

* **REFUSE REDUCE REUSE RECYCLE**

R10 DEPOSIT ON ALL TAKE-HOME GLASS JARS.
See back of menu for our returns policy



*Seasonal ingredients

JUICES 375ml

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 HAPPY HIPPIY	Kale, spinach, celery, cucumber, lemon, ginger	50
 GREEN GODDESS	Apple, cucumber, ginger, mint	48
 PINEAPPLE DREAMS	Pineapple, cucumber, apple, lemon	48
 FEELIN' DA BEET OF MY HEART	Beetroot, apple, cucumber, carrot, ginger, mint, lemon	48
 GLOW AND FLOW	Orange*, apple, ginger, basil, chilli, cayenne pepper	48
 ALMOND MYLK	Almonds, cinnamon, dates, vanilla extract, hint of Himalayan salt <i>(Please ask if you would like this warmed up)</i>	52
 CACAO MYLK	Nourish'd homemade almond mylk, organic raw cacao, cinnamon, dates, vanilla extract, hint of Himalayan Salt <i>(Please ask if you would like this warmed up)</i>	54
 BLACK BUCHU	Activated charcoal, buchu leaves, cucumber, buchu water, blueberries*, apple, ginger, lime	50
 FRUUTI TUUTI	Pineapple, grapefruit, lemon	52
 WATERMELLIE JUICE	Freshly squeezed watermelon juice	48
 NOURISH'D LEMONADE	Freshly squeezed lemon, apple, cayenne pepper	50
 GAIAN GREEN	Celery, coriander, lemon, cucumber	48

thank you for saving our beautiful planet



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 **VEGAN**

SHOTS 25ml

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-  **HOT SHOT** **35**
Ginger, lime, turmeric, black pepper
(Feeling flu-ish and muggy? Hot shot! It's hectic but you'll thank me later)
-  **HYEN CAYENNE** **35**
Ginger, lemon, chilli, cayenne pepper
(Immune system booster)
-  **BLACK GRIT** **36**
Activated charcoal, apple, lemon
(Had a little too much wine last night? Hungover? Bloating much? This is the perfect shot for bloating and for detoxing the liver)
-  **WHEATGRASS** **38**
Organic wheatgrass and a squeeze of lemon
(Brain oxygen, contains all minerals known to women. 😊 This is living green gold. Get some!)
-  **THE ULTIMATE** **34**
Garlic, ginger, apple cider vinegar, lemon
(No one wants to take this shot because of the garlic but this is definitely the most beneficial if you are sick. Don't worry about the garlic breath. It will keep the vampires away ;) Trust me. Take it!)
-  **ALOE VERA SHOT** **30**
100% organic aloe vera plant extract
(Stimulates digestion, reduces inflammation, speeds healing, detoxifies the body, boosts the immune system, protects the heart, increases hydration, soothes the skin, and relieves heartburn and sunburn)

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SMOOTHIES 500ml



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Please let us know if you wish to have your smoothies with cauliflower instead of banana.

- ANCIENT AMAZONIA ACAI** (PRONOUNCED AH-SIGH-EE)

100% organic Acai berry pulp, frozen banana, mango*/pineapple*

9 5
- COCOLICIOUSLY CRAZY**

100% pure organic & creamy coconut flesh, frozen banana, passion fruit*, homemade almond mylk and a squeeze of lemon juice

9 5
- MAKIN' ME CACAO**

Cacao powder, cacao nibs, frozen banana, chia seeds, cinnamon, homemade almond mylk
(Add a shot of espresso for a little kick up the bum bum + 2 0)

6 8
- BOOBALICIOUS**

Peanut butter, frozen banana, cinnamon, chia seeds and homemade almond mylk. Please let us know if you would like it with whey protein or hemp seeds
Add Strawberries +8

6 8
- NAUGHTY NUTTER**

Almond butter, frozen banana, organic raw cacao paste and powder, cinnamon, homemade almond mylk
(Don't always order the same thing! Try it with peanut butter instead of almond butter to mix it up a bit.)

6 4
- COFFEE COCO**

(Lighter than a smoothie that's going to give you a kick-start to the day)
Organic coffee (single / double), organic raw cacao powder, coconut oil, dates, cinnamon, homemade almond mylk

6 4
- GONE GREEN**

Avocado*, spinach, frozen banana, hemp seeds, fresh ginger, homemade almond mylk

6 8
- GREEN WARRIOR**

(Lighter than a smoothie. No sweetness. It's delish! Try it)
Avocado*, spinach, celery, cucumber, lemon, ginger, pinch of Himalayan salt

6 8
- BLADDY BLAZIN' BERRIES**

Blueberries, strawberries, frozen banana, dates, chia seeds, homemade almond mylk

6 8
- MAGIC MANGITO**

Mango*/persimmon*, pineapple, papaya*, passionfruit*, cucumber, lemon, lucuma, mint

6 8
- WATERMELON DREAMS**

Watermelon, blueberries*, mint, lime, ice*

7 8
- PINESHINE**

Pineapple, frozen banana, blueberries, beetroot, mango, ashwaganda and mint leaves.

6 8
- MOCHA MAGIC**

Shot of organic coffee, chaga mushrooms, cacao paste, frozen banana, almond butter and vanilla extract.

6 8



SMOOTHIE BOWLS

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Art in a bowl - your choice of a smoothie in a bowl beautifully decorated with Tasha's homemade granola (brazil nut, almonds, cashews, macadamia nuts, gluten-free oats, date paste, coconut oil and cacao), seasonal fruit and edible flowers.

+ 15 FOR EXTRA GRANOLA

Please let us know if you wish to have your smoothies with cauliflower instead of banana.

- AMAZONIAN ACAI** 120

100% organic Acai berry pulp, frozen banana, mango*/pineapple*, topped with homemade granola
- COCOLICIOUSLY CRAZY** 120

100% pure organic & creamy coconut flesh, frozen banana, passion fruit*, homemade almond mylk and a squeeze of lemon juice topped with homemade granola
- MAKIN' ME CACAO** 78

Organic cacao powder, cacao nibs, frozen banana, chia seeds, cinnamon, homemade almond mylk, topped with homemade granola
Add a shot of espresso for a little kick up the bum bum **+20**
- GONE GREEN** 86

Avocado*, kale, frozen banana, hemp seeds, fresh ginger, dates, homemade almond mylk, topped with homemade granola
- BLADDY BLAZIN' BERRIES** 78

Blueberries*, strawberries*, frozen banana, dates, chia seeds, homemade almond mylk, topped with homemade granola
- BOOBALICIOUS** 78

Peanut butter, frozen banana, cinnamon, chia seeds and homemade almond mylk. Please let us know if you would like it with whey protein or hemp seeds. Topped with homemade granola
Add Strawberries **+8**
- NAUGHTY NUTTER** 78

Almond butter, frozen banana, organic raw cacao paste and powder, cinnamon, homemade almond mylk, topped with homemade granola
- MAGIC MANGITO** 78

Mango*/persimmons*, pineapple, papaya, passionfruit*, cucumber, lucuma, mint, lemon, ice, topped with homemade granola
- WATERMELON DREAMS** 85

Watermelon, blueberries*, mint, lime, ice*, topped with homemade granola
- PINESHINE** 78

Pineapple, frozen banana, blueberries, beetroot, mango, ashwaganda and mint leaves, topped with homemade granola
- MOCHA MAGIC** 78

Shot of organic coffee, chaga mushrooms, cacao paste, frozen banana, almond butter and vanilla extract, topped with homemade granola



BREAKFAST

- PAWLICIOUS**

***NEW *** Half a paw paw filled with delicious coconut yoghurt, topped with Tasha's gluten-free granola and fresh mouth-watering berries, sprinkled with bronzed coconut flakes and a drizzzzzzzle of almond butter.

62
- RAINBOW FLAPJACKS**

Carrot orange turmeric, beetroot, kale apple & activated charcoal vegan gluten free flapjacks, served with a drizzle of date caramel and a dollop of coconut yoghurt. Topped with chopped nut and seasonal fruits. Allergens: Nuts

68
- SUMMER MORNIN' SEXY BOWL**

Seasonal fruits, raw roasted almonds, coconut flakes, chia seeds, ginger, mint, freshly squeezed lemon
ADD coconut yoghurt +10

56
- CACAO CHIA POT**

Chia seeds, organic cacao powder and almond butter soaked in a creamy banana almond mylk topped with gluten free granola and seasonal fruit

58
- OVERNIGHT GLUTEN-FREE OATS**

Gluten-free oats soaked overnight in our homemade almond mylk and layered with Tasha's roasted granola (seeds, nuts, dried fruits, gluten-free oats) topped with seasonal fruit and a dust of cinnamon

56
- WARM OATIES**

Gluten-free rolled oats cooked in our homemade almond mylk, topped with a little sprinkle of coconut flakes, homemade granola, coconut oil fried banana.

54
- GRANOLA**

(We sell our gluten free-granola)
Homemade roasted gluten free granola with our homemade almond mylk, layered with seasonal fruit and goji berries
Prefer coconut yoghurt? + 10

60
- SCRAMBLED ME TOFU**

Scramble tofu served on toast, with our delicious homemade tomato relish, wild rocket and sautéed wild mushroom.
Allergens: Soy

70

EXTRAS			
Kimchi	+ 8	Shmooshy avo*	+ 22
Homemade turmeric hummus	+ 8	Fresh cherry tomatoes	+ 12
Basil pesto	+ 10	Homemade cashew-nut cream cheese	+ 16
Tomato relish	+ 6	Homemade beetroot hummus	+ 10
Vegan aoli	+ 6	Gherkins	+ 12
Falafy balls (portion of 3)	+ 18	Sweet potato fries	+ 22

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GOURMET SANDWICHES

Please specify if you would like it toasted or not.

Please choose one of our selected breads: gluten free, sourdough or 70% rye.

+ 12 FOR GLUTEN-FREE

MOON		83
	Shmooshy avo*, basil pesto, sundried tomatoes, fresh wild rocket	
 SUN		83
	Shmooshy avo*, gherkins, homemade turmeric hummus, fresh cherry tomatoes, garden basil	
 HARMONY		83
	Tumeric hummus, marinated carrot, cucumber, crunchy purple cabbage, kimchi, rocket, and cashew nut cream cheese	

TOASTS

Please choose one of our selected breads: **gluten free, sourdough or 70% rye.**

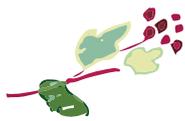
+ 12 FOR GLUTEN-FREE

	• Shmooshy avo* with wild organic garden rocket, ground black pepper, Himalayan salt and lemon to drizzle	68
	• Basil pesto, sliced organic garden tomatoes, wild organic garden rocket / sunflower sprouts and hemp seeds for protein	58
	• Sliced banana, almond butter, raw farm honey and dusted with cinnamon	54

FILL ME UPS

	ENJOY THE LENTIL THINGS BURGER	95
	Fresh toasted ciabatta bun topped with our homemade vegan cashew nut cream cheese. Lentil and beetroot patty, avocado and caramelised red onions. Fresh tomatoes and krispy kale. Topped with microgreens and served with sweet potato fries.	
	I FALAFEL IN LOVE WITH YOUR WRAP	85
	Four crispy falafels on a bed of homemade beetroot hummus, avocado slices, balsamic slow-roasted cherry tomatoes, spicy Mexican black beans, coconut sautéed kale and crunchy red cabbage. Drizzled with a chili-mint dressing all wrapped up in a warm wrap. Carrot and zucchini noodle salad drizzled with our Nourish'd homemade dressing.	
	GF option + 16	

* **Turmeric Hummus:** Turmeric, soaked overnight chickpeas, lemon, tahini (sesame seeds), garlic, ginger, Oryx salt, pepper, cayenne pepper, virgin olive oil
 * **Cashew-Nut Cheese:** Soaked overnight raw cashew nuts, garlic, lemon, nutritional yeast, Oryx salt, virgin olive oil
 * **Dressing:** Soaked overnight raw cashew nuts, garlic, lemon, nutritional yeast, mint, basil, olive oil, Oryx salt and pepper



RAINBOW BOWLS

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* FROM 12PM DAILY

Our nourishing bowls are suuuper healthy, light, colourful and fresh for summer to cool your hot bootay down or for Winter to warm your heart on a cold day.

- | | | |
|---|---|------------------|
|   | <p>MOONSHINE BOWL</p> <p>Avocado*, falafel, turmeric hummus, kimchi (salted and fermented vegetables) spiral carrots and zucchini, rocket, kale, micro greens, raw almonds, olive oil drizzle and toasted mixed seeds (sunflower, pumpkin, white sesame, linseeds) and a wedge of lemon to drizzle</p> | <p>93</p> |
|   | <p>GLITTERSHINE BOWL</p> <p>Exotic mushrooms, pesto dressed quinoa, coriander, spiralised carrot and zucchini, kale, rocket, vegan cashew-nut cream cheese, roasted mixed seeds, microgreens, olive oil drizzle and a wedge of lemon to drizzle</p> | <p>85</p> |
|  | <p>FOREST FEAST BOWL</p> <p>Exotic mushroom 'meatballs', Nourish'd dressing, quinoa, roasted butternut, thinly sliced red cabbage, zucchini noodles with a avo pesto sauce, slow roasted balsamic cherry tomatoes and a wedge of lemon to drizzle</p> | <p>80</p> |
|   | <p>GALAXY BOWL</p> <p>Massaged kale, broccoli, edamame beans, purple cabbage, carrot, red pepper, black rice, mango & grilled tofu with a sesame miso ginger dressing, sprinkled with sesame and sunflower seeds, spring onion, coriander, and mint.
Allergens: Soy</p> | <p>90</p> |

PLEASE NOTE:

- * Please let us know if you have any allergies (we use all nuts).
- * We press our own almond mylk in the store - it's 100 % natural. We suggest you try it with your next flat white cappuccino - trust me you'll love it!
- * ***Avos are seasonal.** There will be an additional charge to meals that depend on Avo when not in season. If you would like to bring your own avocado we will be so happy to use it for you in your meal :)

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* **BYO | LESS TO LANDFILLS**

In trying to reduce our waste to landfills, we are offering R5 discount on all hot drinks if you BYO (Bring Your Own) takeaway coffee cup. You can also purchase your Nourish'd ECoffee cup from us

COFFEE

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* **FABINO CERTIFIED ORGANIC & FAIRTRADE COFFEE**
(OPTION OF HOMEMADE ALMOND MYLK +12)

SINGLE ESPRESSO	20
DOUBLE ESPRESSO	22
BULLET-PROOF COFFEE	28
<i>Single or double espresso, grass-fed cow's butter, pure MCT oil (It's a high performance drink that has a massive impact on your energy and cognitive function. If you feel like a kick, trust me you'll find it here)</i>	
MACCHIATO	17
Espresso coffee drink with a small amount of micro-foam	
CORTADO	20
Mini flat white cappuccino	
AMERICANO	20
DOUBLE SHOT AMERICANO	22
FLAT WHITE CAPPUCCINO	25
Even mix of liquid milk and smooth velvet micro-foam over a shot of espresso	
DOUBLE SHOT FLAT WHITE CAPPUCCINO	28
CAFFÉ LATTÉ	26
Espresso, 2 parts steamed milk, topped off with a layer of foamed milk	
MOCHA	30
Like a caffè latté, caffè mocha is based on espresso and hot milk, but with added raw organic cacao	
ICED COFFEE	26
Shot of espresso, milk and ice (try it with our homemade almond mylk)	
ICED MOCHA	32
ICED AMERICANO	25
♥ UNICORN LATTÉ	PRICELESS
Try it... We dare you	

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OTHER DRINKS

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♥ VEGAN WHITE HOT CHOCOLATE	4 4
Homemade almond mylk, cocoa butter, organic coconut sugar, coconut butter, ground cinnamon, nutmeg, pinch of sea salt, maca and vanilla extract	
♥ MACA MAKIN' LOVE	4 2
AKA 'Healthy Horlicks'. Homemade almond mylk warmed up with maca, cinnamon, ashwagandha and a pinch of salt	
♥ HOT CACAOLATE	4 6
AKA "healthy hot chocolate". Raw organic cacao chunks, cacao powder, cinnamon and coconut blossom, layered with foamy homemade almond mylk	
RED CAPPUCCINO	3 4
Red espresso with micro-foam with homemade almond mylk +12	
RED SPICED CHAI LATTÉ	3 6
Red espresso latté with chai spice with homemade almond mylk +12	
DIRTY CHAI LATTÉ	3 8
A shot of espresso mixed with spiced chai goodness with homemade almond mylk +12	
♥ TURMERIC. CINNAMON AND GINGER LATTÉ	4 4
♥ MATCHA. MINT AND WHEATGRASS LATTÉ	4 4
ICED MATCHA GREEN TEA	4 4
Organic matcha green tea, raw honey, ice	
♥ MATCHA LATTÉ	3 8
♥ KOMBUCHA CHA CHA	4 5
Homestyle kombucha 'good for the soul'	
♥ TEA	
• Green tea	2 0
• Rooibos	1 8
• English Breakfast	1 8
• Peppermint	1 8
• African Buchu loose tea	2 4
• Matcha tea	3 4



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NEW GLASS JARS RETURNS POLICY



Hey there! If you're reading this, you're probably one of those awesome Nourish'd customers who regularly brings back the jars. So first of all, **THANK YOU!**

As you may have realised, the team at Nourish'd try our absolute best to run a **zero-waste, eco-friendly** enterprise.

We refuse to compromise on the quality of our ingredients, or sustainability of our packaging, which means we've gotta pay the price for local organic produce and glass jars.

Our old system of giving away a R10 voucher for each jar returned was **becoming economically unsustainable** for us.

So, we've come up with a new system:

OPTION 1: Redeem Discount Immediately

Return one or more jars to either store and receive an immediate discount of **R10** per jar on any of our products.

OPTION 2: Take-Home Loyalty Card

If you don't want to redeem your discount immediately you will be given a juice/smoothie jar loyalty card and one stamp. Once you have received **8 stamps** you can exchange the card for one **free juice or smoothie** of your choice to the value of R80.

JUICE CLEANSSES: Option 2 Only

Option 1 is not available for our juice-cleanse clients, however Option 2 is. Please return your cleanse bottles to receive your loyalty card in return.

Love, Nourish'd x

thank you for saving our beautiful planet

