

# DRINKS

## Fresh Juices

### Pick your Pleasure

Orange, Beetroot, Carrot, Apple, Pear.....42

#### The Lift

Cucumber, Green Apple, Pear, Ginger & Lime.....55

#### The Skinny

Pineapple, Spinach, Mint, Lemon, Apple, Celery & Ginger.....60

#### Dirty Beets

Beetroot, Apple, Carrots & Lemon .....50

#### The Defender

Grapefruit, Oranges & Lime .....55

## Smoothies

#### Berry Bliss

Mixed Berries, Goji Berries  
& Yoghurt..... 55

#### Liquid Breakfast

Oats, Banana, Yoghurt,  
Mixed Berries, Honey &  
Flaxseeds.....55

#### Golden Glow

Carrots, Tumeric, Banana,  
Ginger, Pineapple, Lemon  
Juice & Almond Milk..... 55

#### Green Goddess

Spinach, Apple, Kale,  
Spirulina, Banana,  
Pineapple &  
Almond Milk.....60

#### Tropical Treat

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

#### Vital High

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

## Milkshakes

The Cookie Monster.....55

Caramello Fudgy..... 55

Chocolate...Yum Yum.....60

The Peppermint Crisp.....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

### 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 (VG) Vegan (GF) Gluten Free (DF) Dairy Free

## Be Lavish

### Full House

Cage Free Eggs Your Way, Beef Sausage,  
Roma Tomatoes & Grilled Brown Mushroom  
(Add Bacon: 30) ..... 110

### 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 & Chocolate Oat Crumble ..... 85

### Pancakes (V)

Raspberries, Lime & Coconut, Crème Fraîche  
& Honey ..... 95  
or plain Butter & Maple Syrup ..... 75

## 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 ..... 75

### 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, Health or Sour Dough)

### Crushed Avocado (V)

Soft Boiled Eggs ..... 78

### Smoked Streaky Bacon

Cream Cheese & Poached Eggs  
(Add Avo: SQ) ..... 93

### Smoked Norwegian Salmon

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

### Mushrooms (V)

Mushrooms, Garlic, Shallots, Thyme, Parmesan & Poached Eggs  
(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

### Eat Your Carrots (V)(VF)(DF)

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