

## JUICES 330ml

- ♥ **HAPPY HIPPIY** (Detoxifier and Alkalizer) 55  
Kale, spinach, celery, cucumber, apple, lemon, ginger
- ♥ **GREEN GODDESS** 52  
(Refresher and immune boosting)  
Apple, cucumber, ginger, mint
- ♥ **FEELIN' DA BEET OF MY HEART** 52  
(Stamina and Endurance)  
Beetroot, apple, cucumber, carrot, ginger, mint, lemon
- ♥ **GLOW AND FLOW** 52  
(Immune boosting and Flu Fighting)  
Orange, apple, ginger, lemon, chilli, cayenne pepper
- ♥ **BLACK BUCHU** (Inflammation and Infection) 55  
Activated charcoal, buchu leaves, cucumber, buchu water, apple, ginger, lime, mint  
(Not suitable for pregnant or breastfeeding mamas)
- ♥ **SUNRISE SALUTATION** 55  
(Antioxidant and Immune boosting - cold and flu fighting) Orange, carrot, lemon, echinacea
- ♥ **FRESHLY SQUEEZED ORANGE** 50  
(Immunity, Heart health, Antioxidant, Inflammation)  
Pure orange juice

## NUT MYLKs 330ml (WARM/COLD)

- ♥ **NOURISH' D HOMEMADE ALMOND MYLK** 57  
Almonds, cinnamon, dates, vanilla, sea salt, coconut oil
- ♥ **CACAO MYLK** 59  
Homemade almond mylk, raw cacao, cinnamon, dates
- ♥ **GOLDEN MYLK** 59  
Homemade almond mylk, coconut mylk, turmeric, black pepper, ginger, nutmeg, cinnamon, coconut sugar
- ♥ **MOON MYLK** 59  
Homemade almond mylk, Ashwagandha, Beetroot powder, Cardamon, Rose water, Rose petals, Coconut sugar

## SHOTS 30ml

- ♥ **HOT SHOT** 35  
Ginger, lemon turmeric, black pepper  
(Feeling flu-ish and muggy? Hot shot! It's hectic but you'll thank us later)
- ♥ **THE ULTIMATE** 35  
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** 39  
Probiotics, raw apple cider vinegar, spirulina, aloe vera, ginger, lemon  
(A blend to balance your gut bacteria for optimal gut health)
- ♥ **JAMU ASEM** 39  
'NEW' Turmeric, tamarind, ginger, lemon, black pepper, coconut sugar. (A Balinese herbal blend that is a great anti-inflammatory and anti-bacterial)
- ♥ **ALOE VERA** 30  
100% pure aloe vera plant extract  
(Stimulates digestion, speeds healing, detoxifies, increases hydration, soothes the skin and relieves heartburn.)

## SMOOTHIES 500ml & 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 Tasha's homemade Gluten-Free granola and seasonal fruits. Art in a bowl.

- ♥ **NAUGHTY NUTTER**
  - SMOOTHIE:** 74  
Frozen banana, almond & macadamia butter, cacao paste and powder, cinnamon, homemade almond mylk
  - BOWL:** 85  
As above, topped with banana slices, desiccated coconut, chia seeds and more drizzle of almond & macadamia butter.
- BOOBALICIOUS**
  - SMOOTHIE:** 74  
Frozen banana, peanut butter, cinnamon, chia seeds, homemade almond mylk with a choice of Whey protein or Hemp seeds
  - BOWL:** 85  
As above, topped with banana slices, desiccated coconut, chia seeds and more drizzle of peanut butter  
Add Strawberries +8
- ♥ **BLADY BLAZIN' BERRIES**
  - SMOOTHIE:** 74  
Frozen blueberries, frozen strawberries, frozen banana, dates, chia seeds, homemade almond mylk
  - BOWL:** 85  
As above, topped with banana slices, desiccated coconut and chia seeds
- ♥ **GONE GREEN**
  - SMOOTHIE:** 74  
Frozen banana, avocado, spinach, hemp seeds, ginger, homemade almond mylk
  - BOWL:** 85  
As above, topped with banana slices, goji berries and toasted coconut flakes
- ♥ **GREEN WARRIOR SMOOTHIE** 74  
Avocado, kale, spinach, celery, cucumber, lemon, ginger, apple, pinch of sea salt (Lighter than a smoothie, no sweetness. It's delish!)
- ♥ **CALMING CANNA-CRISP (CBD PEPPERMINT CRISP)**
  - SMOOTHIE:** 92  
10mg pure CBD oil, frozen banana, dates, avocado, cacao paste, mint, peppermint extract, coconut mylk and homemade almond mylk
  - BOWL:** 114  
As above, topped with buckwheat crunchies, frozen blueberries, cacao nibs, mint leaves and choc chip cookie bits
- ♥ **CITRUS CACAO LOVE (WARM or COLD)**
  - SMOOTHIE 250ml / 500ml:** 49 / 74  
Banana, oats, orange zest, cacao powder, dates, maca, chia seeds, almond & macadamia butter, homemade almond mylk (Taste like a zesty warm hug)
  - BOWL:** 85  
As above, topped with buckwheat crunchies, banana slices, dehydrated oranges, cacao nibs and toasted coconut flakes.
- ♥ **GINGERBREAD WOMXN SMOOTHIE** 49  
\*250ml  
Sweet potato (steamed), banana, almond & macadamia butter, ginger, cinnamon, dates, homemade almond mylk.

## SUPERFOOD EXTRAS

+11 each

- Cacao powder
- Maca
- Lacuma
- Cacao paste
- Goji berries
- Hemp seeds
- Cacao nibs
- Chia seeds
- Spirulina

## BREAK THE FAST

Served until 12pm

- WARMING OATIES** 65  
Gluten-free oats cooked in almond mylk, dates, cinnamon and almond & macadamia butter, topped with Tasha's homemade granola, coconut oil fried banana, toasted coconut flakes and a dust of cinnamon
- APPLE CRUMBLE OATIES** 69  
'NEW' Gluten free oats cooked with apples, grated baby marrow, raisins, dates, cinnamon, almond mylk, topped with our almond pulp and walnut crumble, coconut oil, caramelised apples and a dust of cinnamon
- TASHA'S HOMEMADE GLUTEN-FREE GRANOLA** 69  
Gluten-free oats tossed with a selection of mixed nuts and seeds, cacao powder, cinnamon, date paste, 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

## TOASTS & SANDWICHES

Please choose your bread of choice: Sourdough, 70% Rye, Gluten-Free at additional charge +12

- SMOOSHY AVO TOAST** 70  
Smoochy avo topped with wild rocket, ground black pepper and salt, served with a wedge of lemon.
- BASIL PESTO TOAST** 62  
Basil pesto, freshly sliced cherry tomatoes, hemp seeds, served with a wedge of lemon
- BANANA TOAST** 63  
Sliced banana, almond & macadamia butter, seasonal berries, toasted coconut flakes and a dust of cinnamon  
Swap for vegan 'Nutella' +10
- MOON SANDWICH** 83  
Smoochy avo, basil pesto, sun-dried tomatoes, wild rocket
- STAR SANDWICH** 83  
Smoochy avo, homemade cashew nut cream cheese, freshly sliced cherry tomatoes, wild rocket
- HARMONY** 75  
Shaved raw carrots and zucchini, homemade beetroot hummus, homemade turmeric hummus, gherkins, sliced tomatoes, thinly sliced red onions, rocket and crunchy lettuce, dusted with salt and pepper to taste
- NOURISH'D B.L.T SANDWICH** 95  
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.

## SIDES

- FALAFEL BALLS + TURMERIC HUMMUS** 30  
3 falafel balls with our homemade turmeric hummus
- TAHINI SLAW** 30  
Thinly sliced cabbage with a tahini dressing
- SPIRALIZED ZUCCHINI & CARROT SIDE SALAD** 30  
Spiralized zucchini and carrots tossed in our Green Goddess salad dressing
- TASHA'S BOWL** 45  
2 Falafels, Kimchi, Avo with our Green Goddess salad dressing

## FILL ME UPS

Served after 12pm

- ENJOY THE LENTIL THING BURGER** 105  
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 a Green Goddess side salad  
Swap to Gluten Free bun +16
- JACK ME OFF BURGER** 108  
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 Green Goddess side salad  
Swap to Gluten-Free bun +16
- FALAFEL IN LOVE WITH YOU WRAP** 90  
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** 95  
'NEW' Roasted crispy 'taço' spiced cauliflower, avocado, Chili sin carne (meatless mince), cooked 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
- AYURVEDIC KITCHARI** 70  
(This is delish! Oh my!)  
'NEW' A warming and nourishing brown rice, carrot, baby marrow, moong dhal porridge with coconut mylk and dosha balancing spices. Topped with a crispy red onion tadka (tampered with coconut oil) and coriander leaves.  
Extra Poppadum +5
- SOUP OF THE DAY** 60  
Please call and find out what the soup of the day is  
Served with a slice of sourdough or rye bread  
Swap to Gluten-Free bread +16

## RAINBOW BOWLS

- MOONSHINE BOWL** 93  
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 virgin olive oil and a wedge of lemon. Served with homemade green Goddess dressing.
- SEXI MEXI BOWL** 95  
'NEW' Chilli 'sin' carne (meatless lentil chilli), guacamole, homemade cashew nut sour cream, pico de gallo (tomato & onion salsa), cinnamon roasted sweet potato, crunchy red cabbage, cooked brown rice, coriander, corn and diced red pepper drizzled with extra v olive oil and a wedge of lemon

## 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		

\***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, lemon, nutritional yeast, garlic, extra v olive oil, salt & pepper

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

## ORGANIC AND FAIRTRADE CERTIFIED COFFEE




Option for home-made almond mylk or oat mylk +12  
Decaf option available  
\*\*Double shot available +3

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ESPRESSO	22
MACCHIATO	23
Espresso with micro-foam	
CORTADO	26
Mini flat white	
AMERICANO	22
CAPPUCCINO	29
Single shot espresso with microfoam	
FLAT WHITE	29
Double shot espresso with microfoam	
CAFFE LATTE	29
Single shot espresso with 2 part steamed milk and a layer of foam	
MOCHA	35
Caffe latte with cacao	
BULLET-PROOF COFFEE	35
Single espresso, pure butter, MCT oil and milk of choice	
CANNA COFFEE	35 / 58
Single espresso, MCT oil, milk of choice and a choice of 5mg/10mg pure CBD oil	
 UNICORN LATTE	39
Coffee based - Try it..... We dare you :)	
 COFFEE COCO (WARM or COLD)	70
Single espresso, cacao powder, coconut oil, dates, cinnamon and homemade almond mylk (Very stimulating with the cacao and coffee combination)	
ICED AMERICANO	28
ICED COFFEE	29
ICED MOCHA	35

## OTHER DRINKS

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

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 VEGAN WHITE HOT CHOCOLATE	48
Homemade almond mylk, cacao butter, coconut sugar, coconut mylk, cinnamon, nutmeg, pinch of sea salt, maca and vanilla	
 MACA MAKIN' LOVE	46
'Healthy Horlicks', homemade almond mylk, maca, cinnamon, ashwagandha, coconut sugar and a pinch of sea salt	
 HOT CACAOLATE	51
'Healthy hot chocolate', raw cacao paste and powder, cinnamon, coconut sugar and steamed homemade almond mylk	
 MEXICAN HOT CACAOLATE	52
Hot cacaolate with an extra pinch of cinnamon and cayenne pepper.	
 GOLDEN MYLK LATTE (TURMERIC LATTE)	52
Steamed homemade almond mylk, coconut mylk, turmeric, black pepper, ginger, nutmeg, cinnamon, coconut sugar	
 MATCHA LATTE	52
Ceremonial grade matcha with homemade almond mylk	

CHAI LATTE	28
DIRTY CHAI LATTE	31
Shot of espresso and chai spice.	
RED CAPPUCCINO	39
Red espresso with foamed milk	
RED SPICED CHAI LATTE	42
Red espresso latte with chai spice	
 ICED MATCHA TEA	54
 ICED MATCHA LATTE	58
ICED CHAI LATTE	42
 KOMBUCHA CHA CHA	49
Homemade kombucha with probiotics Ask waiter for flavours	
TEA	
Rooibos Tea	22
Green Tea	20
English Breakfast	20
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, Liquorice Root, Hoodie and Yerba Matã.	28
LUNAR LULLABY - Ashwagandha, Passion Flower, Chamomile, Jamine, Lemon Balm and Lemon Peel.	28

## TREATS & MUFFINS

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 MILLIONAIRE SHORTBREAD	38
Decadent layers of oat-biscuit base, date caramel and dark chocolate come together to create a rich and delicious vegan shortbread.	
 BANANA QUINOA MUFFIN	38
A moist and wholesome muffin made using protein rich quinoa and kept fudgy and sweet with banana and coconut blossom sugar.	
 CACAO BEETROOT MUFFIN	38
A deliciously dark and decadent chocolate muffin heightened by subtle notes of beetroot and naturally sweetened with organic coconut blossom sugar.	
 OMEGA SEED MUFFIN	38
Filled with apples, pears, carrots, banana AND pumpkin plus sunflower seeds, sesame seeds, and chunks of dates, raisins and fresh ginger for sneaky 'zing', it's crazy we can even call these muffins a dessert.	
 FERRERO ROCHER	27
A dark cacao ball with hazelnut centre, rolled in roasted hazelnuts. Better than the original chocolates these little balls of happiness smell, taste and look so similar to the Rochers of old, without any of the nutritional nastiness.	
 CHOCOLATE CHIP COOKIE	29
Vegan and gluten-free, sweetened with organic coconut blossom sugar, filled with gooey pieces of Medjool date, cashew nuts and chunks of 85% organic dark chocolate, and a pinch of pink Himalayan salt to round it all off.	
 SNICKERS BAR	35
A raw vegan take on the classic snickers with layers of crunchy roast peanuts and date caramel all enrobed in dark chocolate.	
 AFRICAN BOUNTY BAR	22
Dark chocolate bar filled with Sceletium and Buchu infused shredded coconut.	
 TWIXX	35
A raw vegan take on the classic twixx bar (chocolate, biscuit and caramel). A nutty GF-flour base topped with date caramel and enrobed in dark 70% chocolate.	
 CACAO DATE BALL	22
A super chocolatey and ultra-moist date ball rolled in shredded coconut.	
 MATCHA LEMON DATE BALL	27
An asian take on the classic date ball these babies are a must-try. Flavoured with Japanese Matcha and fresh lemon zest they're a refreshing and sweet end to a meal.	
 VEGAN BROWNIE	38
A fudgy and delicious vegan brownie - a classic.	