

JUICES 375ml

All of our juices are made using cold-press and slow-masticating methods which limits exposure to oxygen and preserves nutritional integrity.

- ♥ **HAPPY HIPPIY** (Detoxifier and Alkalizer) 62
Kale, spinach, celery, cucumber, apple, lemon, ginger
- ♥ **GREEN GODDESS** 62
(Refresher and immune boosting)
Apple, cucumber, ginger, lemon, mint
- ♥ **FEELIN' DA BEET OF MY HEART** 62
(Stamina and Endurance)
Beetroot, apple, cucumber, carrot, ginger, mint, lemon
- ♥ **GLOW AND FLOW** 62
(Immune boosting and Flu Fighting)
Orange, apple, ginger, lemon, chilli, cayenne pepper
- ♥ **BLACK BUCHU** (Inflammation and Infection) 62
Activated charcoal, buchu leaves, cucumber, buchu water, apple, ginger, lemon
(Not suitable for pregnant or breastfeeding mamas)
- ♥ **SUNSHINE KAY** (Antioxidant and digestion) 62
Pineapple, yellow pepper, apple, lemon, basil
- ♥ **PINEAPPLE DREAMS** 62
(Immune booster for viral symptoms)
Pineapple, cucumber, apple, lemon
- ♥ **FRUTTI TUTTI** (Hydrating and Anti-Oxidizing) 62
Grapefruit, Pineapple
- ♥ **GAIAN GREEN** (Inflammation and hydration) 62
Celery, cucumber, corriander, lemon, mint
- ♥ **HONEY LOVE** (Stress Reducing and Healing) 62
Grapefruit, orange, bee pollen, raw honey, black pepper, turmeric
- ♥ **SUNRISE SALUTATION** 62
(Immune Boosting and Anti-Inflammatory)
Orange, carrot, lemon, echinacea
- ♥ **LAVENDER LOVE LEMONADE** 62
(Mood uplifter and soothing)
Lavender infusion, lavender rice, echinacea, blueberry, elderberry, apple, lemon
- ♥ **ORANGE JUICE** 62
Pure Orange juice

SHOTS 100ml

- ♥ **HOT SHOT** 36
Ginger, lemon turmeric, black pepper
(Feeling flu-ish and muggy? Hot shot! It's hectic but you'll thank us later)
- ♥ **THE ULTIMATE** 36
Garlic, ginger, raw apple cider vinegar, lemon
(This is definitely the shot for you if you are sick. Don't worry about the garlic breath, it will keep the vampires away :) Trust me and take it!)
- ♥ **GUT RESTORE** 40
Probiotics, raw apple cider vinegar, spirulina, aloe vera, apple
(A blend to balance your gut bacteria for optimal gut health)
- ♥ **JAMU ASEM** 40
Turmeric, tamarind, ginger, lemon, black pepper, coconut sugar. (A Balinese herbal blend that is a great anti-inflammatory and anti-bacterial)
- ♥ **ALOE VERA** 31
100% pure aloe vera plant extract
(Stimulates digestion, speeds healing, detoxifies, increases hydration, soothes the skin and relieves heartburn.

SMOOTHIES 500ml

Please let us know if you wish to have cauliflower in your smoothie instead of banana

- ♥ **NAUGHTY NUTTER** 78
Banana, almond & macadamia butter, cacao paste and powder, cinnamon, homemade almond mylk
- ♥ **MAKING ME CACAO** 78
Banana, cacao powder, cacao nibs, chia seeds, cinnamon, homemade almond mylk, vegan hazelnut chocolate sauce. Add a shot of espresso for a little kick up the bum bum +20
- ♥ **BOOBALICIOUS** 78
Banana, peanut butter, cinnamon, chia seeds, homemade almond mylk with a choice of Whey protein or Hemp seeds
- ♥ **BLADY BLAZIN' BERRIES** 78
Banana, blueberries, strawberries, dates, chia seeds, homemade almond mylk
- ♥ **SPIRULINA SUMMER** 78
Half banana, half cauliflower (less sweet), kale, spinach, spirulina, mint, cucumber, homemade almond mylk
- ♥ **CITRUS CACAO LOVE (Warm/Cold) 250ml / 500ml** 53 / 78
Banana, oats, orange zest, cacao powder, dates, maca, chia seeds, almond & macadamia butter, homemade almond mylk (Tastes like a zesty warm hug)
- ♥ **GINGERBREAD WOMXN 250ML** 53
Sweet potato (steamed), banana, almond & macadamia butter, ginger, cinnamon, dates, homemade almond mylk
- ♥ **GONE GREEN** 82
Banana, avocado, spinach, hemp seeds, ginger, homemade almond mylk
- ♥ **GREEN WARRIOR** 82
Avocado, kale, spinach, celery, cucumber, lemon, ginger, apple, pinch of sea salt (Lighter than a smoothie, no sweetness. It's delish!)
- ♥ **ADAPTOGENIC ACAI** 99
Super Antioxidant Acai, strawberries, banana, dates and 10 drops of Nourish'd Adaptogenic Alchemy Tincture to aid the body's ability to handle mental, physical and environmental stress
- ♥ **CALMING CANNA-CRISP (CBD PEPPERMINT CRISP)** 102
5mg pure CBD oil, banana, dates, avocado, cacao paste, mint, peppermint extract, coconut mylk and homemade almond mylk
Extra peppermint shot +5

NUT MYLKS 375ml (COLD)

- ♥ **NOURISH' D HOMEMADE ALMOND MYLK** 57
Almonds, cinnamon, dates, vanilla, sea salt
- ♥ **CACAO MYLK** 62
Homemade almond mylk, raw cacao, cinnamon, dates
- ♥ **GOLDEN MYLK** 62
Homemade almond mylk, coconut mylk, turmeric, black pepper, ginger, nutmeg, cinnamon

SMOOTHIE BOWLS

Please let us know if you wish to have cauliflower in your smoothie / smoothie bowl instead of banana

All smoothie bowls are beautifully decorated with either Tasha's homemade Gluten-Free granola or buckwheat crunchies and seasonal fruits. Art in a bowl

- ♥ NAUGHTY NUTTER** 90
Banana, almond & macadamia butter, cacao paste and powder, cinnamon, homemade almond mylk topped with gluten free granola, banana slices, desiccated coconut, chia seeds and more drizzle of almond & macadamia butter
- ♥ MAKING ME CACAO** 90
Banana, cacao powder, cacao nibs, chia seeds, cinnamon, homemade almond mylk, vegan hazelnut chocolate sauce topped with gluten free granola, chocolate brownie pieces, vegan hazelnut chocolate sauce, banana slices, strawberry slices, cacao nibs, chia seeds and desiccated coconut. Add a shot of espresso for a little kick up the bum bum +20
- BOOBALICIOUS** 90
Banana, peanut butter, cinnamon, chia seeds, homemade almond mylk with a choice of Whey protein or Hemp seeds, topped with gluten free granola, banana slices, desiccated coconut, chia seeds and more drizzle of peanut butter
Add strawberries +8
- ♥ BLADY BLAZIN' BERRIES** 90
Banana, blueberries, strawberries, dates, chia seeds, homemade almond mylk topped with gluten free granola, banana slices, strawberries, desiccated coconut and chia seeds
- ♥ SPIRULINA SUMMER** 90
Half banana, half frozen cauliflower (less sweet), kale, spinach, spirulina, mint, homemade almond mylk, spirulina coconut drizzle, topped with apple crumble crunch, banana, chia seeds, desiccated coconut, blueberries, strawberries, mint and spirulina coconut drizzle
- ♥ CITRUS CACAO LOVE (Warm/Cold)** 90
Banana, gf oats, orange zest, cacao powder, dates, maca, chia seeds, almond & macadamia butter, homemade almond mylk topped with gf granola, banana slices, dehydrated oranges, cacao nibs, and toasted coconut flakes (Tastes like a zesty warm hug)
- ♥ GONE GREEN** 94
Banana, avocado, spinach, hemp seeds, ginger, homemade almond mylk topped with gluten free granola, banana slices, goji berries and toasted coconut flakes
Add strawberries +8
- ♥ ADAPTOGENIC ACAI** 130
Super Antioxidant Acai, strawberries, banana, dates and 10 drops of Nourish'd Adaptogenic Alchemy Tincture to aid the body's ability to handle mental, physical and environmental stress topped with granola, strawberries and apple slices
- ♥ CALMING CANNA-CRISP (CBD PEPPERMINT CRISP)** 130
5mg pure CBD oil, banana, dates, avocado, cacao paste, mint, peppermint extract, coconut milk and homemade almond mylk topped with gluten free granola, buckwheat crunchies, blueberries, cacao nibs, mint leaves and choc chip cookie bits
Extra peppermint shot +5

SUPERFOOD EXTRAS

+12 each

'Superfoods packed with nutrients to boost your smoothies/bowls'

Cacao powder	Maca	Lucuma
Cacao paste	Goji berries	Hemp seeds
Cacao nibs	Chia seeds	Spirulina

BREAK THE FAST | Served until 13:00

- ♥ GF APPLE CRUMBLE OATIES** 74
Gluten free oats cooked with apples, grated baby marrow, raisins, dates, cinnamon and almond mylk topped with our almond pulp and walnut crumble, coconut oil caramelised apples and a dust of cinnamon
- ♥ GF TASHA'S HOMEMADE GLUTEN-FREE GRANOLA** 74
Gluten-free oats tossed with a selection of mixed nuts and seeds, cacao powder, cinnamon, dates, coconut oil, sea salt and vanilla, oven roasted to a perfection of golden clusters. Served with seasonal fruits, toasted coconut flakes, goji berries and homemade almond mylk
Add Coconut yoghurt +18
- ♥ CHICKPEA & TOFU OMELETTE** 91
Chickpea and tofu omelette filled with sauteed spinach, mushrooms and caramelized onions. Served with a side of sundried tomatoes, wild rocket, crispy chickpeas and sliced avocado.
Add sourdough or rye +12
Add gluten free bread +16
- TOASTS & TOASTED SANDWICHES**
Served All Day
Please choose your bread of choice: Sourdough, 70% Rye or Gluten-Free at additional charge +12
- ♥ LEMON BASIL PESTO TOAST** 72
Lemon basil pesto, freshly sliced cherry tomatoes, hemp seeds served with a wedge of lemon
- ♥ BANANA TOAST** 72
Sliced banana, almond & macadamia butter, strawberries, toasted coconut flakes and a dust of cinnamon
Swap for vegan 'Nutella' +10
- ♥ SMOOSHY AVO TOAST** 75
Smoochy avo topped with wild rocket, ground black pepper and salt, served with a wedge of lemon.
- ♥ HARMONY** 80
Shaved raw carrots and zucchini, homemade beetroot hummus, homemade turmeric hummus, gherkins, sliced tomatoes, thinly sliced red onions, rocket and crunchy lettuce, roasted pumpkin seeds, dusted with salt and pepper to taste
- ♥ MOON** 89
Smoochy avo, vegan basil pesto, sun-dried tomatoes, wild rocket
- ♥ STAR** 89
Smoochy avo, homemade cashew nut cream cheese, freshly sliced cherry tomatoes, wild rocket
- ♥ NOURISH'D B.L.T SANDWICH** 101
Smoky tempeh 'Bacon', a thick layer of our homemade cashew nut cream cheese, creamy avocado aioli, crisp crunchy lettuce, juicy slices of tomato, thinly sliced red onion.

BAGELS & WAFFLES

Served All Day

All of our bagels are made fresh at a bakery just a stones throw down the road. Please specify if you would like your bagel toasted

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 **SMOOSHY AVO AND CREAM CHEESE BAGEL** 70

Soft and chewy bagel filled with avocado, vegan cashew cream cheese, rocket, cucumber and tomato slices

 **SULTRY SALMXN BAGEL** 75

Soft and chewy bagel filled with carrot salmxn, vegan cashew cream cheese, cucumber slices topped with pea shoots and thinly sliced red onion. Served with a lemon wedge

 **THE PEA-NUT-ELLA CHOCOLATE WAFFLE STACK** 94

Two gluten-free peanut butter Reishi infused chocolate waffles with a decadent peanut butter dulce de leche drizzle, layered with a roasted hazelnut chocolate spread, topped with blueberry-chia compote, caramelised banana and cacao nibs

RAINBOW BOWLS

Served after 11:00

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  **MOONSHINE BOWL** 99

Crispy herby falafel balls, avocado, homemade turmeric hummus, curried kimchi (lacto-fermented vegetables), spirals of baby marrow and carrots, wild rocket, massaged kale, raw almonds, toasted mixed seeds, a drizzle of extra v olive oil and a wedge of lemon. Served with homemade green goddess dressing

 **GALAXY BOWL** 101

Teriyaki tofu, brown rice, fresh pineapple cubes, grilled broccoli, edamame beans, carrot roses, red pepper, massaged kale, thinly sliced purple cabbage drizzled with a sesame miso ginger dressing sprinkled with spring onion, coriander and mint

  **SEXI MEXI BOWL** 101

Chilli 'sin' carne (meatless lentil chilli), guacamole, homemade cashew nut sour cream cheese, pico de gallo (tomato & onion salsa), cinnamon roasted sweet potato, crunchy red cabbage, brown rice, coriander, corn and diced red pepper drizzled with extra v olive oil and a wedge of lemon

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***Turmeric hummus:** Cooked chickpeas, turmeric, lemon, tahini, ginger, garlic, extra v olive oil, salt & pepper

***Beetroot hummus:** Cooked beetroot, activated raw cashew nuts, lemon, cumin, tahini, garlic, extra v olive oil, salt & pepper

***Cashew nut cream cheese:** Activated cashew nuts, sunflower seeds, lemon, nutritional yeast, garlic, extra v olive oil, salt & garlic

***Green Goddess dressing:** Activated cashew nuts, lemon, mint, basil, garlic, extra v olive oil, salt & pepper

***Miso dressing:** Ginger, miso paste, lemon juice, soy sauce, sunflower oil, coconut sugar, sesame oil, apple cider vinegar

FILL ME UPS

Served after 11:00


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 **I FALAFEL IN LOVE WITH YOU WRAP** 99

Crispy herby falafel balls, avocado, spicy mexican beans, slow roasted cherry tomatoes, homemade beetroot hummus, crunchy red cabbage, coconut oil sauteed kale and a drizzle of our homemade chilli mint sauce, toasted to perfection.

Additional side salad +5

Swap to Gluten-Free wrap +16

 **CAULI ME BURRITO** 101

Spicy crispy 'taco' spiced cauliflower, avocado, spicy mexican beans, brown rice, homemade cashew nut cream cheese, crunchy red & white cabbage, tangy tomato salsa, toasted to perfection.

Additional side salad +5

Swap to Gluten-Free wrap +16

 **ENJOY THE LENTIL THING BURGER** 110

Homemade lentil and beetroot patty, sliced avocado, caramelised balsamic red onion, spread with a thick layer of our homemade cashew nut cream cheese, slices of juicy tomato, oven crisped kale, and wild rocket. Served with a toasty wheat or GF bun, 'tomato sauce' relish and sweet potato fries.

Lose the bun for an extra portion of side salad

Swap fries to Green Goddess side salad

Swap to Gluten Free bun +16

 **JACK ME OFF BURGER** 126

Smokey barbeque sauce pulled young jackfruit spread with a thick layer of our homemade cashew nut cream cheese, gherkins, crunchy tahini coleslaw, thinly sliced red onions, and wild rocket. Served with a toasty wheat or GF bun, 'tomato sauce' relish and a sweet potato fries.

Lose the bun for an extra portion of side salad

Swap fries to Green Goddess side salad

Swap to Gluten-Free bun +16

 **HEART HEALTHY CURRY** 115

An aromatic chickpea, potato and broccoli mild green curry topped with baby spinach, garlic roasted pumpkin, red onion pickle, sunflower sprouts, coriander and toasted pumpkin seeds served with caramelized onion cumin brown rice, herbed yoghurt and a homemade gluten free garlic and sea salt naan bread

Add our homemade Chilli Jam +7

Add extra homemade gluten free naan bread +10

 **FRAGRANT THAI PUMPKIN SOUP** 68

A brightly sunshiny fragrant and creamy thai pumpkin soup with turmeric, lemongrass topped with garlic oil croutons

Add sourdough or rye +12

Add gluten free bread +16

 **GREEN ALKALISING SPINACH & BROCCOLI SOUP** 68

A deeply detoxifying, gut-healing spinach, broccoli, celery, parsley and spirulina green soup for alkalisation and optimal health. Topped with cashew nut cream cheese and baby broccoli sprouts

Add sourdough or rye +12

Add gluten free bread +16

EXTRAS

Fresh cherry tomatoes	13	Basil pesto	22
Homemade turmeric hummus	16	Gherkins	13
Homemade beetroot hummus	16	Vegan aioli	18
Smoochy Avo	25	Chilli mint sauce	14
Homemade 'Nutella'	25	Tomato relish	15
Kimchi	20	Tempeh 'Bacon'	25
Homemade cashew nut cream cheese	18	Green Goddess salad dressing	10

SIDES

SWEET POTATO FRIES	40
Served with homemade vegan aioli	
FALAFEL BALLS + TURMERIC HUMMUS	32
3 falafel balls with our homemade turmeric hummus	
TAHINI SLAW	32
Thinly sliced cabbage with a tahini dressing	
SPIRALIZED ZUCCHINI & CARROT SIDE SALAD	32
Spiralized zucchini and carrots tossed in our Green Goddess salad dressing	
TASHA'S BOWL	47
2 Falafels, kimchi and avo with our Green Goddess salad dressing	

ORGANIC AND FAIRTRADE CERTIFIED COFFEE

Option for home-made almond mylk or oat mylk +12
 Decaf option available
 **Double shot available +4

ESPRESSO	26
MACCHIATO	31
Espresso with micro-foam	
CORTADO	31
Mini flat white	
AMERICANO	31
CAPPUCCINO	33
Single shot espresso with microfoam	
FLAT WHITE	33
Double shot espresso with microfoam	
CAFFE LATTE	33
Single shot espresso with 2 part steamed milk and a layer of foam	
MOCHA	36
Caffe latte with cacao	
BULLET-PROOF COFFEE	36
Single espresso, pure butter and MCT oil	
CANNA COFFEE	44 / 54
Single espresso, MCT oil, milk of choice and a choice of 5mg/10mg pure CBD oil	
UNICORN LATTE	40
Coffee based - Try it..... We dare you :)	
COFFEE COCO (WARM or COLD)	73
Single espresso, cacao powder, coconut oil, dates, cinnamon and homemade almond mylk (Very stimulating with the cacao and coffee combination)	

OTHER DRINKS

Option for home-made almond mylk or oat mylk +12

VEGAN WHITE HOT CHOCOLATE	50
Homemade almond mylk, cacao butter, coconut sugar, coconut mylk, cinnamon, nutmeg, pinch of sea salt, maca and vanilla	
HOTTI TOTTI	50
This powerful flu and cold fighter is our Hot Shot with added hot water and lemon. Best to have hot and feel the benefits of the Ginger, lemon, turmeric and black pepper	
MANNABREW SUPERFOOD ESPRESSO	37
Roasted mesquite bean powder - a coffee alternative without the caffeine or acidity	
MACA MAKIN' LOVE	48
'Healthy Horlicks', homemade almond mylk, maca, cinnamon, ashwagandha, coconut sugar and a pinch of sea salt	
HOT CACAOLATE	53
'Healthy hot chocolate', raw cacao paste and powder, cinnamon, coconut sugar and steamed homemade almond mylk	
MEXICAN HOT CACAOLATE	54
Hot cacaolate with an extra pinch of cinnamon and cayenne pepper.	
TURMERIC LATTE	54
Steamed homemade almond mylk, coconut mylk, turmeric, black pepper, ginger, nutmeg, cinnamon, coconut sugar	
MATCHA LATTE	54
Ceremonial grade matcha with homemade almond mylk	
CHAI LATTE	31
DIRTY CHAI LATTE	32
Shot of espresso and chai spice.	
RED CAPPUCCINO	40
Red espresso with foamed milk	
RED SPICED CHAI LATTE	44
Red espresso latte with chai spice	
KOMBUCHA	32
TEA	
Rooibos Tea	22
English Breakfast	22
Green Tea	24
African Buchu Tea	26
NOURISH'D TEA BLENDS:	
ROOT AND RISE - Ginger, Eleuthero and Turmeric Root with Peppermint, Cayenne, and Buchu.	28
BERRY BRIGHT - Forest berries, Schisandra Berries, Licorice Root, Hoodie and Yerba Matē.	28
LUNAR LULLABY - Ashwagandha, Passion Flower, Chamomile, Jamine, Lemon Balm and Lemon Peel.	28