

fresh earth FOOD STORE



BURGERS

Gluten free or banting burger bun options available (add R5).
Make your meal choice banting friendly by substituting the french fries with a side salad (add R20) or sweet potato chips (add R8).

falafel burger 77

A chickpea herb burger served on a whole wheat bun with emmental cheese, caramelised onion, mayonnaise and sweet chilli sauce. Served with french fries.

mighty burger V 77

A homemade burger patty served on a whole wheat bun with hummus, shredded lettuce, tomato and sautéed mushroom. Served with french fries.

hot-u-got burger V 79

A mighty burger with all the extras topped with homemade spicy chilli sauce and served with french fries.

californian burger V 82

A homemade grilled vegetable patty topped with grilled pineapple, avocado and peppadew. Served with french fries.

cheese & mushroom burger 82

A mighty burger with all the extras topped with farm style cheddar cheese and sautéed mushrooms. Served with french fries.

NEW argentinian burger GF 82

Choose your burger patty – mighty V, falafel or quinoa. Topped with homemade chimichurri on a bun of your choice. Served with french fries.

vegan cheese burger V 86

Our delicious mighty burger patty served on a bun of your choice with hummus, shredded lettuce, tomato, red onion and our secret vegan cheese sauce. Served with french fries.

halloumi & peppadew burger 93

A homemade burger patty topped with grilled halloumi, sweet chilli sauce and shredded peppadews. Served with french fries.

NEW guacamole peppadew quinoa burger 93

Quinoa patty, grilled in farm butter served on a bun of your choice, with homemade mayonnaise, guacamole and chopped peppadews. Served with french fries.

Tel: 011 646 4404. Mon-Fri: 08h00-17h00.
Sat & Sun: 08h00-15h00. Daily buffet: 12h00-14h30.
Shop online at freshearth.co.za

We use nuts in our kitchen and in certain recipes.
Please let your waiter know if you have any allergies.

SALADS

thai quinoa salad GF LC 75

Quinoa (cooked in Thai spice), mixed green beans, red peppers, onion and cucumber on a bed of lettuce, topped with sliced paw paw, honey roasted cashews, coconut flakes, fresh coriander and drizzled with a Thai yoghurt dressing.

roast butternut salad GF 78

Mixed lettuce with oven-roasted butternut, avocado, spring onion, cucumber, fresh rocket, gorgonzola or feta cheese topped with flaked almonds and drizzled with lemon garlic olive oil dressing.

spinach, walnut & cranberry salad GF 78

Baby spinach, walnut, feta, green beans and cranberry with a sweet pomegranate balsamic reduction dressing.

mushroom & walnut salad GF V 89

Salad greens topped with tamari marinated dehydrated mushrooms, raw walnuts, cherry tomatoes, avocado, celery, sunflower sprouts, spring onions, sesame seeds and a herb dressing.

roast vegetable salad GF 95

Salad greens, fresh tomato wedges, with a variety of roasted veggies, pesto and calamata olives, crumbled feta or mozzarella cubes and roasted pumpkin seeds.

halloumi salad GF 95

Grilled farm style halloumi cheese, salad greens, cucumber, baby tomato, spring onion and avocado.

tofu salad GF V 97

Spicy tofu cubes, tomato wedges, mixed lettuce, spring onion, celery, carrots and avocado.

open SARMIES

Choice of breads: quinoa rye or artisan country.
Gluten free or banting (add R5).

avocado peppadew V GF / B 49

Bread of your choice topped with hummus, sliced avo and shredded peppadew.

roasted seasonal veg GF / B 55

Bread of your choice, seasonal roasted veg, homemade basil pesto and goats milk feta.

halloumi GF / B 62

Bread of your choice topped with homemade French mayo, avocado slices and grilled halloumi cheese.

NEW smashed avocado V GF / B 65

Smashed avocado, lemon, cherry tomatoes, olive oil, micro herbs and pumpkin seeds on a choice of home baked bread. (Quinoa rye, sourdough country, gluten free or banting).

NEW walnut & mustard V GF / B 68

Walnuts, Dijon mustard, avocado, tomato, cucumber, feta and sprout sandwich on home baked sourdough ciabatta (or a choice of our other delicious breads).

SIDES

Bowl of french fries 29 Sweet potato chips 35
Side salad 35

WRAPS

Whole wheat, gluten free or banting options available (add R10 for gluten free or banting).

chickpea avo wrap V 55

Chickpea stew, avocado, fresh lettuce, spring onion and coriander.

roast butternut & chickpea wrap 63

Roasted sage butternut, chickpea stew, basil pesto and creamy goats milk feta.

sunflower nori wrap RAW 64

Mixed lettuce, tomato, cucumber, sprouts, avocado, hummus and Asian tofu wrapped in nori seaweed.

moroccan vegetable wrap V 75

Sautéed mixed seasonal vegetables, chickpeas, dates, roasted cashews, brown rice and Moroccan spiced coconut milk.

quinoa wrap GF 69

Quinoa balls (quinoa, mushrooms, gluten free bread crumbs, egg and seasoning) in a wrap of your choice topped with tzatziki, lettuce, tomato, onion and tahini.

falafel wrap V 75

Falafel balls, cucumber, tomato and onion salad, hummus and tahini.

halloumi wrap 85

Cucumber, tomato and onion salad, grilled lemon halloumi, avocado and herb dressing.

thai stir-fry wrap V 85

Sautéed mixed vegetables with coconut milk, fresh coriander, sautéed tofu, cashew nuts and Thai spice.

tofu salad wrap V 85

Salad greens, hummus, sprouts, avocado, spicy tofu and a herb dressing.

gluten free PIZZAS

Vegan (add R10) & banting options available.

margarita pizza GF 87

Mozzarella cheese, tomato and oregano.

butternut pizza GF 97

Roast butternut, sage, sweet chilli, pine nuts, garlic and mozzarella cheese.

pesto pizza GF 110

Basil pesto, spinach, olives, Italian tofu, tomatoes, oregano and mozzarella cheese.

avocado pizza GF 110

Spinach, avocado and mozzarella cheese.

SHAKES

We make our own ice-cream using only the best and all natural ingredients.

chocolate milkshake 34

(Sugar free option available - add R6).

vanilla milkshake 34

(Sugar free option available - add R6).

carb wise choc shake GF B LC 52

Coconut milk, banana, homemade peanut butter, cocoa and 90% whey powder.

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SMOOTHIES

health nut smoothie 39

Pineapple, almonds, sunflower seeds, flax seed, soy milk and banana.

jungle juice smoothie 42

Banana, pineapple, coconut milk and Spirulina.

almond butter smoothie 44

Almond butter, carob, rice milk, banana, raw honey and vanilla.

mango tango smoothie 45

Mango, pineapple, banana and coconut milk.

banana cado smoothie 45

Frozen banana, ripe avo, rice milk, vanilla, lemon and raw honey.

berry delicious smoothie RAW 49

Mixed berries, apple, banana, cashews and rice milk.

fruit smoothie 45

Mixed seasonal fruit, milled nuts, honey, organic yoghurt. (Dairy-free option available).

NEW moringa shake 48

Fresh pineapple juice, almonds, almond milk, moringa powder.

berry chia smoothie RAW 48

Mixed seasonal berries, chia seeds, raw almonds, dates and banana.

NEW peanut protein bomb 58

Peanut Butter, banana and 90% protein whey powder, almond milk, vanilla extract and coconut blossom sugar.

get your greens smoothie V GF SF 59

Almond milk, banana, apple, mixed berries, kale and Spirulina.

cacao bliss smoothie RAW 62

Frozen banana, raw organic cacao, maca powder, vanilla, cinnamon, avocado and agave nectar.

superfood extras 15

Maca powder, Spirulina, raw cacao powder, goji berries, vegan protein and whey powder.

fruit & veg JUICES

wheat grass shot 29

ginger shot 29

carrot, beetroot, apple & lime 32

apple, lime & ginger 35

flu buster 37

Apple, celery, carrot, echinacea and golden seal.

hormone balancer 37

Fennel, apple, carrot and celery.

mind mender 38

Carrot, pineapple, ginger, ginseng and ginkgo biloba.

bought in 39

Mango or strawberry juice.

fresh fruit juice (ask what is in season) 39

fresh vegetable juice (design your own) 42

detoxer 45

Apple, wheat grass, carrot and celery.

green juice 49

Apple, celery, cucumber, ginger and wheat grass.