



















# SMOOTHIES

- 65 **kick start smoothie**    
green tea, coconut milk, spinach, banana, grapefruit + ginger
- 80 **berry blast**    
mixed berries, maca powder, almonds, greek yoghurt, banana, apple + a drizzle of honey
- 75 **muscle marvel**    
sugar-free peanut butter, banana, almond milk, activated chia seeds, honey, dates + a pinch of sea salt for electrolytes
- 75 **minty charcoal detox**    
avo, banana, coconut milk, activated charcoal, date paste, yoghurt, chia seeds + mint
- 70 **tropical bliss**    
coconut milk, banana, date paste + pineapple
- 75 **nutty smoothie** **NEW**   
peanut butter, caramel, yogurt, honey + banana
- 80 **avo smoothie** **NEW**   
avocado, banana, chia seeds, date paste + coconut milk
- 65 **green passion** **NEW**   
passion fruit puree, pineapple, banana, spinach, yoghurt + coconut milk
- + 30 **maca powder**  
- + 30 **harvest table collagen powder** 
- + 30 **protein powder**  

# FRESHLY SQUEEZED

- 54 **citrus boost**  
freshly squeezed citrus
- 60 **green goddess**  
apple, cucumber, spinach + celery
- 60 **golden glow**  
pineapple, apple, turmeric + ginger
- 60 **the wake me up**  
pineapple, pear, ginger + mint
- 60 **immunity zing**  
carrot, apple, ginger + orange
- 60 **honeydew melon** **NEW**  
honeydew melon + nothing else
- 60 **hydrate** **NEW**  
cucumber, turmeric, pineapple, lemon + melon
- 45 **cayenne pepper, pineapple + ginger shot**
- 45 **ginger shot**
- 45 **turmeric shot**
- 45 **ginger + turmeric shot**
- + 30 **add a ginger shot**

# MILKSHAKES

- 75 **biscoff** **NEW**  
biscoff spread, ice cream + lotus biscuits
- 75 **rocky road** **NEW**  
nutella, ice cream + mixed nuts
- 65 **classics** **NEW**  
**bubblegum or chocolate or strawberry or lime or vanilla**  
syrup + ice cream

## CAFFEINE FIX

- S** 36 **cappuccino**  
**D** 42 espresso with steamed milk + foam
- 60 **nutella cappuccino**  
single espresso with steamed milk,  
nutella + rimmed with nut crumble
- 42 **flat white**  
double espresso + steamed milk
- 37 **cortado**  
double espresso + steamed milk
- 30 **americano**  
double espresso + hot water
- S** 26 **espresso**  
**D** 32 rich, aromatic short coffee
- 50 **cafe mocha**  
single espresso, steamed milk  
+ vegan drinking chocolate
- S** 40 **latte**  
**D** 46 espresso, steamed milk + thick foam  
+ 15 add vanilla, hazelnut or caramel
- 60 **crème brûlée latte**  
double vanilla-infused espresso with  
steamed milk + brûléed sugar
- 60 **vietnamese latte**  
double espresso with condensed milk + steamed milk
- 50 **dirty chai latte**  
single espresso, vegan spiced chai + steamed milk
- 50 **dirty pumpkin spice latte** **NEW**  
single espresso, vegan pumpkin spice + steamed milk
- 40 **cafe bom bon** **NEW**  
double espresso, coconut condensed milk,  
cinnamon + foam

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+ 6 **DECAF YOUR COFFEE**

+ 12 **MILKLAB ALMOND / OAT MILK / COCONUT**

+ 15 **VANILLA / HAZELNUT/ CARAMEL**

**S** single  
**D** double

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## EASY STEAMERS

- S** 45 **rooibos cappuccino**  
**D** 51 rooibos with steamed milk + foam
- 50 **hot chocolate**  
vegan dark chocolate + steamed milk
- 60 **raspberry hot chocolate**  
vegan dark chocolate, raspberry purée, steamed milk  
+ brownie crumble (contains gluten)
- 55 **green matcha**  
green matcha, date paste + steamed milk
- 55 **blue matcha**  
blue matcha, cardamom + steamed milk
- 50 **pumpkin spice**  
pumpkin spice, steamed milk + cinnamon
- 55 **golden steamer** **NEW**  
turmeric, vanilla syrup, coconut milk + cinnamon
- 50 **chai**  
spiced chai + steamed milk

## FANCY A CUPPA LOOSE LEAF TEA?

- 35 **rooibos (herbal)**  
organic rooibos
- 42 **crème brûlée (herbal)**  
vanilla bean base + honey bush tea
- 42 **moroccan mint tea (green tea)**  
peppermint leaves + gunpowder green tea
- 42 **english breakfast (black tea)**  
chinese keemun + indian black tea
- 42 **tropical cocktail (herbal)**  
organic rooibos, hibiscus, rosehips  
+ an assortment of succulent berries
- 42 **peach + ginger (black tea)**  
full-leaf ceylon tea, peach + subtle ginger
- 42 **earl grey (black tea)**  
full-leaf ceylon tea + oil of bergamot

## GET ICED | BLENDED OR OVER ICE

- 60 **iced latte**  
double espresso, milk + milk froth  
+ 15 add vanilla, hazelnut or caramel
- 50 **iced americano**  
double espresso + still or sparkling water
- 65 **iced vietnamese latte**  
double espresso, condensed milk, milk + foam
- 60 **coffee freezo**  
vegan freezo powder + milk, blended with ice
- 60 **chocolate freezo**  
vegan freezo powder + milk, blended with ice
- 65 **mocha freezo**  
vegan freezo powder + milk, blended with ice
- 65 **iced raspberry chocolate**  
raspberry purée, vegan hot chocolate,  
milk + foam
- 75 **iced butterfly pea + lavender**  
butterfly pea flower, lavender, milk + foam
- 65 **iced pumpkin spice**  
pumpkin spice, milk + foam
- 75 **ube vietnamese latte** **NEW**  
ube cream, condensed milk, espresso + coconut milk

## KRUSHERS + COLD BAR

- 39 **homemade lemon cordial**  
with sparkling water
- 48 **lemon iced tea**  
with sparkling water
- 48 **pink grapefruit lemonade**  
grapefruit, lemon cordial + sparkling water
- 48 **mango lemonade** **NEW**  
mango, lemonade + sparkling water
- 48 **peach bellini** **NEW**  
iced tea, peach puree, lime juice + sparkling water
- 50 **krushers** **NEW**  
**green apple or passionfruit or raspberry**  
puree, blended with lime juice + still water
- 30 **water**  
still / sparkling 330ml

# ALL DAY BREAKFAST



- 85 **classic eggs benny**  
toasted english muffin, poached eggs, hollandaise + blistered heirloom tomatoes
- + 30 bacon (fond hollandaise)
- + 50 salmon trout (dill hollandaise)
- + 30 spinach + roast pepper (citrus hollandaise)
- + 55 halloumi (green herb hollandaise)
  
- + 0 swop english muffin for gluten-free sourdough
- + 25 swop english muffin for potato rosti
- + 25 swop english muffin for halloumi
  
- 98 **greens benny**   
baby marrow, broccoli, cauliflower, spinach on sourdough topped with a poached egg, green herb hollandaise, blistered heirloom tomatoes + pickled carrots
  
- 98 **shakshuka** **NEW**   
eggs poached in a sauce of onion, tomato, red peppers + arabic spices topped with feta + gluten free pita
- + 35 vegan option | with falafel + feto
  
- 95 **turkish eggs** **NEW**   
yoghurt infused with cayenne pepper, garlic, lemon + dill, poached eggs, chilli + herb oil + gluten free pita garnished with fresh coriander
- + 35 vegan option | substitute egg for tofu scramble
  
- 98 **protein dream**   
grilled smoked chicken breast served with scrambled egg whites, sautéed spinach, feta, blistered heirloom tomatoes, parsley + herb drizzle
  
- 90 **avo smash** **NEW**   
smashed avo, thyme and pumpkin whipped feta mousse, toasted mixed seeds, blistered heirloom tomatoes + herbed olive oil on sourdough
  
- 110 **greens that slap**   
broccoli, cauliflower, yellow pepper, spinach, sun-dried tomato hummus, cranberries + garnished with pickled carrots on sourdough
  
- 100 **zesty sweet potato + zucchini scramble**   
chickpea scrambled "eggs" with chunky sweet potato, julienne zucchini, charred orange wedges + roasted red pepper served on sourdough
  
- 120 **mushrooms on sourdough** **NEW**   
exotic mixed mushrooms poached in coconut cream with herbs, rocket, pickled red cabbage chili crisp, caramelised onion + heirloom tomatoes
  
- 85 **everyday breakfast** **NEW**  
2 eggs your way, caramelised onion, balsamic heirloom tomatoes + bacon or chicken breast with sourdough toast
  
- 100 **banana bread toast** **NEW**   
toasted banana bread, caramelised banana, pecan nuts, coffee cream cheese, strawberries + banana chips
- + 30 butterscotch syringe
  
- sourdough matcha flapjacks**
- 120 4 sourdough flapjacks infused with blue matcha, lemon curd and berry compote
- 90 4 sourdough flapjacks infused with matcha + maple syrup
  
- 135 **halloumi breakfast bowl** **NEW**   
black hummus, poached eggs, halloumi, brinjal, spinach, zucchini, heirloom tomatoes + herb oil
  
- 125 **roasted cauliflower bowl** **NEW**   
baba ganoush, roasted arabic cauliflower, avocado, pickled cabbage chili crisp + gluten free pita
  
- + 45 **4 egg omelette**
- + 50 **4 egg white omelette**
- + 70 **chickpea omelette**
- + 15 cheddar
- + 22 vegan cheese
- + 20 cream cheese
- + 15 feta
- + 30 feto
- + 20 bacon
- + 40 rump steak
- + 15 brinjal steak
  
- + 10 blistered heirloom tomatoes
- + 5 red onion
- + 5 spring onion
- + 5 spinach
- + 10 olives
- + 10 roasted peppers
- + 20 mushrooms

+ 25 **MAKE YOUR BREAKFAST GLUTEN-FREE**



## SMALL PLATES

- 98 **halloumi** NEW   
grilled halloumi, pumpkin mousse, cranberries + chilli crisp
- 95 **pita + dips**   
tzatziki, hummus, olive tapenade + pita
- 90 **smoked texan wings** NEW  
smoked chicken wings in sticky bbq sauce + spring onion
- 65 **korean butternut + greek yoghurt**   
pan roasted butternut, yoghurt, chilli crisp, paprika sunflower seeds + herb olive oil

## BOWLS + SALADS

- F** 155 **moroccan**
- H** 105 tender moroccan-spiced beef rump **or** roasted brinjals , fluffy cous-cous, apple, nut crumble, cranberries, olives, parsley, mint + crumbled feta topped with a moroccan chermoula dressing
- F** 130 **mexican**
- H** 98 crunchy lettuce with tomato and onion salsa, crispy bbq chickpeas, charred street-style corn, black beans, guacamole, crushed tortilla chips + drizzled with a salsa verde
- + 30 add vegan **or** smoked chicken
- + 45 add rump
- + 40 add tofu scramble
- + 50 add salmon trout
- F** 110 **buddha**
- H** 70 pan roasted sweet potato, avocado, pickled carrots, rainbow slaw, spinach, quinoa, grilled pineapple, sesame seeds, spring onion + turmeric tahini
- F** 150 **poke bowl** NEW
- H** 100 smoked salmon, black rice, avocado, pickled carrots, cucumber, sesame seeds, spring onion, edamame + a sweet/sour dressing
- F** 125 **halloumi and balsamic peaches salad** NEW
- H** 85 rocket, balsamic peaches, halloumi, roasted red pepper, mint, mixed seeds, pickled red cabbage + honey yoghurt drizzle
- F** 105 **rainbow salad** NEW
- H** 65 kale, baby spinach, lettuce, lemon juice, roasted butternut, strawberry, avocado + mixed seeds

## FOLDOVERS

- 140 **breakfast**   
gluten-free sourdough base, fried eggs, bacon, crispy potato rosti, cheddar and mozzarella cheese mix, chilli crisp + aged fond balsamic drizzle
- 125 **margherita**   
gluten-free sourdough base, homemade neapolitan sauce, mozzarella cheese, roasted heirloom tomatoes, fresh basil + aged fond balsamic drizzle
- 185 **brie and prosciutto**   
gluten-free sourdough base, brie cheese, prosciutto crudo, basil pesto, caramelized onion, fresh rocket+ grilled balsamic peaches and balsamic reduction
- 125 **erbivora**   
gluten-free sourdough base, homemade neapolitan sauce, roasted butternut, rocket, brinjal, pickled beetroot, tahini drizzle, basil leaves + aged fond balsamic drizzle
- smoked chicken**
- 140 gluten-free sourdough base, herbed cream cheese, smoked chicken, mozzarella cheese, fresh avocado, mushrooms, sage butter, toasted sunflower seeds, pickled carrots + aged fond balsamic drizzle
- scamone cubano**
- 155 gluten-free sourdough base, homemade neapolitan sauce, cuban-style pulled rump, hummus drizzle, feta + mozzarella cheese, cranberries, olives, chilli crisp + aged fond balsamic drizzle
- bellissimo**
- 110 gluten-free sourdough base, homemade neapolitan sauce, olives, artichokes, fresh tomato, parsley, rocket + aged fond balsamic drizzle

FEED ME FOND  
FEED ME FOND



## CAFE PLATES

- F 145** **chicken baba ganoush** 🍌  
**H 110** smoked chicken breast or vegan chicken 🌱, burnt sage butter, baba ganoush, tenderstem broccoli + a fresh pineapple salsa
- 230** **rump steak** **NEW** 🍌  
200g rump steak, black hummus, asparagus, charred lemon + garlic aioli  
+ served with korean butternut or fresh green salad
- 125** **cauliflower steak** **NEW** 🍌 🌱  
roasted cauliflower steak, black hummus, citrus salad, mixed seeds + chili crisp
- 96** **grilled chicken breast** **NEW** 🍌  
chicken breast, sundried tomato salsa, oregano butter with black rice or korean butternut
- 110** **thai green noodles** **NEW** 🌱 🌱  
noodles, mint + coriander broth, julienne carrots, tender stem broccoli, asparagus, mushroom, chili crisp, toasted sesame + coconut milk  
+ **25** gluten free option 🍌
- 98** **green gnocchi** **NEW** 🌱 🌱  
gnocchi, coconut pesto sauce, zucchini + street style corn  
+ **25** gluten free option 🍌

## SANDWICHES

- 130** **smashed salmon bagel**  
smoked salmon trout ribbons, dill cream cheese, red onion, capers  
+ pickled cucumber - all smashed together + fresh rocket
- 110** **breakfast bagel** **NEW**  
pesto, tomatoes, fried egg, halloumi + mushrooms
- 98** **smoked chicken and brie bagel** **NEW**  
smoked chicken, torched brie, basil pesto, basil leaves, heirloom tomatoes + balsamic drizzle
- 96** **club**  
smoked pulled chicken, crispy streaky bacon, lettuce, tomato + garlic aioli
- 70** **the happy herbivore** 🌱  
roasted brinjal, pickled beetroot, smoky hummus, fresh tomato + mixed leaves
- 115** **korean steak**  
savory korean-style steak, charred bell peppers, toasted sesame seeds, red onions, jalapeño, fresh spring onion + a sweet chili mayo  
+ **15** cheddar cheese
- 140** **FOND cubano** **NEW**  
prosciutto, pulled beef, honey mustard mayo, pickled carrot, lettuce + mozzarella cheese
- 115** **garden delight** 🌱  
avo slices, sweet and sour mushrooms, rocket, pickled red cabbage, baba ganoush, mixed seeds + chilli crisp
- 60** cheddar cheese + tomato 🌱
- 78** bacon, cheese + tomato
- 68** smoked chicken mayo

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	<b>SOURDOUGH</b>	+ 20	<b>BAGEL</b>		<b>CIABATTA</b>
+ 20	<b>GLUTEN-FREE SOURDOUGH</b> 🍌	+ 35	<b>GLUTEN-FREE BAGEL</b> 🍌		<b>CAPE HEALTH SEEDED</b>

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🍌 GLUTEN-FREE    🌱 VEGETARIAN    🌱 VEGAN

Although we take every precaution to ensure the safety of our customers, our food is prepared in a gluten and nut environment please inform us of any allergies you may have

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