



SANDWICHES

Eyodwa	R70
Brie, Caramelized Fig, Rocket, Parma Ham	
Tatu	R72
Smoked Salmon, Cream Cheese, Dill And Black Pepper	
Mamfe	R55
Avo, Lemon, Rocket	
Tharo	R62
Mozzarella, Pesto, Tomato, Rocket, Balsamic Glaze	
Ntlanu	R48
Almond Butter, Banana, Honey	

- + All sandwiches served with vegetable crisps
- + Served on Sourdough, Rye or Grain-free Crackers
- + Add two free range poached eggs R14





SMOOTHIES / BOWLS

The Nutty R52 / R62
Almond Butter, Banana, Cacao, Hemp Milk and Dates

Berry & Buchu R46 / R56
Mixed Berries, Mint Leaf, Buchu Water and Honey

+ *Bowls topped with Goji Berries, Granola, and fruits*

JUICES

The Drum Beet R35
Beetroot, Apple, Cucumber, Ginger

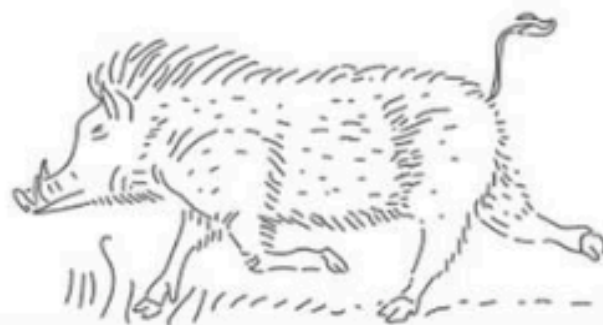
Hakuna Matata R40
Apple, Lemon, Kale, Celery, Mint

Da "Ko-Ko-Nut" R38
Strawberry, Apple, Coconut Water, Mint

The OJ R32
Freshly Squeezed Orange

Remedy R34
Carrot, Apple and Ginger

+ *Add Cayenne Pepper R8, Buchu Shot R10
Herbal Probiotic R10, Avocado R12,
Other Fruit R5*





COFFEE

Espresso	R22
Americano	R22
Flat White	R26
Latte	R28
Chai Latte	R25
Hot Chocolate	R25
Turmeric / Beetroot / Macha Latte	R30
Iced	R30
Latte, Chocolate, Chai	

+ *All coffees double shot*

