

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 & Lemon50

The Defender

Grapefruit, Oranges & Lime55

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..... 30

Earl Grey

Autumn Darjeeling with the refreshing citrus aroma of
bergamot..... 30

Green Tea

Green Dragon

Typical light tartness of green tea combined with a
burst of freshness..... 30

Moroccan Mint

The renowned Gunpowder green tea melded with fresh nana
mint from Morocco..... 30

Herbal Fusion

Ayurveda Herbs & Ginger

This is Ayurveda mixed with the freshness of ginger, lemongrass
& lemon verbena..... 30

Fruity Camomile

A wholesome infusion with the gentle sweetness
of orange peels..... 30

Rooibos Cream Orange

Rooibos with a creamy & delicate vanilla flavour &
a taste of ripe orange..... 30

Fruit Infusion

Lemon Fresh

A superbly refreshing fruit infusion of lemon peels, lemongrass
& apple pieces..... 30

Sweet Berries

Beautiful sweet berry infusion made of native fruits
& red berries..... 30

BREAKFAST

(V) Vegetarian (VG) Vegan (GF) Gluten Free (DF) Dairy Free

Be Lavish

Lily's Breakfast

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

Benedict

Poached Eggs, Smoked Salmon, Hollandaise & English Muffin 140
Poached Eggs, Streaky Bacon, Hollandaise & English Muffin 110

Lox on Bagel

Smoked Salmon, Capers, Shallots,
Chives & Horseradish Crème Fraîche 135

Not Another French Toast (V)

Brioche Fingers, Chocolate Caramel Sauce &
Chocolate Oat Crumble 115

Pancakes (V)

Raspberries, Lime & Coconut, Crème Fraîche
& Honey 105
or plain Butter & Maple Syrup 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 85

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 95

Be Lean

Green Omelette (V)(GF)

Baby Spinach, Spring Onion, Leeks, Feta & Green Pepper ... 105

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 95

Streaky Bacon

Cream Cheese & Poached Eggs
(Add Avo: SQ) 105

Smoked Salmon

Horseradish Crème Fraîche, Chives & Poached Eggs
(Add Avo: SQ) 140

Mushrooms (V)

Mushrooms, Garlic, Shallots, Thyme, Parmesan & Poached Eggs
(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 95

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

Carrots, Walnuts, Orange, Raisins, Ginger,
Honey & Turmeric 95