

VA-LE-O

adjective

I AM STRONG

I AM WELL

I AM HEALTHY

I AM WORTHY

I CAN, I PREVAIL

# VALEO

HEALTHY FOOD, HAPPY BODY

CAFE OPEN TIMES

MONDAY

BREAKFAST

08:00 - 16:00

LUNCH

11:00 - 16:00

TUESDAY - FRIDAY

BREAKFAST &

LUNCH

08:00 - 16:00

SATURDAY

BREAKFAST &

LUNCH

08:00 - 12:30

SUNDAY

CLOSED

Here at Valeo,  
we hope that through us you gain strength,  
health and endurance through abundant,  
delicious plant based foods. All our  
ingredients are organically sourced where  
possible, gluten free where possible and  
refined sugar free.

{  CONTAINS GLUTEN }

## SMOOTHIES

### PEANUT BUTTER MUDSLIDE

Banana, peanut butter, chocolate pea protein and almond milk

38

### MALTY MACA

Banana, vanilla pea protein, organic maca powder, organic cinnamon powder and macadamia milk

40

### HIGH ON ACAI

Banana, blueberries, almond milk, organic Amazonia pure Acai berry

50

### TROPICAL MATCHA

Avo, pineapple, dates, organic matcha powder and organic coconut milk

45

### SALTED CARAMEL

Banana, vanilla pea protein, Himalayan rock salt, coconut blossom and macadamia milk

40

## smoothie BOWLS

### CHOCOLATE PROTEIN BOWL

Dark and decadent chocolate pea protein bowl with home-made Valeo gluten free granola, coconut flakes, seasonal fruit and chunks of valeo chocolate

\*chocolate chunks contain honey

80

### ACAI BERRY BOWL

Creamy banana, blueberries and organic Amazonia pure acai berry fully loaded with home-made Valeo gluten free granola and fresh seasonal fruit, adorned with edible flowers

85

## BREAK The FAST

### PLATED PICNIC

Home-made Valeo gluten free granola, thick and creamy probiotic rich coconut yoghurt served with a split banana and seasonal fruit

85

### PANCAKE STACK

Fluffy omega rich pancakes topped with sliced banana, almond butter, coconut flakes, cacao nibs, seasonal fruit and chocolate sauce


75

### AVO TOAST

Avo on stoneground brown rice toast topped with microgreens, black sesame seeds and beetroot hummus

55

### SCRAMBLED "EGGS"

Protein rich scrambled organic tofu with red pepper on stoneground brown rice toast, garnished with microgreen salad & balsamic roasted  tomatoes

• add 2 strips of crispy vegan bacon

• add dairy free cheese

70

20

15

50

### COMFORTING CHOCOLATE OATS

Creamy gluten free oats topped with a thick and fudgy choc-almond butter sauce, sliced banana coins, coconut flakes and organic cacao nibs

80

### A-MAIZE-ING FRITTER STACK

Corny & creamy fritter stack layered with pesto and avocado served on a bed of baby spinach and microgreens topped with omega rich seeds

SERVED ON

stoneground  
BROWN RICE BREAD

## ZERMS

### CAPRESE

In-house Valeo pesto, tomato and dairy free cheese

45

### FAKE 'N BACON & CHEESE

Seitan bacon and dairy free cheese

50



### EGGLESS EGG 'N MAYO

Scrambled organic tofu and eggless mayo

45

### CLASSIC ENGLISH

Scrambled organic tofu, seitan bacon, dairy free cheese and eggless mayo

60



### RAINBOW SANDWHICH

Beetroot hummus, assorted rainbow veg with dairy free cheese and smashed avo

45

# RAW PIZZA

SERVED ON

oat & flax seed  
BASE

GLUTEN  
FREE

## GREEK

Homemade tomato sauce with fresh basil, sliced heirloom tomatoes, caramelised onions, avo, calamata olives topped with raw cashew cheese

## PESTO AND SHROOMS

Homemade tomato sauce with fresh basil pesto, sliced heirloom tomatoes, caramelised onions, dehydrated mushrooms, baby marrow and maple pea micro-greens, slathered in raw cashew cheese

TWO SLICES + SIDE SALAD

65

HALF PIZZA

65

WHOLE PIZZA

120

# soul BOWLS

## THAI BLISS BOWL

Black rice, fresh edemame beans, assorted rainbow veg topped with black sesame seeds and peanut satay sauce

70

## SEXY MEXY BOWL

Refried black beans, heirloom tomato salsa, brown rice, smokey corn, greens and avo topped with cashew sour cream

70

## ASIAN PERSUASION

Assorted crunchy veg, shredded coconut, organic tofu, peanuts, coriander and served with a peanut satay sauce

75

Change to a stir-fry with mung bean noodles

ADD 15

## MUMBAI MUNCHER

Butternut, chickpea and spinach curry, served with brown rice, fresh coriander and coconut yoghurt

85

# JUICES

## GREEN ALKALISER

Cucumber, kale, lemon, apple

35

## GOLDEN GODDESS

Carrot, orange, pineapple, ginger, tumeric

35

## THE BEETS ROOT

Beetroot, celery, apple

35

## BLACK LEMONADE

Lemon, activated charcoal, rice malt syrup

38

# HOT DRINKS

★ caffeine free

TUMERIC LATTE	35
MATCHA LATTE	45
CACAO LATTE	35
RED VELVET LATTE	35

# BURGERS

★ YOUR CHOICE OF

- DETOXIFYING ACTIVATED CHARCOAL BUN
- BROWN SEEDED BUN
- STONEGROUND BROWN RICE TOAST
- SALAD

## NAKED HIPPIE

Chunk meets crunch with a protein rich black bean and brinjal patty on crispy raw purple cabbage, baby spinach and fanned avo, dripping in cashew cheese

75

## URBAN VEGAN

A meaty grain, soy and legume patty taken back to a classic taste with eggless mayo, lettuce, cucumber, tomato and caramelised onions

65

## VALEO

In-house favourite Valeo patty loaded with beetroot hummus, caramelised onions, avo, microgreens, heirloom tomatoes on greens served with a shot of cashew cheese

75

## MAC DADDY

Go big or go home with a meaty grain, soy and legume patty with fake 'n bacon, a slice of dairy free cheese, eggless mayo, lettuce and tomato

80

## BEET AROUND THE BUSH

A hearty beetroot & lentil patty on crunchy kraut, baby spinach, avo and eggless mayo

60

## BOERIE ROLL

Full loaded plant-based boerie roll with tomato relish and kraut

40

ADD AIR FRIED  
sweet potato chips

25

# desserts

CHOOSE FROM OUR DAILY SELECTION

★ SERVED WITH almond milk

# COFFEE

## ESPRESSO

One shot of organic, fairtrade espresso

20

## AMERICANO

Organic, fairtrade espresso with filtered water

25

## CAPPUCCINO

Organic, fairtrade espresso with foamed almond milk

32

# tea

GREEN/ROOIBOS

25