



FRESHLY PRESSED JUICES

JUICY LUCY R38
apple, cucumber & kale

PINEAPPLE EXPRESS R44
papaya, pear & pineapple

THE CARMEN R42
granny smith apples, ginger & wheatgrass

PURPLE PEOPLE EATER R48
seasonal melon, beetroot & strawberries

SOUR CITRUS R36
orange, grapefruit & ginger

THE SPECTACLE R36
orange, carrot & pineapple

GREEN MACHINE R42
cucumber, celery, spinach & parsley

FLU FIGHTER R30
a shot of ginger & wheatgrass

AVOCADO TOAST R48
sliced avo served on health toast, finished with lemon, black pepper & salsa verde

PROTEIN PORRIDGE R40
homemade oats cooked with milk, served with fresh berries & diced pistachios

SMOOTHIE BOWLS

THE SUPERBERRY R58
raspberries, blackberries, blue berries, chia seeds, banana & yoghurt

THE SMOOTHIE R55
granny smith apples, banana, strawberries, yoghurt, muesli & honey

SMOOTHIES

MR GREEN R48
spinach, celery, pineapple, ginger, avo, coconut water & ice

THE SUPERBERRY R50
raspberries, blackberries, blue berries, chia seeds, banana, milk & yoghurt

CHOCOLATE VELVET R48
beetroot juice, blackberries, cocoa, dates & ice

PEANUT POWER R46
peanut butter, whey powder, cocoa, banana, milk & ice

THE ALMANDY R50
banana, almonds, yoghurt, honey, coconut milk & ice

THE SMOOTHIE R48
granny smith apples, banana, strawberries, yoghurt, muesli, honey, ice & milk

THE GARDEN R58
avo, alfalfa, rocket, watercress & hummus served with a fresh salsa verde

HARISSA STEAK R68
thinly sliced beef fillet served with gherkins, lettuce & of course, harissa mayo

CORONATION CHICKEN R64
served on a bed of rocket & avo, finished with cherry tomatoes

SMOKED SALMON R74
smoked salmon served with cream cheese, black pepper, capers & a squeeze of lemon

BAGELS

SALADS

KINWA R56
white quinoa, baby spinach, cherry tomato, cucumber, strawberries & pistachios

HELLO LOUMI R58
pomegranates, dates, halloumi cheese & mixed leaves

COOLERS

THE MINT R38
zyletol syrup, crushed ice, freshly sliced lemon, mint leaves & sparkling water

LOLLYPOPS R25
a variety of freshly flavoured popsicals available

GEEKY GREEK R58
feta cheese, cherry tomato, chick peas, black olives, sunflower seeds & mixed leaves

CORONATION CHICKEN R60
avo, rocket, watercress, cucumber, coronation chicken & baby butter leaves