

* **REDUCE REUSE RECYCLE**














R10 DEPOSIT ON ALL YOUR GLASS JARS. You can exchange your empty jar for your next jar or get a full refund on your deposit.



JUICES

* 375 ML



 HAPPY HIPPY	50
Kale, spinach, celery, cucumber, lemon, ginger	
 GREEN GODDESS	48
Apple, cucumber, ginger, mint	
 PINEAPPLE DREAMS	48
Pineapple, cucumber, apple, lemon	
 FEELIN' DA BEET OF MY HEART	48
Beetroot, cucumber, carrot, ginger, mint, lemon	
 GLOW AND FLOW	48
Orange, apple, ginger, basil, chilli, cayenne pepper	
 ALMOND MYLK	52
Almonds, cinnamon, dates, vanilla bean, hint of Himalayan salt	
 CACAO MYLK	54
Nourish'd homemade almond mylk, organic raw cacao, cinnamon, dates, vanilla bean, hint of Himalayan Salt	
 WATERMELON JUICE	48
Freshly squeezed watermelon juice	
 CREAMY DREAMY	50
Activated almonds, gluten free oats, pineapple, dates, cinnamon, cardamom, aniseeds, vanilla paste, purified water	
 NOURISH'D LEMONADE	50
Freshly squeezed lemon, apple, cayenne pepper	
 BLACK BUCHU	50
Activated charcoal, buchu, blueberries, apple, ginger, lime	
 EARTHLY YUMMINES	50
Carrot, cucumber, kale, apple, mint, lemon, ginger	
 FRUUTI TUUTI	52
Pineapple, grapefruit, lemon	

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SHOTS



* 25 ML

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|---|------------|
|  HOT SHOT | 3 5 |
| <p>Ginger, lime, turmeric, black pepper
<i>(Feeling flu-ish and muggy? Hot shot! It's hectic but you'll thank me later)</i></p> | |
|  HYEN CAYENNE | 3 5 |
| <p>Ginger, lemon, chilli, cayenne pepper
<i>(Immune system booster)</i></p> | |
|  BLACK GRIT | 3 6 |
| <p>Activated charcoal, apple, lemon
<i>(Had a little too much wine last night? Hungover? Bloating much? This is the perfect shot for bloating and for detoxing the liver)</i></p> | |
|  WHEATGRASS | 3 8 |
| <p>Organic wheatgrass shot
<i>(Brain oxygen, contains all minerals known to women. 😊 This is living green gold. Get some!)</i></p> | |
|  THE ULTIMATE | 3 4 |
| <p>Garlic, ginger, apple cider vinegar, lemon
<i>(No one wants to take this shot because of the garlic but this is definitely the most beneficial if you are sick. Don't worry about the garlic breath. It will keep the vampires away ;) Trust me. Take it!)</i></p> | |

PLEASE NOTE:

- * Please let us know if you have any allergies.
- * We press our own almond mylk in the store - it's 100 % natural. We suggest you try it with your next flat white cappuccino - trust me you'll love it!
- * Most of our dishes have not been sweetened, so please feel free to add a sweetener to your meal, we offer organic raw farm honey as well as coconut sugar.
- * Please feel free to replace the raw honey to make it vegan.
- * We buy organic chickpeas and soak them ourselves overnight to make the most delicious and healthy homemade hummus and vegan cream cheese.
- * A lot of our products we can't source all year around so if we are out of something we will let you know and you can replace it with something else that's in season.

follow the rhythms of nature



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SMOOTHIES

.....

* 500 ML

- | | | |
|--|-------------------------------|------------|
|  | MAKIN' ME CACAO | 6 8 |
| Cacao powder, cacao nibs, maca powder, frozen banana, dates, chia seeds, cinnamon, homemade almond mylk | | |
|  | BOOBALICIOUS | 6 8 |
| Peanut butter, frozen banana, cinnamon, chia seeds, organic whey protein (grass-fed) and homemade almond mylk (can replace the whey with hemp seeds) | | |
|  | NAUGHTY NUTTER | 6 4 |
| Almond butter, frozen banana, organic raw cacao paste and powder, maca, dates, cinnamon, homemade almond mylk | | |
|  | COFFEE COCO | 6 4 |
| (Lighter than a smoothie that's going to give you a kick-start to the day)
Organic coffee (single / double), organic raw cacao powder, coconut oil, dates, cinnamon, homemade almond mylk | | |
|  | GONE GREEN | 6 0 |
| Avocado, kale, frozen banana, hemp protein, fresh ginger, dates, homemade almond mylk | | |
|  | GREEN WARRIOR | 6 0 |
| (Lighter than a smoothie. No sweetness. It's delish! Try it)
Avocado, kale, spinach, celery, cucumber, lemon, ginger, pinch of Himalayan salt | | |
|  | BLADDY BLAZIN' BERRIES | 6 8 |
| Blueberries, strawberries, raspberries, frozen banana, dates, chia seeds, maca, homemade almond mylk | | |
|  | MAGIC MANGITO | 6 8 |
| Mango*, pineapple, papaya, passionfruit, cucumber, lemon, lucuma, mint, goji berries | | |
|  | WATERMELON DREAMS | 6 8 |
| Watermelon, blueberries, mint, lime, ice | | |



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BREAKFAST

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CACAO ENERGY BALLS 20

Medjool dates, coconut oil, gluten free oats, almonds, walnuts, brazilian nuts, raw organic cacao powder, raw organic cacao nibs and paste, sprinkle of Himalayan salt, cinnamon and coconut dust (careful with these, there is a lot of raw organic cacao)

SUMMER MORNIN' SEXY BOWL 54

Mango, papaya, peach, apple, raw almonds, coconut flakes, chia seeds, ginger, mint, freshly squeezed lemon

CACAO CHIA POT 54

Chia seeds, organic cacao powder and almond butter soaked in a creamy banana almond mylk topped with gluten free granola and seasonal fruit

OVERNIGHT GLUTEN FREE OATS 54

Gluten free oats soaked overnight in our homemade almond mylk and layered with Tasha's roasted granola (seeds, nuts, dried fruits, gluten free oats, a teensy agave) topped with seasonal fruit and a dust of cinnamon

GRANOLA 52

(We sell our gluten free granola)

Homemade roasted gluten free granola with our homemade almond mylk, layered with seasonal fruit and goji berries

TOASTS

(SOURDOUGH / 100% RYE / GLUTEN FREE)

- Shmooshy avo with wild organic garden rocket / sunflower sprouts drizzled with organic cold pressed virgin olive oil, ground black pepper, Himalayan salt and lemon to drizzle 52
- Basil pesto, sliced organic garden tomatoes, wild organic garden rocket / sunflower sprouts and hemp seeds for protein 54
- Shmooshy avo, basil pesto, cherry tomatoes and rocket 52
- Sliced banana, almond butter, raw farm honey / maple syrup and dusted cinnamon 50

EXTRAS

Kimchi	+ 8	Shmooshy avo	+ 18
Homemade turmeric hummus	+ 8	Fresh cherry tomatoes	+ 12
Basil pesto	+ 10	Homemade cashew nut cream cheese	+ 16



VEGAN



GLUTEN FREE

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SMOOTHIE BOWLS

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Art in a bowl - your choice of a smoothie in a bowl beautifully decorated with Tasha's homemade granola, seasonal fruit and edible flowers.

+ 15 FOR EXTRA GRANOLA

- | | | |
|---|-------------------------------|------------|
| V GF | MAKIN' ME CACAO | 7 8 |
| Organic cacao powder, cacao nibs, maca powder, frozen banana, chia seeds, cinnamon, homemade almond mylk, topped with homemade granola | | |
| V GF | GONE GREEN | 7 8 |
| Avocado, kale, frozen banana, hemp protein, fresh ginger, dates, homemade almond mylk, topped with homemade granola | | |
| V GF | BLADDY BLAZIN' BERRIES | 7 8 |
| Blueberries, strawberries, raspberries, frozen banana, dates, chia seeds, maca powder, homemade almond mylk, topped with homemade granola | | |
| V GF | BOOBALICIOUS | 7 8 |
| Peanut butter, frozen banana, cinnamon, chia seeds, organic whey protein (grass-fed), homemade almond mylk (can replace the whey with hemp seeds), topped with homemade granola | | |
| V GF | NAUGHTY NUTTER | 7 8 |
| Almond butter, frozen banana, organic raw cacao paste and powder, maca, dates, cinnamon, homemade almond mylk, topped with homemade granola | | |
| V GF | MAGIC MANGITO | 7 8 |
| Mango*, pineapple, papaya, passionfruit, cucumber, lucuma, mint, lemon, goji berries, ice, topped with homemade granola | | |
| V GF | WATERMELON DREAMS | 7 8 |
| Watermelon, blueberries, mint, lime, ice, topped with homemade granola | | |



VEGAN



GLUTEN FREE

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NOURISHD-CAFE-JUICERY

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NOURISHDCAPETOWN

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VEGAN



GLUTEN FREE

GOURMET SANDWICHES

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Please choose one of our selected breads: gluten free, sourdough or 100% rye.

+ 8 FOR GLUTEN FREE

MOON

7 0

Shmooshy avo, basil pesto, sundried tomatoes, fresh garden rocket



SUN

7 0

Shmooshy avo, gherkins, homemade turmeric hummus, fresh tomatoes, garden basil



STAR

7 0

Shmooshy avo, homemade cashew nut cream cheese, fresh tomatoes, garden rocket



RAINBOW BOWLS

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* FROM 12PM DAILY

Our nourishing rainbow bowls are super healthy, light, colourful and fresh. Perfect for the summer and topped with our Nourish'd vegan dressing.



MOONSHINE BOWL

8 5

Avocado, falafel, hummus, kimchi (salted and fermented vegetables) spiral carrots and zucchini, baby spinach, rocket, kale, micro greens, raw almonds, ginger lemon olive oil drizzle



SUNSHINE BOWL

8 5

Roasted broccoli, roasted sweet potato, spiral carrots and zucchini, cherry tomatoes, rocket, kale, baby spinach, microgreens, homemade turmeric hummus, ginger lemon olive oil drizzle



GLITTERSHINE BOWL

8 5

Exotic mushrooms, quinoa, coriander, baby spinach, kale, rocket, vegan cashew nut cream cheese, roasted seeds, microgreens, ginger lemon olive oil drizzle

* **Hummus:** Turmeric powder, soaked over night organic chickpeas, lemon, tahini (sesame seeds), garlic, ginger, Oryx salt, pepper, cayenne pepper, virgin olive oil

* **Cashew Nut Cheese:** Raw cashew nuts, garlic, lemon, nutritional yeast, Oryx salt, virgin olive oil

* **Dressing:** Cashew nut cheese, garlic, ginger, lemon, mint, basil, virgin olive oil, Oryx salt, pepper

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COFFEE

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* *Fabino certified organic & fairtrade coffee*

SINGLE ESPRESSO	20
DOUBLE ESPRESSO	22
BULLET-PROOF COFFEE	28
Single or double espresso, grass-fed cow's butter, pure MCT oil <i>(It's a high performance drink that has a massive impact on your energy and cognitive function. If you feel like a kick, trust me you'll find it here)</i>	
MACCHIATO	17
Espresso coffee drink with a small amount of micro-foam	
CORTADO	20
Mini flat white cappuccino	
AMERICANO	20
DOUBLE SHOT AMERICANO	22
FLAT WHITE / CAPPUCCINO	25
Even mix of liquid milk and smooth velvet micro-foam over a shot of espresso	
CAFFÉ LATTÉ	26
Espresso, 2 parts steamed milk, topped off with a layer of foamed milk	
MOCHA	30
Like a caffè latté, caffè mocha is based on espresso and hot milk, but with added raw organic cacao	
ICED COFFEE	26
Shot of espresso, milk and ice (try it with our homemade almond milk)	
UNICORN LATTÉ	PRICELESS
Try it... We dare you	

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OTHER DRINKS

MACA MAKIN' LOVE 3 2

AKA 'Healthy Horlicks'. Homemade almond mylk warmed up with maca, cinnamon, ashwagandha and a pinch of salt

HOT CACAOLATE 3 4

AKA "healthy hot chocolate". Raw organic cacao chunks, cacao powder, cinnamon and coconut blossom, layered with foamy homemade almond mylk

RED ESPRESSO ICED TEA 2 8

Red espresso rooibos tea, apple juice, ginger, lemon, mint, ice

RED CAPPUCCINO 3 4

Red espresso with micro-foam

RED SPICED CHAI LATTÉ 3 6

Red espresso latté with chai spice

TURMERIC. CINNAMON AND GINGER LATTÉ 3 8

MATCHA. MINT AND WHEATGRASS LATTÉ 4 0

BEETROOT AND CACAO LATTÉ 3 8

ICED MATCHA GREEN TEA LEMONADE 3 8

Organic matcha green tea, lemon, raw honey, ginger, mint, ice

MATCHA LATTÉ 3 6

With homemade almond mylk

'BUCHA IN A BOTTLE' 4 5

Tasha's homestyle kombucha "good for the soul"

- 330 ML BOTTLE

TEA

- Green tea 2 0
- Rooibos 1 8
- English Breakfast 1 8
- Peppermint 1 8
- African Buchu loose tea 2 4
- Matcha tea 3 4