



**#EATGOODFEELGOOD**

# BREAKFAST

## Wraps

### **Go fish R85**

Salmon, 2 scrambled eggs, avo, ginger hummus

### **Green eggs, no ham R68**

Spinach, green peppers, spring onion, basil, 2 scrambled eggs, feta, pea puree

### **Red earth R65**

Tomatoes, basil, mushrooms, 2 scrambled eggs, beet hummus,

## Granola cups

### **Almond crunch R48**

Granola, almond butter, Greek yoghurt

### **Berry crunch R45**

Granola, berry coulis, Greek yoghurt

### **Coconut crunch R45**

Granola, coconut flakes, Greek yoghurt

## Eggs on toast

### **Oh! Mega-3 R80**

Salmon, avocado, 2 poached eggs

### **Popeye R60**

Spinach, feta cheese, 2 poached eggs

### **'Shrooms man R60**

Mushrooms & peppers

**With 2 slices of rye/seeded bread**



# MAINS

## Black rice bowls

### **The OG R85**

Black rice, sugar snap peas, red pepper, poached chicken breasts, avo, cashews. Ginger sesame dressing

### **Beefy black R88**

Black rice, pumpkin, red pepper, beef, feta, cashews. Ginger sesame dressing

### **Salmon bowl R140**

Black rice, salmon, cucumber, avo, tomatoes, basil. Ginger sesame dressing

## Low- carb bowls

### **Fluffy green R68**

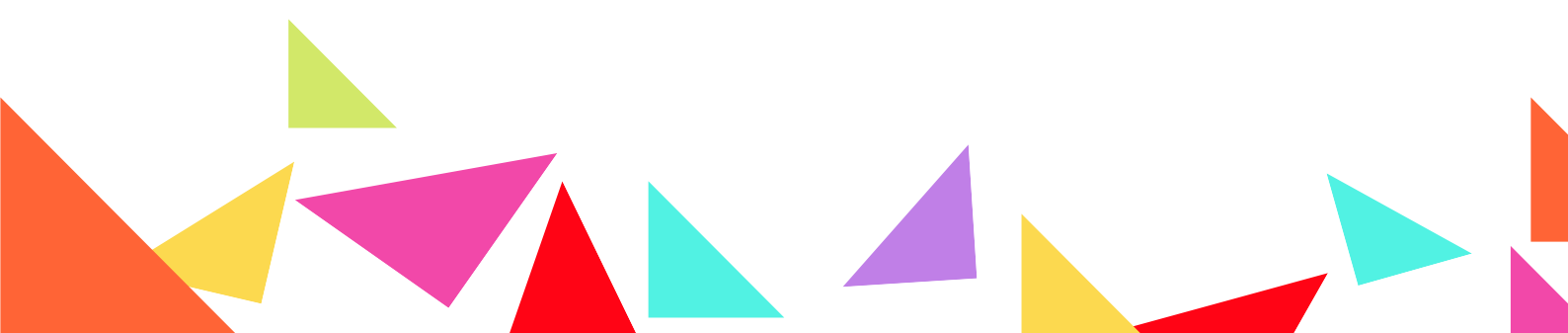
Cauli & broccoli rice, spinach, peas, basil, spring onion, green pepper, chicken, avo, pumpkin seeds. With pea puree

### **MelloYello R70**

Tumeric cauliflower rice, mushrooms, onion, tomato, basil, beef. With ginger hummus

### **Red light R65**

Cauliflower rice, red pepper, beetroot, poached chicken. With beet hummus





# MAINS

## Salads

### **Peanut R72**

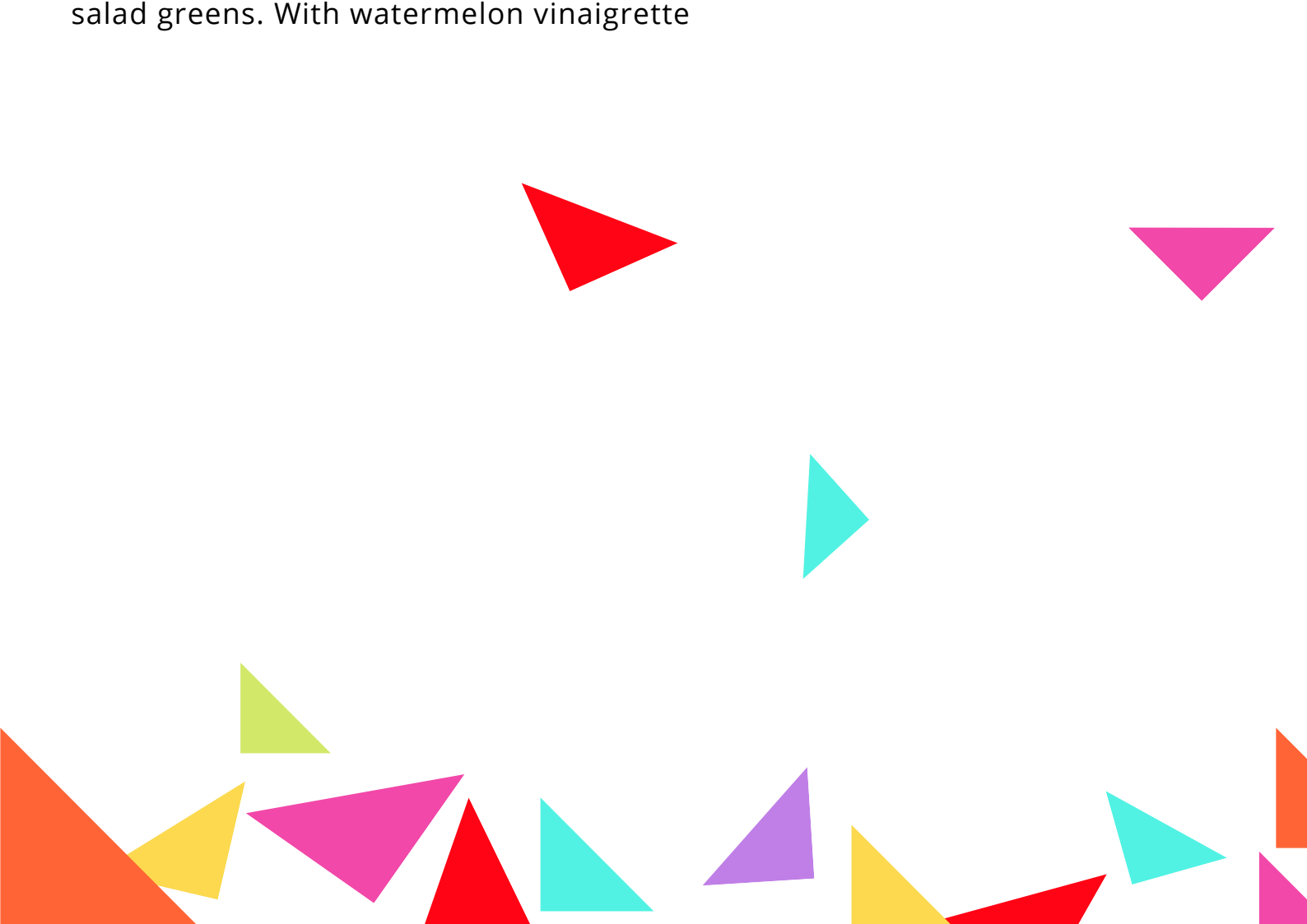
Poached chicken, pear, walnuts, cranberries, goji berries, pumpkin seeds, feta, salad greens. With honey mustard

### **Salmon rainbow R125**

Salmon, sugar snap peas, carrots, sweetcorn, avo, salad greens. With honey mustard dressing

### **Summer's Day R65**

Watermelon, cucumber, red onion, tomato, basil, feta, poached chicken, salad greens. With watermelon vinaigrette





# DRINKS

## Juices

350ml=R38    500ml =R43

### **Pining for you**

Pineapple, apple, ginger

### **I been drinkin'**

Watermelon, beetroot, mint

### **To C u better**

Carrots, apple, ginger

### **So fresh**

Apple, cucumber, spinach, basil

### **Not a Bloody Mary**

Beetroot, apple, mint

## Smoothies

350ml=R40    500ml =R45

### **Green goddess**

Spinach, banana, ginger, coconut milk

### **PB no J**

Banana, peanut butter, oats, coconut milk

### **Pink passion**

Banana, berries, basil, coconut milk

### **Tropicana**

Pineapple, mango, coconut milk

### **Fireball**

Mango, chilli, turmeric, ginger, coconut milk

# DRINKS

## Coffee

	<b>Short</b>	<b>Tall</b>	<b>Grande</b>
Cappuccino	<b>R28</b>	<b>R32</b>	<b>R36</b>
Caffe latte	<b>R28</b>	<b>R32</b>	<b>R36</b>
Caffe Americano	<b>R21</b>	<b>R26</b>	<b>R29</b>
Caffe mocha	<b>R32</b>	<b>R37</b>	<b>R42</b>
Flat white	<b>R28</b>	<b>R32</b>	<b>R36</b>
Caffe macchiato	<b>R28</b>	<b>R32</b>	<b>R36</b>
Red cappuccino	<b>R28</b>	<b>R32</b>	<b>R36</b>
		<b>Single</b>	<b>Double</b>
Espresso		<b>R19</b>	<b>R21</b>



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**LOCATION:** 1 STAN ROAD, SANDTON

**MONDAY:** 11:30 -18: 00  
**TUE-FRI:** 08:30-18:00  
**SATURDAY:** 07:00-11:00