

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 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 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 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 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 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
-   **DOUBLE DECADENT CHOCOLATE FLAPJACKS** 85
'NEW' Gluten free chocolate sweet potato flapjacks dripped with our vegan chocolate sauce, topped with strawberries marinated with black pepper, brownie crumble and cacao nibs. Served with more chocolate sauce on the side for your pleasure perusal
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 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

-  **SWEET POTATO FRIES** 30
-  **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, sweet potato fries, vegan aioli and 'tomato sauce' relish
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, sweet potato fries, vegan aioli and 'tomato sauce' relish
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**
Please call and find out what the soup of the day is

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

COFFEE

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

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

♥ 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 cacaoate 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 22

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, Licorice Root, Hoodie and Yerba Matē. 28

LUNAR LULLABY - Ashwagandha, Passion Flower, Chamomile, Jamine, Lemon Balm and Lemon Peel. 28

TRANSFORMATIVE TINCTURES + RIO Each

If you'd like to increase the medicinal powers of any juice, smoothie or other drink on the menu, you can simply add a dose of our tinctures. This initiative is a partnership with the incredible @aether_herbalistandapothecary, who use a variety of methods to make the most potent tinctures out there. These tinctures work on a cellular level to heal and nourish the Mind, Body and Soul.

Full bottles available on our online store

ADAPTOGENIC

Intelligent plant medicines licorice, Maca, Ashwagandha, Schisandra Berry and Eleuthero combine to create an all-round healing powerhouse which restores and creates balance within every system in the body: adrenal, nervous, endocrine, immune, pulmonary and respiratory.

HORMONE BALANCING

An exotic blend of Cohosh, Chaste Berry, Maca Root, Dong Quai and Raspberry Leaf offer hormone-balancing effects for both men and womxn

COLD AND FLU

An immune boosting blend of Astragalus, Elderflower, Echinacea, Sage and Peppermint to combat pathogenic invaders, viruses and unwanted bacteria.

REISHI

Queen of the Mushrooms. A wild-harvested Reishi tincture that adapts to heal the immune system and provides supreme protection against age-related deterioration and disease. In clinical studies this fungus has demonstrated a profound ability to nourish vitality, relax the nervous system, calm the mind, and promote a state of relaxed focus and concentration.

NEW MAMMA

A lactation-boosting blend of Raspberry Leaves, Fenugreek, Marshmallow Root, Motherwort and Tulsi to support new mammas in their milk production

MOOD ELEVATION

A calming combination of Mucuna, Ashwagandha, Rose, St John's Wort and Brahmi to reduce cortisol, assist in the creation of serotonin and dopamine, calm anxiety and elevate mood.