

Breakfast

Chocolate Almond Croissant R30

Chocolate heaven! Fresh pastry filled with melt in your mouth dark chocolate, sprinkled with almond butter & almonds.

Cheesy Not Bacon Croissant R35

Super cheesy! Fresh pastry filled with cheese and friendly bacon.

Cheesy Kicker Croissant R30

Cheese explosion! Fresh pastry filled with cheese and an optional sprinkle of cayenne pepper.

Choccy-Chip Muffin R25

Delicious refined sugar free choc-chip muffin with coconut sugar, whole-wheat flour & almond milk.

The Gluten Free Blue Coconut Muffin R25

Scrumptious guilt free blueberry & coconut muffin topped with granola and coconut shavings.

Let's Avocuddle R45

Fresh Sourdough/Multi seed with yummy ripe avocado slices topped with roasted cumin chickpeas, red onion, sprouts and tahini dressing.

Add Friendly Bacon R25

Add Hummus R15

Chocolate Peanut Butter Smoothie Bowl R65

Creamy peanut butter and cacao maca smoothie bowl, topped with bananas, granola and nutty chia seeds.

Berry-Licious Smoothie Bowl R65

A healthy smoothie bowl with mixed berries, creamy coconut yoghurt, almond milk, topped with blueberries, bananas, almonds, granola, coconut flakes and chia seeds.

Strawberries & Cream Chia Cup R40

Delicious sugar free fresh strawberries and creamy coconut date milk topped with chia seeds.

Heavenly Gluten Free Peanut Butter & Banana Choc-Chip Pancakes R80

Peanut butter & banana choc chip pancakes topped with choc almond sauce and sliced banana.

Add Nice-Cream R20

Fresh Berries and Maple Pancakes R65

Fluffy pancakes topped with fresh berries and maple syrup.

Add Nice-Cream R20

Granola Breakfast Tarts R60

Two Crunchy granola baskets filled with creamy coconut yoghurt and topped with seasonal fruits.

Lunch Vibes

Goey Cheese, Tomato & Basil Toastie R50

Sourdough/Multi-seed filled with goey cheese & fresh tomato topped with Basil leaves.

Chickless Mayo Toastie R58

Sourdough/Multi-seed with tender Chik Liks, chopped chives & tangy mayo

Thaitastic Crunch Lettuce Cups R70

Crunchy Veg with a tangy peanut dressing topped with cashews served in lettuce cups or a LG or Psyllium Husk wrap.

LG Wrap R75

Psyllium Husk Wrap R75

Add Grilled Licken R20

Add Avo R15

Fully Loaded Sweet Potatoes R60

Baked sweet potato with cumin roasted chickpeas, red cabbage, hummus and a creamy savoury broccoli basil pesto drizzled with cashew cream and sprinkled with pine nuts.

Add Avo R15

Add Vegan Coleslaw R25

Buddha Bowl R85

Roasted Sweet Potato & Butternut, Red onion, cumin chickpeas, crunchy broccoli, kale, drizzled in a tangy tahini dressing topped with pumpkin seeds.

Add Avo R15

Add Grilled Licken Breast R20

Soul Salads

Fully Loaded Veggie Salad R80

A delicious healthy salad loaded with black bean, chickpeas, corn, peppers, tomato, red onion, green chillies, jalapenos, fresh cilantro, juicy lime and topped with sliced avo.

Add Extra Avo R15

Add Friendly Sliced Biltong R15

Add Grilled Licken Breast R20

Thaitastic Crunch Salad R75

A Crunchy combination of shredded carrots, peppers, cashews, cucumber, snap peas, broccoli, garlic, ginger, spring onions, avo, complimented by a Tamari Thai peanut Dressing.

Add Avo R15

Add Grilled Licken Breast R20

Add Extra Dressing R20

Burgers

Flower Power R69

A zesty mexi style plant-based burger packed with flavour! Loaded onto smashed avo and mouth-watering cheese.

Add our Chilli Mayo for some extra power! R10

Add Cheese Slice R10

Add Friendly Bacon R25

Hippie Chick R59

A super chilled Hawaiian barbeque & pine chicken burger garnished with lettuce, red onion and jalapenos.

Add a slice of cheese to make it extra cool! R10

Add Friendly Bacon R25

Add Avo R15

Peace Out R59

Pig out on our cheesy bean burger flavoured with sundried tomatoes, spring onions and basil topped with our tomato relish and garlic mayo.

Add Friendly Bacon R25

Add Avo R15

Add Pine R10

The Wanderer R65

Keep up with our beet! Chickpea, chimichurri Burger loaded with beet hummus on a bed of rocket and melting cashew cheese.

Add Friendly Bacon R25

Add Avo R15

Add Bacon R20

The Wild Child R59

Taking up the temperature with this hot green chilli & garlic burger with loaded Guac and a chilli mayo packed with a punch!

Add a slice of cheese if you please. R10

Sides

Potato Fries

Small R25

Large R32

Sweet Potato Fries

Small R30

Large R37

Vegan Slaw R30

Creamy crunch vegan coleslaw