

# SMOOTHIE BOWLS / SMOOTHIES

## **Piesang Power**

Banana, Macadamia Nut Butter, Cacao Nibs, Almond Milk & Cinnamon

## **Choco- Deluxe**

Wazoogles Chocolate Moondust, Banana, Macadamia Nut Butter, Almond Milk & Dates

## **Infamous Acai**

Acai, Blueberries, Banana and Honey

## **Ayoba Berries**

Mixed Berries, Banana, Buchu Water, Mint Leaf, Chia Seeds & Honey

## **Mango Magic**

Mango, Banana, Coconut & Dates

## **Up & Away**

Wazoogles Kungfu Coffee, Banana, Cacao Nibs, Almond Milk & Dates

## **Bowls R60 Smoothies R40/ R50**

**\*All bowls topped with fresh fruits, granola, chia seeds and coconut flakes.**

## **ADD**

+ Gluten Free Granola

R5

<b>OJ- Orange</b> Freschly Squeezed Orange Juice	R25/ R35
<b>The Red</b> Beetroot, Apple, Lemon & Ginger	R35/ R45
<b>The Green</b> Spinach, Celery, Apple, Lemon & Mint	R35/ R45
<b>The Golden</b> Orange, Carrot & Turmeric	R30/ R40
<b>C-A-G</b> Carrot, Apple & Ginger	R30/ R40
<b>Probiotic Blend</b> Probiotic Shot, Cucumber, Celery, Spinach, Mint	R40
<b>Pow-Pow</b> Ginger, Honey & Lemon Shot	R20
<b>Buchu Bliss</b> Buchu Water, Carrot, Beetroot, Lemon	R40

<b>ADD</b>	
+ Probiotic Shot	R10
+ Buchu Shot	R10

## **SALAD BOWLS / WRAPS**

<b>Quinoa 1</b> Quinoa, Avocado, Beetroot, Carrot, Hummus & Rocket	R58
<b>Quinoa 2</b> Quinoa, Baby Spinach, Mozzarella, Basil Pesto & Tomato	R54
<b>Quinoa 3</b> Quinoa, Egg, Feta, Tomato, Basil & Rocket	R52
<b>Lettuce 1</b> Lettuce, Rocket, Basil, Tomato, Cucumber, Avocado & Red Pesto	R45
<b>Lettuce 2</b> Lettuce, Rocket, Basil, Red Onion, Carrot, Cucumber & Hummus	R42
<b>ADD</b>	
+ Chicken	R15
+ Smoked Trout	R22
+ Egg	R7
+ Gluten Free Coconut Wraps	R12

+ All combos below available as a

<b>Basic</b> Cream Cheese	R18
<b>Classic</b> Salmon, Cream Cheese, Dill & Black Pepper	R50
<b>Power</b> Chicken, Mozzarella, Basil Pesto, Tomato & Rocket	R55
<b>Veggie</b> Hummus, Tomato, Red Onion & Rocket	R38
<b>AVO-O-O</b> Avocado, Cream Cheese & Red Pesto	R42
<b>EGG MAYO</b> Free Range Egg, Mayonnaise, Tomato & Rocket	R35
<b>PROTEIN</b> Egg, Cream Cheese, Salmon & Rocket	R60

+ Available on Normal, Sourdough or Seeded Rye

## COFFEE

<b>Espresso</b>	R18
<b>Americano</b>	R18/ R20
<b>Flat White</b>	R22
<b>Latte</b>	R25
<b>Hot Chocolate</b>	R28
<b>Chai Latte</b>	R28
<b>Red Espresso / Red Cappuccino</b>	R22/ R30
<b>Beetroot Latte</b>	R30
<b>Turmeric Latte</b>	R30
<b>Matcha Latte</b>	R30
<b>Iced Latte</b>	R25
<b>Iced Chocolate</b>	R30
<b>Iced Chai</b>	R30
<b>Milk Substitutes</b>	

## **BREAKFAST**

**Flat white/ Americano and a Bagel  
with Cream Cheese before 10am  
for R30!**

## **LUNCH**

**Free 350ml Orange Juice with any  
Salad/Wrap between 12h00 &  
14h00!**

## **SPECIAL**

**Post a picture of your Smoothie  
Bowl on Instagram in- store, tag  
@fresch\_foods and 3 friends and  
receive 15% off!**

**ALL  
PACKAGING  
USED FOR OUR  
PRODUCTS  
IS 100%  
BIO-  
DEGRADABLE**

**Fresch  
Foods**

**Open**