

# SMOOTHIES (500ML)

Low Calorie (LC) option available replacing banana with cauliflower.

- LC** **NAUGHTY NUTTER**..... 78  
Banana, almond & macadamia butter, cacao paste, cacao powder, cinnamon and homemade almond mylk.
- NEW** **CITRUS CACAO LOVE (WARM/COLD)**.... 53/78  
250ML/500ML  
Banana, oats, orange zest, cacao powder, dates, maca, chia seeds, almond & macadamia butter, homemade almond mylk topped with a dehydrated orange.
- MAKIN' ME CACAO**..... 78  
Banana, cacao powder, cacao nibs, homemade almond mylk, vegan chocolate sauce. **Add a shot of espresso for a little kick up the bum bum +20**
- LC** **BOOBALICIOUS**..... 78  
Banana, peanut butter, chia seeds, cinnamon and homemade almond mylk with a choice of whey protein or hemp seeds
- LC** **BLADDY BLAZZIN' BERRY**..... 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, spirulina coconut yogurt drizzle.
- TROPICAL SUMMER**..... 82  
Pineapple, orange, goji berries, passion fruit, lucuma.
- GREEN WARRIOR**..... 82  
Avocado, kale, spinach, celery, cucumber, lemon, ginger, apple, pinch of sea salt (Lighter than a smoothie, no sweetness. It's delish!)
- LC** **GONE GREEN**..... 82  
Banana, avocado, spinach, hemp seeds, ginger and homemade almond mylk.
- MAGIC MANGITO**..... 82  
Mango, pineapple, lucuma, goji berries, passion fruit. **\*Subject to season availability**
- NEW** **GINGERBREAD WOMXN (WARM)**..... 53  
250ML  
Banana, sweet potato, almond & macadamia butter, ginger, cinnamon, cardamom, dates, homemade almond mylk topped with rose petals and cinnamon.

## SUPER SMOOTHIES (500ML)

- ACAI**.....105  
Super Antioxidant Acai, strawberries, bananas, dates.
- CBD PEPPERMINT CRISP**..... 105  
5mg pure CBD oil, banana, dates, avocado, cacao paste, mint, peppermint extract, coconut mylk and homemade almond mylk. **Extra peppermint shot +5**

# SMOOTHIE BOWLS

All smoothie bowls are beautifully decorated with either Tasha's homemade Gluten-Free granola or buckwheat crunchies and season fruit. Art in a bowl. Low Calorie (LC) option available replacing banana with cauliflower.

- LC** **NAUGHTY NUTTER**..... 90  
Banana, almond & macadamia butter, cacao paste and powder, cinnamon, homemade almond mylk topped with gluten free granola, banana slices, dessicated coconut, strawberries and more drizzle of almond & macadamia butter.
- MAKIN' ME CACAO**..... 90  
Banana, cacao powder, cacao nibs, homemade almond mylk, vegan hazelnut chocolate sauce topped with gluten free granola, chocolate brownie pieces, vegan chocolate sauce, banana slices, strawberries, cacao nibs, and dessicated coconut. **Add a shot of espresso for a little kick up the bum bum +20**
- LC** **BOOBALICIOUS**..... 90  
Banana, peanut butter, chia seeds, cinnamon and homemade almond mylk with a choice of Whey protein or Hemp seeds, topped with gluten free granola, banana slices, desiccated coconut and more peanut butter drizzle.
- LC** **BLADDY BLAZZIN' BERRY**..... 90  
Banana, blueberries, strawberries, dates, chia seeds, homemade almond mylk topped with gluten free granola, banana slices, desiccated coconut and chia seeds.
- SPIRULINA SUMMER**..... 90  
Half banana, half cauliflower (less sweet), kale, spinach, spirulina, mint, homemade almond mylk, topped with apple, coconut, blueberries, strawberries, mint and spirulina coconut drizzle.
- CITRUS CACAO LOVE**..... 90  
Banana, gluten free oats, orange zest, cacao powder, dates, maca, chia seeds, almond & macadamia butter, homemade almond mylk topped with gluten free granola, buckwheat crunchies, banana slices, dehydrated oranges, cacao nibs, and toasted coconut.
- TROPICAL SUMMER**..... 100  
Pineapple, orange, goji berries, passion fruit topped with strawberries, apple slices, roasted coconut flakes, chia seeds and gluten free granola.
- LC** **GONE GREEN**..... 100  
Banana, avocado, spinach, hemp seeds, ginger, homemade almond mylk topped with gluten free granola, banana slices, goji berries and toasted coconut flakes.
- MAGIC MANGITO**..... 100  
Mango, pineapple, Lucuma, Goji berries, passion fruit, granola, strawberries and chia seeds. **\*Subject to season availability**

## SUPER SMOOTHIE BOWLS

- ACAI**.....130  
Super Antioxidant Acai, strawberries, banana, dates, 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, and mint leaves. **Extra peppermint shot +5**

**ALLERGIES:** All our menu items are produced in a kitchen which uses Soy, Nuts, Dairy & Wheat

**DISCLAIMER:** Some of our products are made using medicinal plant ingredients and tinctures. If you are taking any chronic medication, are pregnant or breastfeeding please practice caution.

**GF** GLUTEN FREE | **NEW** | **LC** LOW CALORIE

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# BREAK THE FAST

SERVED UNTIL 13:00

## BLUEBERRY PEANUT BUTTER PROTEIN OVERNIGHT OATS..... 74

Gluten Free oats with protein packed chia seeds soaked overnight with the most delish blueberry jam, coconut yoghurt, peanut butter, strawberries, hemp seeds and coconut flakes.

## CA CAO CHIA POT..... 72

Chia seeds soaked in a blend of banana, almond mylk, cacao powder, almond & macadamia butter, topped with Tasha's homemade granola and seasonal fruits.

## 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, caramelized apples and a dust of cinnamon.

## GRANOLA AND FRUIT BOWL..... 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 yogurt +18

## CHICKPEA & TOFU OMELETTE..... 95

Chickpea and tofu omelette filled with sautéed spinach, mushrooms and caramelized onions. Served with a side of sundried tomatoes, wild rocket, and sliced avocado.

Add sourdough or rye +14

Add gluten free bread +18

# RAINBOW BOWLS

SERVED AFTER 11:00

## MOONSHINE BOWL..... 105

Crispy herby falafel balls, avocado, homemade 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 POKE BOWL.....105

Teriyaki tofu, black rice, fresh pineapple cubes, grilled broccoli, edamame beans, grated carrots, 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.....105

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, and diced red pepper drizzled with extra v olive oil and a wedge of lemon.

## SUPER GREEN QUINOA BOWL..... 115

Super greens bowl made with red and white quinoa, grilled broccoli, edamame beans, roasted almonds, a mix of rocket and baby spinach, drizzled with a Dijon dressing and a sprinkle of our roasted seed mix.

GF



## CREAMY CAESAR SALAD.....95

Iceberg lettuce wedges dressed with a creamy vegan caesar dressing topped with fried capers, homemade garlic sourdough croutons, hemp hearts, chives, basil, cheesy parmesan, finished with avo slices, fresh lemon, extra virgin olive oil and a crack of black pepper.

SERVED ALL DAY

# TOASTIES & SANDWICHES

Please choose your bread of choice: Sourdough, 70% Rye or Gluten-Free at additional charge +8

## GOLDEN GRILLED CHEESY SANDWICH.. 80

Grilled "cheese" sandwich, with sourdough bread. Filled with homemade vegan mozzarella, mushrooms, baby spinach, caramelized onions, roasted cherry tomatoes and avocado aioli.

## BANANA TOAST..... 72

Sliced banana, almond & macadamia butter, strawberries, toasted coconut flakes, chia seeds and a dust of cinnamon

## SMOOSHY AVO TOAST..... 75

Smoochy avo topped with wild rocket, ground black pepper and salt, served with a wedge of lemon.

## MOON SANDWICH..... 89

Smoochy avo, vegan basil pesto, sun-dried tomatoes, wild rocket.

## NOURISHD 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

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. Gluten-Free bagel at additional charge +8



## BREAKFAST BAGEL..... 95

'An Eggy' scrambled tofu with avo, roasted cherry tomatoes, rocket, pesto and a vegan mayo inside of a bagel.



## CHUNKY MUNKEY CHICKPEA TUNA BAGEL... 55

This warm toasted bagel is filled with our homemade creamy gherkin chickpea mayo (not tuna). Topped with fresh rocket, that will send you over the moon!

## SMOOSHY AVO & 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.

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# FILL ME UPS

SERVED AFTER 11:00 | Swap to Gluten Free bun or wrap +10

## LOVIN' LENTIL BOLOGNESE PASTA..... 100

A Traditional take on a Italian bolognese but vegan & gluten free of course made with lentils, carrots, celery, lots of garlic, crushed walnuts, fresh origanum, thyme and whole tomatoes with a beautiful napoletana sauce, balsamic glaze and a dash of red wine all of which is tossed with gluten free penne and topped with our homemade vegan parmesan cheese and fresh basil.

## THE ZESTY ZEUS WRAP.....100

A toasted wheat wrap filled with our fabulous falafel's, a coconut Greek style tzatziki, hummus, tomato salsa with jalapeño! A mix of red cabbage, lettuce and a sprinkle of sunflower seeds for that perfect crunch in every bite! Drizzled with a zesty and fresh coriander lemon dressing.

## I FALAFEL IN LOVE WITH YOU WRAP.....100

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

## CAULI ME BURRITO.....100

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

## ENJOY THE LENTIL THING BURGER..... 135

Homemade lentil and beetroot patty, sliced avocado, caramelized 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.

## JACK ME OFF BURGER..... 135

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 sweet potato fries.

## COLD BROCCOLI PESTO PASTA.....100

Gluten-free penne combined with the most creamy and delicious broccoli pesto, served with grilled baby marrows, sun-dried tomatoes, fresh cherry tomatoes and our incredible vegan parmesan.

# LIGHT MEALS

SERVED AFTER 11:00

## TASHA'S BOWL..... 60

2 falafel balls, kimchi and guacomole with our Green Goddess dressing.

# SIDES

## SWEET POTATO FRIES.....45

Served with homemade vegan aioli

## FALAFEL BALLS & HUMMUS.....35

3 falafel balls with our homemade hummus

## TAHINI SLAW..... 35

Thinly sliced cabbage and carrots with a tahini dressing

# EXTRAS

Fresh cherry tomatoes.....	13
Homemade turmeric hummus.....	16
Homemade beetroot hummus.....	16
Smooshy Avo.....	25
Cashew nut cream cheese.....	18
Sourdough or Rye.....	14
Gluten free bread.....	18
Kimchi.....	25
Vegan Lemon & Basil Pesto.....	22
Gherkins.....	13
Vegan aioli.....	18
Chilli mint sauce.....	15
Tomato relish.....	15
Tempeh 'Bacon'.....	25
Green Goddess salad dressing.....	10
Fresh Strawberries.....	20

# SUPERFOODS

Add additional superfoods to smoothies/bowls or drinks to give that extra boost

**+ 18 EACH**

Cacao powder	Maca	Lucuma
Cacao paste	Goji berries	Hemp seeds
Cacao nibs	Chia seeds	Spirulina
Add a Pea Protein.....		<b>+ 18</b>
CBD 5MG.....		<b>+ 10</b>
CBD 10MG.....		<b>+ 20</b>

## DRESSINGS

**HUMMUS:** Cooked chickpeas, lemon, tahini, cumin, cayenne pepper, 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

**MISO DRESSING:** Ginger, miso paste, lemon juice, soya sauce

**GREEN GODDESS DRESSING:** Activated cashew nuts, lemon, mint, basil, garlic, extra v olive oil, salt & pepper

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## JUICES (375ML)

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

<b>HAPPY HIPPIY</b> ..... 62 (DETOXIFIER AND ALKALIZER) Kale, spinach, celery, cucumber, apple, lemon, ginger
<b>GREEN GODDESS</b> ..... 62 (REFRESHER AND IMMUNE BOOSTING) Apple, cucumber, ginger, lemon, mint
<b>FEELIN' DA BEET OF MY HEART</b> ..... 62 (STAMINA AND ENDURANCE) Beetroot, apple, cucumber, carrot, ginger, mint, lemon
<b>GLOW AND FLOW</b> ..... 62 (IMMUNE BOOSTING AND FLU FIGHTING) Orange, apple, ginger, lemon, cayenne pepper
<b>BLACK BUCHU</b> ..... 62 (INFLAMMATION AND INFECTION) Activated charcoal, buchu leaves, cucumber, buchu, water, apple, ginger, lemon *Not suitable for pregnant or breastfeeding mamas
<b>PINEAPPLE DREAMS</b> ..... 62 (IMMUNE BOOSTER FOR VIRAL SYMPTOMS) Pineapple, cucumber, apple, lemon
<b>GAIAN GREEN</b> ..... 62 (INFLAMMATION AND HYDRATION) Celery, spinach, cucumber, coriander, lemon, mint
<b>SUNSHINE KAY</b> ..... 62 (ANTIOXIDANT AND DIGESTION) Pineapple, yellow pepper, apple, lemon, basil
<b>LOVING LEMONADE</b> ..... 62 Lemon, mint, coconut water, coconut sugar
<b>WATERMELLIE MINT</b> ..... 62 (INFLAMMATION AND HYDRATION) Freshly squeezed watermelon juice with a hint of mint
<b>BERRY NECTARINE</b> ..... 62 (ANTIOXIDANT AND IMMUNE BOOSTING) Nectarine, apple, lemon, berry bright tea



## SHOTS (100ML)

<b>HOT SHOT</b> ..... 36 Ginger, lemon, turmeric, black pepper (Feeling flu-ish and muggy? Hot Shot! It's hectic but you'll thank us later)
<b>THE ULTIMATE SHOT</b> ..... 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!)
<b>GUT RESTORE</b> ..... 40 Probiotics, raw apple cider vinegar, spirulina, aloe vera, apple. (A blend to balance your gut bacteria for optimal gut health)
<b>JAMU ASEM</b> ..... 40 Turmeric, tamarind, ginger, lemon, black pepper, coconut sugar. (A Balinese herbal blend that is a great anti-inflammatory and anti-bacterial!)
<b>ALOE VERA</b> ..... 40 100% pure aloe vera plant extract (Stimulates digestion, speeds healing, detoxifies) increases hydration, soothes the skin and relieves heartburn.

## NUT MYLKS (375ML) COLD

<b>CACAO MYLK</b> ..... 62 Homemade almond mylk, raw cacao, dates
<b>GOLDEN MYLK</b> ..... 62 Almond mylk, turmeric powder, cinnamon, coconut milk, dates, ginger



## OUR RPET INITIATIVE

PLEASE REFER TO OUR WEBSITE TO HEAR ALL ABOUT OUR CIRCULAR RECYCLING PRACTICES.

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