

* **REFUSE REDUCE REUSE RECYCLE**

R10 DEPOSIT ON ALL YOUR TAKE AWAY GLASS JARS and receive R10 OFF your next purchase.



*Seasonal ingredients

JUICES - 375ml

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 HAPPY HIPPIY	Kale, spinach, celery, cucumber, lemon, ginger	5 0
 OLD FAITHFUL ORANGE	The freshest orange juice squeezed on order	4 6
 GREEN GODDESS	Apple, cucumber, ginger, mint	4 8
 PINEAPPLE DREAMS	Pineapple, cucumber, apple, lemon	4 8
 FEELIN' DA BEET OF MY HEART	Beetroot, apple, cucumber, carrot, ginger, mint, lemon	4 8
 GLOW AND FLOW	Orange*, apple, ginger, basil, chilli, cayenne pepper	4 8
 ALMOND MYLK	Almonds, cinnamon, dates, vanilla bean, hint of Himalayan salt <i>(Please ask if you would like this warmed up)</i>	5 2
 CACAO MYLK	Nourish'd homemade almond mylk, organic raw cacao, cinnamon, dates, vanilla bean, hint of Himalayan Salt <i>(Please ask if you would like this warmed up)</i>	5 4
 SUNRISE SUN SALUTATION	Carrot, orange, lemon, echinacea <i>(Echinacea is honestly the most effective herb known to boost the immune system so you don't catch the flu)</i>	5 0
HONEYLOVE	Grapefruit, orange, lemon, bee pollen, raw honey, tumeric, black pepper	5 0
 BLACK BUCHU	Activated charcoal, buchu leaves, cucumber, buchu water, blueberries*, apple, ginger, lime	5 0
 FRUUTI TUUTI	Pineapple, grapefruit, lemon	5 2

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, detoxify 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) 8 5
100% organic Acai berry pulp, frozen banana, mango*/pineapple*
- COCOLICIOUSLY CRAZY** 8 5
100% pure organic & creamy coconut flesh, frozen banana, passion fruit*,
homemade almond mylk and a squeeze of lemon juice
- MAKIN' ME CACAO** 6 8
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)
- BOOBALICIOUS** 6 8
Peanut butter, frozen banana, cinnamon, chia seeds, organic
whey protein (grass-fed) and homemade almond mylk (can replace the
whey with hemp seeds)
Add Strawberries + 8
- NAUGHTY NUTTER** 6 4
Almond butter, frozen banana, organic raw cacao paste and powder,
cinnamon, homemade almond mylk
(Dont always order the same thing! Try it with peanut butter instead of
almond butter to mix it up a bit.)
- COFFEE COCO** 6 4
(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
- GONE GREEN** 6 0
Avocado*, spinach, frozen banana, hemp seeds, fresh ginger,
homemade almond mylk
- GREEN WARRIOR** 6 0
(Lighter than a smoothie. No sweetness. It's delish! Try it)
Avocado*, spinach, celery, cucumber, lemon, ginger, pinch
of Himalayan salt
- BLADDY BLAZIN' BERRIES** 6 8
Blueberries, strawberries, frozen banana, dates, chia seeds,
homemade almond mylk
- MAGIC MANGITO** 6 8
Mango*/persimmon*, pineapple, papaya*, passionfruit*, cucumber,
lemon, lucuma, mint

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VEGAN



GLUTEN FREE

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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

♥ AMAZONIAN ACAI 105

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

♥ COCOLICIOUSLY CRAZY 105

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

♥ 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 esspresso for a little kick up the bum bum +20

♥ GONE GREEN 78

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, organic whey protein (grass-fed), homemade almond mylk (can replace the whey with 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

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 :)



VEGAN

GLUTEN FREE

BREAKFAST

- V GF SUMMER MORNIN' SEXY BOWL** (AVAILABLE UNTIL 12PM) 5 6

Seasonal fruits, raw roasted almonds, coconut flakes, chia seeds, ginger, mint, freshly squeezed lemon
ADD coconut yoghurt +10
- V GF CACAO CHIA POT** 5 8

Chia seeds, organic cacao powder and almond butter soaked in a creamy banana almond mylk topped with gluten free granola and seasonal fruit
- V GF OVERNIGHT GLUTEN FREE OATS** 5 6

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
- V GF WARM WINTERY OATS** 5 4

Gluten free rolled oats cooked in our homemade almond mylk, topped with a little sprinkle of coconut flakes, homemade granola, coconut oil fried banana.
- V GF HOTCAKES** 6 8

Vegan flapjacks with chunks of cacao, drizzled with creamy almond butter, warmed coconut cream, cinnamon, blueberries, strawberries
- V GF GRANOLA** 6 0

(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? + 1 0

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, drizzled with organic cold pressed virgin olive oil, ground black pepper, Himalayan salt and lemon to drizzle 6 0
- Basil pesto, sliced organic garden tomatoes, wild organic garden rocket / sunflower sprouts and hemp seeds for protein 5 8
- Sliced banana, almond butter, raw farm honey and dusted with cinnamon 5 4

EXTRAS

Kimchi	+ 8	Shmooshy avo*	+ 1 8
Homemade turmeric hummus	+ 8	Fresh cherry tomatoes	+ 1 2
Basil pesto	+ 1 0	Homemade cashew nut cream cheese	+ 1 6
Tomato relish	+ 6	Homemade beetroot hummus	+ 8
Vegan mayo	+ 6	Vegan cheezy mozzarella	+ 1 8

* **Tumeric Hummus:** Tumeric, 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 peper

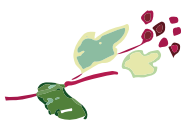
GOURMET SANDWICHES

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** 85
Shmooshy avo*, basil pesto, sundried tomatoes, fresh wild rocket
- ♥ SUN** 75
Shmooshy avo*, gherkins, homemade turmeric hummus, fresh cherry -tomatoes, garden basil
- ♥ STAR** 75
Shmooshy avo*, homemade cashew nut cream cheese, fresh tomatoes, wild rocket



RAINBOW BOWLS

* 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.

- ♥ GF MOONSHINE BOWL** 85
Avocado*, falafel, turmeric hummus, kimchi (salted and fermented vegetables) spiral carrots and zucchini, baby spinach, rocket, kale, micro greens, raw almonds, ginger lemon olive oil drizzle and toasted mixed seeds (sunflower, pumpkin, white sesame, lin seeds)
- ♥ GF GLITTERSHINE BOWL** 85
Exotic mushrooms, quinoa, coriander, baby spinach, kale, rocket, vegan cashew nut cream cheese, roasted seeds, microgreens, ginger lemon olive oil drizzle
- GF FOREST FEAST BOWL** 80
Exotic mushroom 'meatballs', lemon and herb drizzled quinoa, roasted butternut, thinly sliced red cabbage, zucchini noodles with a avo pesto sauce, slow roasted balsamic cherry cherry tomatoes and a wedge of lemon to drizzle
- ♥ GF EARTHSHINE BOWL** 85
Grated carrots, spiral cucumber, coriander, spring onions, red and yellow peppers, toasted almonds and sesame seeds, orange and lime juice
- ♥ GF ENJOY THE LENTIL THINGS BURGER** 95
Fresh toasted chiabatta bun topped with our homemade vegan cashew nut cream cheese. Lentil and beetroot patty, avocado and caramelized red onion. 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 noddle salad drizzled with our Nourish'd homade dressing.
GF option + 16

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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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