



# LOOF COFFEE

SPECIALTY GRADE COFFEE SINCE 2015  
 • EVERY CUP MATTERS •

## COFFEE IS LIFE...

made with a standard double shot of exactly 18g beans

espresso	- 60ml	29
americano	- 240ml	* 30
macchiato	- 80ml	31
piccolo	- 130ml	32
cortado	- 160ml	33
flat white	- 220ml	36
cappuccino	- 240ml	37
latte	- 360ml	* 39
bottled cold brew	steeped overnight	41

## HEALTHY HABITS

smoooth-ie operator	- 360ml	
very berry   strawberry + banana		49
banana+ peanut butter ☺ + whey protein		59
superfood (seasonal) : 500ml		77
avo + banana + spinach + chia seeds +		
almond milk ☺ + dates + blueberries		
 fresh pressed juices		49
red : beetroot + carrot + ginger + orange		
green : cucumber + apple + spinach + celery + mint		
orange : carrot + apple + ginger		
just oj : nothing but oranges (seasonal)		
 health shots		49
fiery ginger + lemon 60ml		
flu fighter : ginger + lemon + cayenne pepper 60ml		
 kombucha		
mon sour cherry   blackberry		
elderflower   lemongrass + ginger		
250ml		38
500ml		50
 sanpellegrino juice - imported		35
aranciata - orange   rossa - blood orange		
melograno - pomegranate   limonata - lemon		
 sanpellegrino water - imported		
500ml : still   sparkling		35
750ml : still   sparkling		55
 loof bottled water		22
500ml : still   sparkling		

## ...AND THEN THERE'S THIS

hot chocolate		
ganache : made with real cadbury chocolate		43 46
rolo : yes, we use real caramel centre rolos 360ml		53
 steamees		41 44
chai   rooibos   vanilla   hazelnut ☺		
gingerbread   caramel		
 toni glass silken teabags		33
rooibos   6 orchid ceylon   organic green   english		
breakfast   earl grey   cinnamon   peppermint		
african summer   crème brûlée   vanilla black tea		
 doubleshot iced tea		35
light lemon   cling peach   vanilla + hibiscus		
mint + lime		

## NAUGHTY + NICE

flavoured coffee		
flavoured latte - 360ml		* 51
caramel   vanilla   hazelnut ☺   gingerbread   chai		
spanish latte - 360ml		* 50
milk based + condensed milk (+ chilli @ R12)		
boerekoffie - 250ml   360ml		41 46
espresso based + condensed milk		
melkertjie - 220ml		! NEW ! 46
espresso based + condensed milk + cinnamon		
(p.s. even better with added chilli)		
cafe mocha - 250ml   360ml		46 49
milk based + chocolate ganache		
 espresso tonic		! NEW ! 39
who needs booze when you've got caffeine? espresso		
layered over ice + tonic with a twist of lemon and a		
dash of brown sugar		
 shake it good		47
vanilla   chocolate   caramel   hazelnut ☺   strawberry		
lime		
 shake it real good		49
coffee   "nutella" ☺   oreo   gingerbread		
chai   rooibos		
 freezos - 360ml		
cheat day freezo		49
espresso + caramel treat + condensed milk + cream		
sugar free freezo		49
espresso + xylitol + cocoa		
frozen hot chocolate		49
condensed milk + cocoa		

## BE A LITTLE EXTRA

milk alternatives :	almond ☺   soy   macadamia ☺   oat	S+10   M+13   L+16
dash of syrup :	vanilla   hazelnut ☺   gingerbread   caramel   chai   rooibos	+12
chilli essence :	adds a little spice but also boosts immunity + metabolism	+12
decaf		+5
take away		+1

\* i'm good hot or cold ☺ contains nuts  
 S = 60-180ml | M = 200-250ml | L = 360ml

PLEASE PLACE YOUR ORDER AT THE TILL



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## ALL DAY BREAKFAST

- health bowl 68  
fresh seasonal fruit served with homemade granola ☺ and double thick creamy plain yoghurt, dash of honey + cinnamon
- shakshuka 96  
2 free-range eggs poached in a fragrant red pepper and tomato sauce with half of a malawach yemenite flat bread (extra half malawach +22)
- omelette 57  
2 free-range egg omelette with feta, cheddar, tomato + slice of toast
- loof omelette 89  
2 free-range egg omelette with avocado, mushrooms, feta, cheddar, tomato + slice of toast
- shakshuka omelette 89  
2 free-range egg omelette with shakshuka sauce, mushrooms, feta, avocado and a slice of toast
- scrambled eggs + toast 61  
3 creamy free-range scrambled eggs, fried mushrooms and fried balsamic tomatoes served with toast
- low carb breakfast 86  
3 cheesy scrambled free range eggs served with cottage cheese, baby spinach fried with red onions, fried balsamic tomatoes and sliced avocado
- salmon breakfast 132  
smoked salmon served with 3 scrambled free-range eggs, avocado, cottage cheese and slice of rye bread
- oats + cinnamon sugar + banana 48

## POUR SOME SUGAR ON ME

- cake of the day 58  
see pastry display ☺
- ice cream stuffed cr-ones **! NEW !** 63  
plain croissant stuffed with vanilla ice cream, drizzled with your choice of topping :  
- homemade chocolate ganache + choc bits  
- homemade salted caramel + caramel nibs
- muffins 33  
apple cinnamon | lemon poppyseed | chocolate | bran ☺ | red velvet  
protein muffins : coconut + date | blueberry  
+ add some butter, jam + grated cheddar +18
- plain french croissant 38  
+ add some butter, jam + grated cheddar +18

## MALAWACH FOLDIES

- our famous specialty foldover sandwiches stuffed with goodies, made with traditional yemenite flatbread
- mediterranean 99  
falafel, hummus, beetroot, corn, baba ganoush + feta on a bed of wild rocket
- egg 96  
2 fried free range eggs, hummus, beetroot, chickpeas + feta on a bed of wild rocket
- honey + nut 72  
almond butter, honey + almonds ☺
- "nutella" + almonds ☺ 72

## SANDWICHES

- best grilled cheese melts in town
- 3 cheese lula (65g cheese) 50
- 3 cheese georgie (130g cheese) 67
- tuna mayo rillette with gherkin, corn, peppers 70  
+ add a side salad +15
- filled croissants
- fried free range egg + cheese 61
- scrambled egg, mushroom, tomato 75
- salmon, avo, cottage cheese, wild rocket 108
- avo + feta toast 68  
2 slices of toasted homemade islander bread, topped with fresh avocado, danish feta on a bed of rocket, drizzled with balsamic glaze and sprinkled with mixed seeds. (p.s it's delicious with add on poached eggs +R12 each. half portion @ R48)
- ! NEW !**  
zesty beetroot hummus toast 68  
2 slices of toasted homemade islander/rye bread, topped with chunky zesty beetroot hummus, danish feta and mixed seeds (p.s it's delicious with add on poached eggs +R12 each. half portion @ R48)

## FOR THE KIDDOS

- egg in a hole 41  
1 slice of toast with a cheesy fried egg centre
- french toast nuggets **! NEW !** 73  
egg bread bites rolled in cinnamon sugar with fresh seasonal fruit
- mini omelette **! NEW !** 46  
1 free-range egg omelette with cheddar, feta + tomato
- babycino free  
steamy milk with rainbow sprinkles. yes, it's on us

## ADD A LITTLE EXTRA

THE BELOW ITEMS ARE ONLY AVAILABLE AS ADD ON ITEMS TO A MAIN MEAL. PLEASE LEAVE THE MENU CREATION TO US

- |                         |     |                                    |     |
|-------------------------|-----|------------------------------------|-----|
| garden side salad       | +15 | fried mushrooms                    | +20 |
| basil pesto             | +17 | butter, jam + cheddar              | +18 |
| avocado                 | +22 | extra slice toast (islander / rye) | +12 |
| free range egg          | +12 | extra smoked salmon (40g)          | +45 |
| chopped chilli          | +12 | biodegradable food take away box   | + 5 |
| fried balsamic tomatoes | +18 |                                    |     |

☺ contains nuts

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