
BREAKFAST

- SMASHED AVOCADO ON RYE** 69
Avocado goodness served on rye
ADD A POACHED EGG +6
- KALE AND HALOUMI BOWL** 99
Poached egg, avocado, kale, haloumi, beetroot hummus
and a sprinkle of toasted almond nuts
ADD STREAKY BACON +19
- PINK BERRYFIELD ORGANIC OATS** 70
Stewed with raspberries, topped with peanut butter,
banana and frozen berries
- FANNED AVOCADO AND BEETROOT HUMMUS** 75
Local avocado & home made beetroot hummus topped
with a boiled or poached egg on sourdough or rye
CAULIFLOWER BREAD / GLUTEN BREAD +12
- SHAKSHUKA** 85
Traditional Moroccan dish, with two poached eggs in a
simmering fresh homemade tomato sauce, infused with
North African spices. Served with toasted rye or sour bread.
- WILD MUSHROOMS** 115
Wild mushrooms, basil pesto, kale, toasted pine nuts & homemade
pickled vegetables served on sourdough or rye
CAULIFLOWER BREAD / GLUTEN BREAD +12

SMOOTHIES

- NUTS ABOUT YOU** 65
Banana, peanut butter, almond butter, honey, cinnamon,
dates & almond milk
- PUMPKIN SPICE** 65
Pumpkin, banana, vanilla, cinnamon, dates & almond milk
- GREEN MACHINE** 79
Kale, matcha powder, cinnamon, chia seeds, moringa,
dates & almond milk
- BLUEBERRY PIE** 85
Blueberries, chia seeds, dates, cinnamon, oat milk

SMOOTHIE BOWLS

- MATCHA MORINGA** 99
Organic acai, matcha powder, banana, kale, pineapple and
coconut milk. Topped with a trail of our homemade granola,
seasonal fruit & nut butter
- GLOW BOWL** 99
Organic dragon fruit, mango, pineapple and coconut milk.
Topped with granola, seasonal fruit & goji berries

LUNCH

- RAINBOW BAO BUNS** 115
Two steamed bao buns filled with your choice of Thai inspired
grilled chicken breast OR slow roasted crispy pork belly, with
avocado, julienne vegetables, drizzled with a spicy mayo
- BUTTERNUT TOMATO GNOCCHI** 129
Sweet potato gnocchi in a tomato fennel sauce with roasted
butternut, topped with almond ricotta, pesto and crispy kale
- ASIAN PERSUASION BOWL** 139
Deconstructed bowl consisting of miso glazed halloumi kebabs,
kale, Franschoek smoked salmon trout, cauliflower rice,
pak choi, black beans & red cabbage
- MEXICAN FIESTA BOWL** 110
Black beans, Mexican spiced chicken strips, avocado,
sweetcorn, brown rice, roasted peppers, red onion & coriander,
plus a chunky salsa
- OSCARS BUDDHA BOWL** 99
Roasted chickpeas, purple cabbage, spinach, brown rice, quinoa,
falafel, sweetcorn & avocado, drizzled with a balsamic dressing
- THE CONSCIOUS BURGER** 110
Falafel, pickled onions and rocket served in a charcoal
sourdough with sweet potato fries or crunchy green salad