUMMUS

## QUINOA SUPERFOOD HALF R76 // FULL R101

*GLUTEN FREE / HIGH IN FIBER / VEGAN*

QUINOA, BABY SPINACH, AVOCADO, BUTTERNUT,  
CRANBERRY, BEETROOT, BROCCOLI, CHOPPED NUTS,  
PUMPKIN SEEDS, TOASTED SESAME SEEDS, FRESH  
HERBS & SPROUTS // SERVED WITH HUMMUS &  
GREEN VINAIGRETTE  
ADD // CHICKEN BREAST + **R28**

## PINEAPPLE CHICKEN SALAD HALF R76 // FULL R101

GRILLED CHICKEN, PINEAPPLE, PEPPADEW, FETA,  
CUCUMBER, AVOCADO, HONEY COATED PECAN  
NUTS, & MIXED LETTUCE  
// SERVED WITH MUSTARD  
VINAIGRETTE DRESSING

## STRAWBERRY BILTONG SALAD HALF R82 // FULL R110

*GLUTEN FREE*

BILTONG, STRAWBERRY, BABY SPINACH, HONEY  
COATED PECAN NUTS, RED ONION,  
AVOCADO & GORGONZOLA  
// SERVED WITH STRAWBERRY &  
BLACK PEPPER VINAIGRETTE

## HARVEST SALAD HALF R76 // FULL R101

ROASTED BUTTERNUT, BEETROOT, HALLOUMI,  
ROOIBOS PEARS, ROASTED CHERRY TOMATO,  
MIXED GREENS, ROASTED HONEY NUTS  
// SERVED WITH A POMEGRANATE DRESSING





# LUNCH BOWLS

**\*IT'S A BIG BOWL OF PURE DELICIOUSNESS THAT  
IS HIGH IN PROTEIN AND LOW IN CARBS**

## BURRITO BOWL

*LOW CALORIE / GLUTEN FREE*

SAUTE'ED VEGGIES, JALAPENOS, SWEET  
CORN SALSA, BLACK BEANS, GUACAMOLE  
// SERVED WITH BROWN RICE

**MINCE**  
**R97**

**CHICKEN**  
**R110**

**VEGAN CHILLI**  
**R100**

**RUMP 200G**  
**R140**

## BUNLESS BURGER BOWL

**R82**

*LOW CALORIE / GLUTEN FREE*

200G KALAHARI FREE-RANGE BEEF MINCE WITH  
MATURED CHEDDAR, FRESH TOMATO, ONION  
MARMALADE, AVOCADO WITH CRISP LETTUCE  
& GREEN VINAIGRETTE

## VEGAN BURGER BOWL

**R120**

*VEGAN*

BLACK BEAN BURGER WITH VEGAN CHEDDAR,  
ROAST BUTTERNUT, SALSA AND AVOCADO  
// SERVED WITH A BAOBAB MAYO  
& BURGER BUN

## BEYOND BURGER

**R120**

BEYOND MEAT © PATTY  
// SERVED WITH VEGAN CHEESE,  
SECRET SAUCE, LETTUCE AND TOMATO

## SKINNY LAMB BOWL

**R122**

*GLUTEN FREE*

SLOW COOKED LAMB, QUINOA, CARROT,  
BABY SPINACH, ONION MARMALADE & BROCCOLI  
// SERVED WITH TZATZIKI

## CAULIFLOWER BUTTER BEAN TIKKA MASALA

**R92**

*VEGAN*

// SERVED WITH COCONUT RICE,  
TOMATO SALSA AND NAAN BREAD

## BANGKOK COCONUT CURRY

**R71**

*VEGAN / GLUTEN FREE*

SPICY RED COCONUT CURRY MADE WITH  
BUTTERNUT, BROCCOLI, BABY MARROW, CARROTS,  
PEPPERS AND FRESH CORN TOPPED WITH SESAME SEEDS  
// SERVED ON STICKY RICE  
ADD // CHICKEN + **R28**

## SWEET POTATO AND CHICKPEA COCONUT CURRY

**R78**

*VEGAN / GLUTEN FREE*

SWEET POTATO, SPINACH, CAULIFLOWER,  
CHICKPEA, TOMATO & COCONUT MILK  
// SERVED WITH CORIANDER BROWN RICE  
ADD // CHICKEN + **R28**

# SANDWICHES AND WRAPS

CHOOSE BETWEEN :

/ RYE / PANINI / WRAP  
/ GLUTEN FREE BREAD + **R10**  
/ LOW CARB PUMPKIN WRAP + **R10**

## RAW RICE WRAP R72

LOW CALORIE / GLUTEN FREE / VEGAN  
RED CABBAGE, CARROT, CUCUMBER,  
RED PEPPER, AVOCADO, LETTUCE,  
MINT, BASIL & SPROUTS  
// SERVED WITH SPICY PEANUT DRESSING  
OR ASIAN DIPPING SAUCE  
ADD // CHICKEN BREAST + **R28**

## LAMB SANDWICH R104

SLOW ROASTED LAMB  
WITH TZATZIKI, BABY SPINACH  
& ONION MARMALADE

## STEAK R98

100G RUMP STEAK, CHERRY TOMATOES,  
ONION MARMALADE, MUSTARD MAYO  
& ROCKET

## CHICKEN CLUB R93

CHICKEN, STREAKY BACON, AVOCADO,  
TOMATO, COS LETTUCE, PESTO MAYO &  
SUNDRIED PESTO

## SOUTHERN PORK SANDWICH R79

PULLED PORK, COLESLAW,  
CUCUMBER & BABY SPINACH

# TOASTED SANDWICHES

CHOOSE BETWEEN :

/ WHITE / LOW GI / RYE BREAD  
GLUTEN FREE BREAD AND WRAP + **R10**

PLAIN CHEESE	R40
CHEDDAR CHEESE & TOMATO	R42
GYPSY HAM, CHEDDAR CHEESE & TOMATO	R60
PEANUT BUTTER & HONEY	R40
MARMITE, TOMATO & CHEDDAR CHEESE	R46
MINCE & CHEESE	R66
CHICKEN MAYO	R52
BACON & AVOCADO	R60
BACON & EGG	R58
// VEGAN CHEESE OPTION	+ R25

# SOUPS

\*PLEASE ASK YOUR  
WAITRESS FOR OUR DAILY SOUP SPECIALS

*Hard work should be rewarded with good food.*





## TEA

R18

ORGANIC ROOIBOS // FIVE ROSES  
// MINTY DELICIOUS  
// BERRY EXPLOSION // ZESTY LEMON  
// BRILLIANT BREAKFAST // GINGER & HONEY  
// HYSOY YOUNG GREEN  
// MOROCCAN MINT // EARL GREY

R12

HOT WATER, LEMON, GINGER & MINT

## SUPER LATTE

\*VEGAN // MADE WITH ALMOND MILK  
\*SERVED HOT OR COLD

### MATCHA LATTE

R38

MATCHA GREEN TEA POWDER

### BLACK LATTE

R39

PEANUTS, ALMONDS, DATES,  
BLACK SESAME & ACTIVATED CHARCOAL

### YELLOW LATTE

R38

TUMERIC, COCONUT OIL, CINNAMON,  
COCONUT BLOSSOM SUGAR  
& CARDAMOM

### BEETROOT LATTE

R38

GROUND BEETROOT, COCOA,  
GINGER, CINNAMON &  
COCONUT BLOSSOM SUGAR

## ICED + COOL SELECTION

### VIETNAMESE ICED COFFEE

R30

ESPRESSO, CONDENSED MILK BLENDED WITH ICE

### ICED COFFEE

R30

ESPRESSO WITH MILK, HONEY BLENDED WITH ICE

### ICED HONEY + NUT LATTE

R34

ESPRESSO, HAZELNUT SYRUP, HONEY,  
MILK BLENDED WITH ICE

### ICED CHAI LATTE

R34

SPICED CHAI BLENDED WITH ICE

### RED APPLE

R38

ROOIBOS ESPRESSO WITH FRESHLY  
PRESSED APPLE JUICE

### HOMEMADE ICE TEAS

R34

CITRUS & ROOIBOS

### GUDGU ICED SODA

R28

STRAWBERRY // GRANADILLA // PINEAPPLE  
PINK LEMONADE // LEMONADE



*Note to self. Tea helps.*

# HOT DRINK SELECTION

\*SUBSTITUTE WITH ALMOND MILK + R9

## ESPRESSO

SINGLE R15 // DOUBLE R19

## MACCHIATO

SINGLE R18 // DOUBLE R22

ESPRESSO TOPPED WITH FOAMED MILK

## CAFE' BOMBON

R24

ESPRESSO & CONDENSED MILK

## HOT VIETNAMESE COFFEE

R28

AMERICANO WITH CONDENSED MILK

## AMERICANO

SINGLE R20 // DOUBLE R22

## CAPPUCCINO

SINGLE R22 // DOUBLE R26 // MEGA R30

ESPRESSO WITH STEAMED MILK  
& FOAMED MILK

ADD // WHIPPED CREAM + R7

## FLAT WHITE

R26

ESPRESSO WITH STEAMED MILK

## CORTADO

R24

DOUBLE ESPRESSO WITH EQUAL PART  
STEAMED MILK

## BULLETPROOF

R36

AMERICANO WITH BUTTER AND COCONUT OIL

## LATTE

SINGLE R25 // DOUBLE R28

ESPRESSO WITH STEAMED MILK

## FLAVOURED LATTE

SINGLE R30 // DOUBLE R34

CARAMEL // HAZELNUT // VANILLA // CINNAMON

## MOCHA // WHITE MOCHA

SINGLE R28 // DOUBLE R32

ESPRESSO WITH HOT CHOCOLATE  
& STEAMED MILK

ADD // WHIPPED CREAM + R7

## DARK HOT CHOCOLATE //

## WHITE HOT CHOCOLATE

SHORT R24 // TALL R28

ADD // WHIPPED CREAM + R7

## CHAI LATTE

SINGLE R28 // DOUBLE R32

SPICED CHAI MIX BLENDED  
WITH STEAMED MILK

## ROOIBOS CAPPUCCINO // LATTE

SINGLE R26 // DOUBLE R28

ROOIBOS ESPRESSO WITH STEAMED MILK

## RED SYMPHONY

R36

ROOIBOS ESPRESSO, WHITE HOT  
CHOCOLATE WITH STEAMED MILK  
& WHIPPED CREAM

*Adventure awaits, but first...coffee.*

# SHOTS

## APPLE CIDER VINEGAR, RAW HONEY, GINGER & CINNAMON R25

APPLE CIDER VINEGAR HELPS TO RESET  
YOUR BODY, BALANCE SUGAR LEVELS  
& INCREASE ENERGY LEVELS

## TURMERIC, LEMON & GINGER R28

TURMERIC HELPS TO REDUCE DEPRESSION,  
MANAGE ARTHRITIS & BLOOD SUGAR LEVELS  
// GINGER IS A POWERFUL ANTIOXIDANT  
THAT INCREASES CIRCULATION, REDUCES  
INFLAMMATION & SOOTHES NAUSEA

## WHEATGRASS R32

DETOXIFIES BLOOD, INCREASES ENERGY,  
PROMOTES CELL REPAIRS &  
BOOSTS ALKALINITY

## GINGER, LEMON AND CAYENNE PEPPER R25

DETOXIFIES & BOOSTS METABOLISM  
& SUPPORTS IMMUNE SYSTEM

## DARK DETOX SHOT R22

ACTIVATED CHARCOAL, LEMON & WATER  
// RIDS THE BODY OF UNWANTED MINERALS &  
ABSORBS EXCESS GAS IN THE  
DIGESTIVE SYSTEM

## GINGER SHOT R28

RELIEVES NAUSEA, IMMUNE BOOSTER,  
ANTI - INFLAMMATORY, DECONGESTANT, APHRODISIAC

# SMOOTHIES

**\*REPLACE ANY DIARY PRODUCT  
WITH ALMOND OR HEMP MILK EXTRA R9**

## CRUNCH TIME 300ML R43 // 500ML R53

WHEY PROTEIN, PEANUT BUTTER, RAW COCOA,  
BANANA, PLAIN YOGURT & MILK

## VITAL SIGNS 300ML R41 // 500ML R51

RASPBERRIES, STRAWBERRIES, CHIA SEEDS, BANANA,  
TOASTED OATS, RAW KALAHARI HONEY & PLAIN YOGURT

## BLUE OCTANE 300ML R46 // 500ML R56

VEGAN

ACHAI BERRY POWDER, BLUEBERRIES, BANANA,  
COCONUT WATER, VANILLA & KALAHARI SALT

## SPRING CLEAN 300ML R43 // 500ML R53

SPINACH, AVOCADO, APPLE, LEMON, PINEAPPLE,  
GINGER, BAOBAB POWDER & SPIRULINA

## ROCK SOLID 300ML R48 // 500ML R58

VEGAN

ALMOND BUTTER, DATES, BANANA, ALMOND MILK,  
HEMP SEED PROTEIN & KALAHARI SALT

**ADD // WHEY PROTEIN + R25**

22G PROTEIN, FREE FROM ARTIFICIAL  
SWEETENERS & SUGAR

**ADD // ORGANIC HEMP SEED PROTEIN + R20**  
VEGAN FRIENDLY, HIGH IN PROTEIN, BOOSTS ENERGY,  
OMEGA 3 & 6 // CONTAINS ALLAMINO ACIDS  
& TRANS FAT FREE

*Exhale and have a smoothie.*

**SKINNY MINT**  
**300ML R41 // 500ML R51**

PINEAPPLE, BANANA, PLAIN YOGHURT,  
MINT, MILK & HONEY

**COFFEE DATE**  
**300ML R41 // 500ML R51**

ESPRESSO, BANANA, DATES,  
VANILLA, MILK & ICE

**TROPICAL**  
**300ML R43 // 500ML R53**

MANGO, PINEAPPLE, CHIA, BANANA,  
COCONUT MILK, TURMERIC  
& RAW HONEY

**BERRY MANGO**  
**300ML R48 // 500ML R58**

BERRIES, MANGO, CHIA SEEDS, BANANA,  
YOGHURT & HONEY  
// GLUTEN FREE // RICH IN OMEGA 3,  
FIBRE & ANTIOXIDANTS

**GREEN ALKALINE**  
**300ML R46 // 500ML R56**

*VEGAN*  
BAOBAB, HEMP SEED PROTEIN,  
WHEATGRASS, WILD HARVESTED MORINGA LEAF,  
SPIRULINA, BARLEY GRASS, BANANA & HEMP MILK

**VANILLA EXPRESS**  
**300ML R46 // 500ML R56**

*VEGAN*  
MISQUITE POWDER, CHIA SEEDS,  
HEMP SEEDS, LUCUMA POWDER, MACA POWDER,  
VANILLA POWDER, ASTRAGALUS,  
SUNFLOWER LECITHIN (NON-GMO),  
KALAHARI SALT & HEMP MILK

# BEVERAGES

**MINERAL WATER**  
**R20**

STILL // SPARKLING

**SOFT DRINK**  
**R24**

COKE // COKE LITE // COKE ZERO  
FANTA // SPRITE // TAB // CREAM SODA

**BOS ICE TEA**  
**R24**

APPLE, PEACH, LEMON,  
SUGAR FREE, GINGER & LIME

**BUNDABERG GINGER BEER**  
**R36**

**UBER FLAVOUR ICE TEA**  
**R40**



*Motivation gets you started, habits keep you going.*