

# BREAKFAST

## **ORGANIC OAT JAR 66 GF**

Organic oats, almond butter, almond milk, strawberries, banana, organic chia seeds, coconut milk, topped with organic agave.

## **HEARTY QUINOA PORRIDGE (HP, GF) 64**

Quinoa, organic peanut butter, almond milk, coconut milk, organic agave and vanilla essence, topped with banana and strawberry (served hot)

## **VEGAN SCRAMBLED EGGS (HP) 87**

Organic tofu with red and green peppers, white onions, organic turmeric, olive oil. Served with a slice of gluten free bread, avocado, sautéed mushrooms and a vegan sausage, garnished with balsamic glaze.

**Available as a wrap as well**

## **PUMPKIN PIE FLAPJACKS 85**

Pumpkin puree, organic cinnamon, almond milk, blend of flour (brown rice, chickpeas, stone ground flour and flax seed) strawberry, banana, organic apple cider vinegar, vanilla extract, topped with a choice of vegan cream or ice cream.

## **ORGANIC MATCHA FLAPJACKS (HP) 90**

Organic matcha, vanilla, organic agave, blend of flour (brown rice, chickpeas, stone ground flour and flax seed) topped with strawberries, banana and whipped cream (made from coconut milk)

# INTRO

## **FALAFEL BALLS WITH CHIPOTLE MAYO 65**

## **GREEN DETOX SOUP 60**

Kale, spinach, peas, mint, dhania, topped with almond flakes, almond froth and organic cinnamon served with a side of organic sprouted Essene bread (served hot)

## **AVOCADO, TRUFFLE OIL & CHILLI 60**

Smashed avocado, served with diced chillies infused with truffle oil and served with live organic sprouted Essene bread

## **SWEET POTATO FRIES WITH WASABI AIOLI 20**

Sweet potato, olive oil, salt, paprika, onion powder, garlic powder and organic cumin powder.

# SUPER BOWLS

## **PROBIOTIC BOWL (GF) 79**

Massaged kale, organic mung bean sprouts, organic alfalfa sprouts, caramelized cashew, cherry tomatoes, olive oil, organic turmeric, sauerkraut and organic apple cider vinaigrette. Served with Probiotic cashew mayo.

## **BUDDHA BOWL (GF, HP) 75**

Quinoa, black beans, red kidney beans, organic mung beans sprouts, baby corn, coriander, sunflower seeds, red and green peppers. with a lemon vinaigrette.

## **ZEN BOWL (GF, HP) 85**

Red and white quinoa, olive oil infused kale, kale chips, carrots, red cabbage, avocado, cherry tomatoes, organic hemp seeds, Scheckter's signature cashew cheese with organic herbs served with a green organic hemp protein tahini dressing.

## **POKE BOWL (HP) 89**

Short grain brown rice infused with kimchi, grilled organic tofu, organic alfalfa

sprouts, smashed avocado, pickled ginger, smoked paprika, a sprinkle of white and black sesame seeds.

## MAIN EVENT

### **CURRY WRAP (HP) 80**

Chickpeas, sweet potatoes, baby potatoes, fresh coriander, cumin, organic turmeric, served on a whole wheat wrap

### **FALAFEL WRAP (HP) 85**

Falafel balls (Lentils, chickpea flour) vegan tzatziki, fresh coriander, field greens, carrots, cucumbers, served on a whole wheat wrap, dressed with mum's dressing.

Also available in gluten free wrap 15

### **RAW ZUCCHINI PASTA WITH A SUNFLOWER SEED, LEMON & AVOCADO PESTO (GF) 80**

Zucchini spirals, avocado and lemon pesto, fresh tomatoes, sundried tomato, almonds, olive oil, sunflower seeds and fresh organic sprouts.

### **THAI RED CURRY + ORGANIC HEMP SEED 88 (GF)**

Baby corn, red and green peppers, baby marrow, carrot, smoked paprika, cayenne pepper, tamari cashews nuts, dates – served with a side of red and white quinoa (served hot)

### **BVB – Best Vegan Burger 95**

Best Vegan Burger (BVB) patty (vegetable protein, lentils, brown rice, oats, flax seed)

Smashed avo, caramelized onions, lettuce, tomato, BBQ mayo sauce, served with sweet potato fries and vegan aioli.

### **CVC – Cajun Vegan Chicken 95**

Cajun vegan chicken (CVC) patty (wheat protein, nutritional yeast, veggie stock, spices)

BBQ mayo, smashed avo, caramelized onions, lettuce, tomato, served with sweet potato fries and vegan aioli.

### **TRUMP DOG (HP) 79**

Vegan sausage roll, sausage (vegetable protein, chickpea flour), caramelized onions, mustard, vegan BBQ mayo, Served with Mexican salsa, a small pickle and sweet potato fries.

## RAW ORGANIC TREATS (GF)

We like to indulge guilt free. That's why all our cakes and treats are sugar free, dairy free, gluten free (except our doughnuts) RAW and organic. Sweetened with Low GI organic coconut nectar.

**Snickers Bar 55**

**Mocha Delight 55**

**Reese's Cup 55**

**Twix 55**

**Double Doughnuts 55 (NOT gluten free)**

GF = GLUTEN FREE

HP = HIGH PROTEIN