

DRINKS

Fresh Juices

Pick your Pleasure

Orange, Beetroot, Carrot, Apple, Pear.....40

The Lift

Cucumber, Green Apple, Pear, Ginger & Lime.....45

The Skinny

Pineapple, Spinach, Mint, Lemon, Apple, Celery & Ginger.....50

Dirty Beets

Beetroot, Apple, Carrots & Lemon..... 45

The Defender

Grapefruit, Oranges & Lime 50

Smoothies

Berry Bliss

Mixed Berries, Goji Berries
& Yoghurt..... 45

Liquid Breakfast

Oats, Banana, Yoghurt,
Mixed Berries, Honey &
Flaxseeds.....40

Golden Glow

Carrots, Tumeric, Banana,
Ginger, Pineapple, Lemon
Juice & Almond Milk..... 50

Green Goddess

Spinach, Apple, Kale,
Spirulina, Banana,
Pineapple &
Almond Milk.....55

Tropical Treat

Banana, Kiwi, Mango, Chia
Seeds &
Coconut Milk..... 65

Vital High

Pineapple, Apple, Banana
& Hemp Seeds.....55

Tea

Black Tea

Darjeeling Summer Gold

Black tea from India, with a flowery elegance &
a deliciously well-balanced aroma..... 28

Earl Grey

Autumn Darjeeling with the refreshing citrus aroma of
bergamot..... 28

Green Tea

Green Dragon

Typical light tartness of green tea combined with a
burst of freshness..... 28

Moroccan Mint

The renowned Gunpowder green tea melded with fresh nana
mint from Morocco..... 28

Herbal Fusion

Ayurveda Herbs & Ginger

This is Ayurveda mixed with the freshness of ginger, lemongrass
& lemon verbena..... 28

Fruity Camomile

A wholesome infusion with the gentle sweetness
of orange peels..... 28

Rooibos Cream Orange

Rooibos with a creamy & delicate vanilla flavour &
a taste of ripe orange..... 28

Milkshakes

The Cookie Monster..... 55

Caramello Fudgy..... 45

Chocolate...Yum Yum..... 55

The Peppermint Crisp..... 45

Fruit Infusion

Lemon Fresh

A superbly refreshing fruit infusion of lemon peels, lemongrass
& apple pieces..... 28

Sweet Berries

Beautiful sweet berry infusion made of native fruits
& red berries..... 28

BREAKFAST

*V-Vegetarian *VF-Vegan Friendly *GF-Gluten Free *DF-Dairy Free

Be Lavish

Full House

Cage Free Eggs Your Way, Bacon, Beef Sausage, Vine Roasted Tomatoes & Grilled Brown Mushroom..... 115

Benedict

Smoked Norwegian Salmon, Hollandaise & English Muffin... 105
Smoked Streaky Bacon, Hollandaise & English Muffin..... 85

Lox on Bagel

Smoked Norwegian Salmon, Capers, Shallots, Chives & Horseradish Crème Fraîche..... 105

Not Another French Toast (V)

Brioche Fingers, Maple Mascarpone Sauce, Cinnamon Sugar, Chocolate Caramel Sauce & Cocoa Nibs Sea Salt..... 65

Pancakes (V)

Raspberries, Lime & Coconut, Crème Fraîche & Honey..... 75

Ricotta & Banana (V)

Toasted bread of choice, Mascarpone & Tahini Syrup..... 65

Bowls

(Ditch the honey and add maple syrup for no animals involved)

Rolled Oats Porridge (V, VF, DF)

Almond Milk, Tahini Seeds with Pear & Honey..... 60

House Granola (V)

Yoghurt & Honey..... 75

Carb Clever Granola (V, VF, DF, GF)

Nuts, Seeds, Dried Crunchy Fruit, Honey
Yoghurt or Coconut Milk..... 90

Be Lean

Green Omelette (V, GF)

Baby Spinach, Spring Onion, Leeks, Feta & Green Pepper..... 85

Breakfast Salad

Almonds, Quinoa, Garlic, Baby Spinach, Kale, Grilled Haloumi & Soft Boiled Egg
(Add Avo: SQ)..... 110

Things on Toast

(Ciabatta, 70% Rye, Potato, Seed Loaf, Health or Sour Dough)

Crushed Avocado (V)

Soft Boiled Egg 65

Smoked Streaky Bacon

Cream Cheese & Poached Eggs
(Add Avo: SQ)..... 65

Smoked Norwegian Salmon

Horseradish Crème Fraîche, Chives & Poached Eggs
(Add Avo: SQ)..... 95

Exotic Mushrooms (V)

Exotic Mushrooms, Garlic, Shallots, Thyme, Parmesan, Goat's Milk Cheese & Poached Egg
(Add Bacon: 30)..... 95

Overnight Oats

(Ditch the honey and add maple syrup for no animals involved)

Alotta Almond (V, VF, DF, GF)

Almond Butter, Almond Milk, Toasted Almonds, Coconut, Honey & Banana..... 75

Carrot (Cake) For Breakfast (V, VF, DF)

Carrots, Walnuts, Orange, Raisins, Ginger, Honey & Turmeric..... 65