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## BREAKFAST

- SMASHED AVOCADO ON RYE** 59  
Avocado goodness served on rye  
ADD A POACHED EGG +6
- KALE AND HALOUMI BOWL** 90  
Poached egg, avocado, kale, haloumi, beetroot hummus  
and a sprinkle of toasted almond nuts  
ADD STREAKY BACON +19
- PINK BERRYFIELD ORGANIC OATS** 69  
Stewed with raspberries, topped with peanut butter,  
banana and frozen berries
- FANNED AVOCADO AND BEETROOT HUMMUS** 69  
Local avocado & home made beetroot hummus topped  
with a boiled or poached egg on sourdough or rye  
CAULIFLOWER BREAD +12
- SHAKSHUKA** 79  
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** 110  
Wild mushrooms, basil pesto, kale, toasted pine nuts &  
homemade pickled vegetables served on sourdough or rye  
CAULIFLOWER BREAD +12

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## SMOOTHIES

- NUTS ABOUT YOU** 58  
Banana, peanut butter, almond butter, honey, cinnamon,  
dates & almond milk
- PUMPKIN SPICE** 58  
Pumpkin, banana, vanilla, cinnamon, dates & almond milk
- GREEN MACHINE** 79  
Kale, matcha powder, cinnamon, chia seeds, moringa,  
dates & almond milk

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## 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

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## LUNCH

- RAINBOW BAO BUNS** 110  
Two steamed bao buns filled with Thai inspired grilled chicken  
breast, 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** 99  
Black beans, Mexican spiced chicken strips, avocado,  
sweetcorn, brown rice, roasted peppers, red onion & coriander,  
plus a chunky salsa
- OSCARS BUDDHA BOWL** 89  
Roasted chickpeas, purple cabbage, spinach, brown rice, quinoa,  
falafel, sweetcorn & avocado, drizzled with a balsamic dressing
- THE CONSCIOUS BURGER** 95  
Falafel, pickled onions and rocket served in a charcoal bun with  
sweet potato fries or crunchy green salad

-  **BUFFALO CAULIFLOWER WINGS** 25  
Top up your meal with our morish spicy cauli wings,  
served with a blue cheese dip

**OSCARS  
HEALTHY  
BITES**

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