

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, Turmeric, 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... 120
Smoked Streaky Bacon, Hollandaise & English Muffin..... 90

Lox on Bagel

Smoked Norwegian Salmon, Capers, Shallots, Chives & Horseradish Crème Fraîche..... 125

Not Another French Toast (V)

Brioche Fingers, Maple Mascarpone Sauce, Cinnamon Sugar, Chocolate Caramel Sauce & Cocoa Nibs Sea Salt..... 80

Pancakes (V)

Raspberries, Lime & Coconut, Crème Fraîche & Honey..... 95

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..... 70

House Granola (V)

Yoghurt, Honey & Fresh Fruit..... 85

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..... 95

Breakfast Salad

Almonds, Quinoa, Garlic, Baby Spinach, Kale, Grilled Haloumi & Soft Boiled Egg
(Add Avo: SQ)..... 115

Things on Toast

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

Crushed Avocado (V)

Soft Boiled Egg 70

Smoked Streaky Bacon

Cream Cheese & Poached Eggs
(Add Avo: SQ)..... 80

Smoked Norwegian Salmon

Horseradish Crème Fraîche, Chives & Poached Eggs
(Add Avo: SQ)..... 120

Exotic Mushrooms (V)

Exotic Mushrooms, Garlic, Shallots, Thyme, Parmesan, Goat's Milk Cheese & Poached Egg
(Add Bacon: 30)..... 105

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

Eat Your Carrots (V, VF, DF)

Carrots, Walnuts, Orange, Raisins, Ginger, Honey & Turmeric..... 75