

# BREAKFAST

Served from 8 – 11am

## Fruit Salad, Granola & Yoghurt

R59

*Fresh seasonal fruit, natural yogurt & homemade granola which contains organic rolled oats, chia, pumpkin, sunflower & sesame seeds, goji berries & cranberries, chopped nuts & raw honey*

## Apple Cinnamon Rolled Oats

R38

*Organic rolled oats cooked with grated apple & cinnamon, topped with chopped dates, nuts & raw coconut flakes (v)*

*Oats naturally lowers cholesterol and is high in fibre and vitamin B.*

## Chia Seed Breakfast

R48

*Chia seeds in almond milk, choice of flavors: mixed berry or banana (v & gf)*

*Chia seeds are a rich source of plant based omega 3 fatty acids, high in protein, minerals & fibre. It is also loaded with antioxidants.*

## Vine Breakfast Wrap

R62

*Scrambled eggs with fresh Italian parsley, chives, avo, roasted cherry tomatoes, crumbled feta & fresh rocket wrapped in a flour tortilla spread with cream cheese (gf wrap available on request-add R10)*

## Scrambled Tofu

R59

*Silken Tofu scrambled with spring onion, sauté mushrooms, roasted cherry tomatoes, rocket & sauté potatoes. Served with your choice of toast... whole wheat, rye or gluten free (v & gf)*

*Tofu is soy bean curd and is an excellent source of amino acids, iron, calcium & other micronutrients*

# LUNCH

Served from 12 pm

## SALADS

### Isa's Salad R69

*Lentils, mushrooms & couscous with fresh herbs, mini chickpea cakes, black olives, avo, rocket, crumbled feta & red pepper sauce (v)*

*Chick peas are rich in vitamin B6; it could help PMT & menopausal symptoms, also assisting cardiovascular health.*

### Quinoa Salad with Mint & Cranberries R59

*Red & white quinoa, red onions, mint leaves, radish, celery, shredded carrots, kale, dried cranberries, toasted almonds (v & gf)*

*Kale is more than a super food, its known as the queen of greens, it is one of the healthiest vegetables to be found, it has risk-lowering benefits for cancer, helps to lower cholesterol, offers comprehensive support for the body's detoxification system. The list of benefits of eating kale is enormous.*

*Quinoa is high in protein & a great & healthy alternative to rice, pasta & couscous. This ancient grain is related to the spinach family.*

### Roasted Butternut Salad R62

*Roasted butternut, broccoli florets & roasted beet root, sundried tomatoes & rocket on a bed of wild & brown rice topped with walnuts (v & gf)*

### Fusilli Pasta Salad R65

*Fusilli pasta tossed with apple, corn, black olives, mushrooms, red onion, red pepper & pineapple with vegan mayonnaise (v)*



# RAW

## Curried Vegetables

R60

*Raw seasonal vegetables served with a mild curry sauce, with fresh coriander & onion & tomato salad (raw/v & gf)*

*Eating fresh organic raw fruits and vegetables will increase the vitamins & micronutrients in your diet & you will feel the difference almost immediately.*

## Carrot & Lettuce Tacos

R63

*Raw carrot spirals with cherry tomatoes, cucumber, avo, fresh lime & parsley (raw, v & gf)*

*Some of the health benefits of limes include weight loss, skin care, and improved digestion, relief from constipation, eye care, gout, piles & peptic ulcers.*

## Stuffed Mushrooms

R65

*Large black mushrooms with a filling of tomatoes, spring onions, shredded baby spinach, black olives, & garlic walnut sauce (raw, v & gf)*

*Nuts are rich in calcium, zinc & good fats; they are great for supporting the immune system & keeping the skin healthy.*

*Spinach is a super food , it's loaded with vitamins like A, K, D & E plus a host of trace minerals; is a good source of omega 3 fatty acids, has anti-cancer properties, as well as anti-inflammatory*



## LIGHT MEALS

### Bruschetta Trio R48

*A trio of grilled homemade ciabatta bread slices with a selection of toppings: tomato, garlic & fresh basil; sautéed mushrooms with parmesan cheese; grilled balsamic onions with mozzarella*

*Red bell peppers contains the highest amount of vitamin C of all bell peppers*

### Lentil, Chickpea & Coriander Burger R65

*Burger patty made with lentils, chickpeas & fresh coriander, served on soft whole wheat bun with lettuce & sliced tomato & topped with our homemade chutney. Served with oven baked sweet potato rounds or salad (v & gf)*

### Seitan Wrap R59

*Strips of seitan 'steak' with shredded lettuce, sliced tomato & crunchy red onion & topped with tzatziki in a whole wheat wrap*

Gluten free wrap available on request (add R10)

*Seitan steak is a great protein for vegetarians; it's made from wheat and is also known as wheat meat. Contains no fat or cholesterol*

### Halloumi Wrap R66

*Halloumi (or Tofu), humus, lettuce, avo, rocket, peppadews, sprouts & creamy balsamic dressing*

Gluten free wrap available on request (add R10) (v & gf)



## Green Thai Curry

R65

*This delicious aromatic curry is full of flavour; it has fresh carrots, sweet potatoes, zucchini & green asparagus, topped with coconut flakes & served with brown basmati rice. (V)*

*Coconut tree products helps prevent obesity, improves heart health, is high in dietary fibre, is low G.I., and improves digestion, can also assist in reducing sweet cravings.*

## Pasta & 'Meatballs'

R58

*Spinach meatballs served with a Napolitano sauce on a bed of whole wheat pasta (GF option available)*

## Corn & Cannelini Bean Fritters with Green Asparagus

R67

*Corn & Cannelini bean fritters topped with oven roasted fresh green asparagus, served with salsa and salad*

*Green asparagus is a very good source of fibre, folate, chromium & vitamins A, C, E & K. It is also packed with anti-oxidants. This tiny veggie ranks among top fruits & vegetables for its ability to neutralize cell damaging free radicals.*

## Vegetable Avo Rice Paper Rolls R65

*Two rice paper rolls filled with lettuce, sprouts, spiraled carrots, peppadews strips, cucumber & avocado, with our home made spicy peanut sauce*

raw

*Rice paper wrappers are an excellent replacement for high calorie breads. Filled with nutritious fresh crunchy vegetables makes for a healthy light meal.*



## COLD BEVERAGES

**COCO-V COCONUT WATER R25**

**(Grape, Passion Fruit, Pineapple, Pure)**

*Made with 100% real, natural fresh coconut water, this isotonic drink is loaded with electrolytes and nutrients and has a mind boggling list of benefits for people of all ages and sizes.*

**BUCHULIFE 500ml (Sparkling Herbal Water) R19**

**(Natural, Lime, Blackcurrant, Cranberry)**

**NATURAL SPRING WATER 500ml R15**

**STILL/SPARKLING**

**UBER ROOIBOS ICED TEAS R28**

**(Apple & Cinnamon, Mango & Vanilla, Honey & Lemon)**

**FRESH FRUIT JUICES (350ml Bottle) R19**

**(Apple & Cranberry, Mango, Orange, the Berries)**

**INAH (non-alcoholic red wine) R75**

**(Merlot, Cabernet, Shiraz)**

## SMOOTHIES

### Cacao-nana Smoothie

R46

Frozen banana, raw organic cacao, cinnamon, almond milk, agave nectar

### Citrus Berry Smoothie

R48

Goji berries, orange juice, fat free plain yogurt, almond milk, wheat germ

### Green Breeze

R58

Cucumber, kale, kiwi, avo, coconut milk, green tea

Add a super food booster to your drink: MACA POWDER/SPIRULINA/WHEY POWDER/RAW CACAO/CHIA SEED/GOJI BERRIES... R10 each

## VEGGIE JUICES

### Detoxer

raw

R38

Celery, kale, green apple, parsley, lime, ginger

### Cell repair

raw

R38

Green tea, spinach, parsley, pineapple, celery

### Circulator

raw

R38

Beet root, grapefruit, carrot, ginger, spinach

**OUR VEGGIE JUICES ARE EXTRACTED ON ORDER AND DELIVERED TO YOUR TABLE IMMEDIATELY THEREAFTER SO YOU RECEIVE THE FULL BENEFIT OF ITS NUTRIENTS.**

## CAFFE

Espresso single	R19
Espresso double	R24
Americano	R19
Caffé Latte	R25
Cappuccino	R24
Macchiato	R19
Caffé	R18
Decaf Cappuccino	R24
Skinny Cappuccino	R24

## HOT BEVERAGES:

### Tea:

Red Espresso	R18
Red Cappuccino	R25
Red Latte	R24
Organic Rooibos Tea	R19
Freshpak Rooibos	R17
Green Tea	R19
Chamomile	R19
Peppermint	R19
Earl Grey	R19
Five Roses	R18
Hot Chocolate	R26

**\*\* ALMOND, RICE & SOYA MILK AVAILABLE... ADD R5**