
BREAKFAST

SMASHED AVOCADO ON RYE	69
Avocado goodness served on rye	
ADD A POACHED EGG +8	
KALE AND HALOUMI BOWL	99
Poached egg, avocado, kale, haloumi, beetroot hummus and a sprinkle of toasted almonds	
ADD STREAKY BACON +19	
PINK BERRYFIELD ORGANIC OATS	95
Stewed with raspberries, topped with peanut butter, banana and frozen berries	
FANNED AVOCADO AND BEETROOT HUMMUS	75
Local avocado & homemade beetroot hummus topped with a boiled or poached egg on sourdough or rye	
CAULIFLOWER BREAD / GLUTEN FREE BREAD +12	
TURKISH BREAKFAST	85
Poached eggs, onto herb yogurt finished with chilli oil and crispy onions	
SHAKSHUKA	99
Traditional Moroccan dish, with two poached eggs in a simmering fresh homemade tomato sauce, infused with North African spices. Served with toasted rye or sourdough.	
WILD MUSHROOMS	115
Wild mushrooms, basil pesto, kale, toasted almonds & homemade pickled red onions served on sourdough or rye	
CAULIFLOWER BREAD / GLUTEN FREE 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 almonds, pesto and crispy kale	
ASIAN PERSUASION BOWL	169
Deconstructed bowl consisting of miso glazed halloumi kebabs, kale, Franschhoek 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	

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