

ORGANIC & FAIRTRADE CERTIFIED COFFEE

Option for home-made almond mylk or oat mylk +6
Decaf option available
**Double shot available +4

ESPRESSO	26
MACCHIATO Espresso with micro-foam	31
CORTADO Mini flat white	31
AMERICANO	31
CAPPUCCINO Single shot espresso with microfoam	33
FLAT WHITE Double shot espresso with microfoam	33
CAFFE LATTE Single shot espresso with 2 part steamed milk and a layer of foam	33
MOCHA Caffe latte with cacao	36
BULLET-PROOF COFFEE Single espresso, pure butter and MCT oil	36
CANNA COFFEE Single espresso, MCT oil, milk of choice and a choice of 5mg/10mg pure CBD oil	44 / 54
UNICORN LATTE Coffee based - Try it..... We dare you :)	40
COFFEE COCO (WARM or COLD) Single espresso, cacao powder, coconut oil, dates, cinnamon and homemade almond mylk (Very stimulating with the cacao and coffee combination)	73

OTHER DRINKS

Option for home-made almond mylk or oat mylk +6

RED CAPPUCCINO Red espresso with foamed milk	40
RED SPICED CHAI LATTE Red espresso latte with chai spice	44
KOMBUCHA	32
TEA	
Rooibos Tea	22
English Breakfast	22
Green Tea	24
African Buchu Tea	26

OTHER DRINKS

Option for home-made almond mylk or oat mylk +6

♥ VEGAN WHITE HOT CHOCOLATE Homemade almond mylk, cacao butter, coconut sugar, coconut mylk, cinnamon, nutmeg, pinch of sea salt, maca and vanilla	50
♥ HOTTI TOTTI This powerful flu and cold fighter is our Hot Shot with added hot water and lemon. Best to have hot and feel the benefits of the Ginger, lemon, turmeric and black pepper	50
♥ GF MANNABREW SUPERFOOD ESPRESSO Roasted mesquite bean powder - a coffee alternative without the caffeine or acidity	37
♥ MACA MAKIN' LOVE 'Healthy Horlicks', homemade almond mylk, maca, cinnamon, ashwagandha, coconut sugar and a pinch of sea salt	48
♥ HOT CACAOLATE 'Healthy hot chocolate', raw cacao paste and powder, cinnamon, coconut sugar and steamed homemade almond mylk	53
♥ MEXICAN HOT CACAOLATE Hot cacaolate with an extra pinch of cinnamon and cayenne pepper.	54
♥ TURMERIC LATTE Steamed homemade almond mylk, coconut mylk, turmeric, black pepper, ginger, nutmeg, cinnamon, coconut sugar	54
♥ MATCHA LATTE Ceremonial grade matcha with homemade almond mylk. (Available iced)	54
♥ CEREMONIAL CACAO HEART OPENER Ceremonial Peruvian Cacao, Coconut sugar, Coconut milk, Karoo Salt	55
♥ CHAI LATTE	31
♥ DIRTY CHAI LATTE Shot of espresso and chai spice.	32

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 Maté.	28
LUNAR LULLABY Ashwagandha, Passion Flower, Chamomile, Jasmine, Lemon Balm and Lemon Peel.	28

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

♥ VEGAN | GF GLUTEN FREE | ✨ NEW

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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.

♥	HAPPY HIPPY (Detoxifier and Alkalizer) Kale, spinach, celery, cucumber, apple, lemon, ginger	62
♥	GREEN GODDESS (Refresher and immune boosting) Apple, cucumber, ginger, lemon, mint	62
♥	FEELIN' DA BEET OF MY HEART (Stamina and Endurance) Beetroot, apple, cucumber, carrot, ginger, mint, lemon	62
♥	GLOW AND FLOW (Immune boosting and Flu Fighting) Orange, apple, ginger, lemon, chilli, cayenne pepper	62
♥	BLACK BUCHU (Inflammation and Infection) Activated charcoal, buchu leaves, cucumber, buchu, water, apple, ginger, lemon <i>*(Not suitable for pregnant or breastfeeding mamas)</i>	62
♥	PINEAPPLE DREAMS (Immune booster for viral symptoms) Pineapple, cucumber, apple, lemon	62
♥	GAIAN GREEN (Inflammation and hydration) Celery, cucumber, corriander, lemon, mint	62
♥	WATERMELLIE MINT (Inflammation and hydration) Freshly squeezed watermelon with a hint of mint	62
♥ GF	TOTALLY OATALLY (Digestion and satiety) Gluten-Free Oats, pineapple, orange, kale, spinach, purified water	62
♥	BERRY BRIGHT (Immune Boosting and Anti-Inflammatory) Celery, orange, apple, berry bright tea (forest berries, Schisandra berries, liquorice root, Hoodia and Yerba Matê)	62
♥	ROOT TO RISE LEMONADE An invigorating blend of Lemon Juice, Ginger, Eleuthero, Turmeric Root, Peppermint, Cayenne, and Buchu, to awaken the day's digestive fire.	62

SHOTS 100ml

♥	HOT SHOT Ginger, lemon turmeric, black pepper (Feeling flu-ish and muggy? Hot shot! It's hectic but you'll thank us later)	36
♥	THE ULTIMATE SHOT 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!)	36
♥	GUT RESTORE Probiotics, raw apple cider vinegar, spirulina, aloe vera, apple (A blend to balance your gut bacteria for optimal gut health)	40
♥	JAMU ASEM Turmeric, tamarind, ginger, lemon, black pepper, coconut sugar. (A Balinese herbal blend that is a great anti-inflammatory and anti-bacterial)	40
♥	ALOE VERA 100% pure aloe vera plant extract (Stimulates digestion, speeds healing, detoxifies, increases hydration, soothes the skin and relieves heartburn.	31

SMOOTHIES 500ml

Please let us know if you wish to have cauliflower in your smoothie instead of banana

♥	NAUGHTY NUTTER Banana, almond & macadamia butter, cacao paste and powder, cinnamon, homemade almond mylk	78
♥	MAKING ME CACAO Banana, cacao powder, cacao nibs, chia seeds, cinnamon, homemade almond mylk, vegan hazelnut chocolate sauce. Add a shot of espresso for a little kick up the bum bum +20	78
	BOOBALICIOUS Banana, peanut butter, cinnamon, chia seeds, homemade almond mylk with a choice of Whey protein or Hemp seeds	78
♥	BLADY BLAZIN' BERRIES Banana, blueberries, strawberries, dates, chia seeds, homemade almond mylk	78
♥	SPIRULINA SUMMER Half banana, half cauliflower (less sweet), kale, spinach, spirulina, mint, cucumber, homemade almond mylk	78
♥	CITRUS CACAO LOVE Banana, oats, orange zest, cacao powder, dates, maca, chia seeds, almond & macadamia butter, homemade almond mylk	78
☀️ ♥	MAGIC MANGITO Mango, papaya, pineapple, lucuma, passion fruit *Subject to availability	82
♥	GONE GREEN Banana, avocado, spinach, hemp seeds, ginger, homemade almond mylk	82
♥	GREEN WARRIOR Avocado, kale, spinach, celery, cucumber, lemon, ginger, apple, pinch of sea salt (Lighter than a smoothie, no sweetness. It's delish!)	82

SUPER SMOOTHIES 500ml

Please let us know if you wish to have cauliflower in your smoothie instead of banana

♥	ADAPTOGENIC ACAI Super Antioxidant Acai, strawberries, banana, dates and 10 drops of Nourish'd Adaptogenic Alchemy Tincture to aid the body's ability to handle mental, physical and environmental stress	105
♥	CBD PEPPERMINT CRISP 5mg pure CBD oil, banana, dates, avocado, cacao paste, mint, peppermint extract, coconut mylk and homemade almond mylk Extra peppermint shot +5	102

NUT MYLKS 375ml (COLD)

♥	NOURISH' D HOMEMADE ALMOND MYLK Almonds, cinnamon, dates, vanilla, sea salt	57
♥	CACAO MYLK Homemade almond mylk, raw cacao, cinnamon, dates	62
♥	GOLDEN MYLK Homemade almond mylk, coconut mylk, turmeric, black pepper, ginger, nutmeg, cinnamon	62

SMOOTHIE BOWLS

Please let us know if you wish to have cauliflower in your smoothie bowl instead of banana

All smoothie bowls are beautifully decorated with either Tasha's homemade Gluten-Free granola or buckwheat crunchies and seasonal fruits. Art in a bowl

♥ NAUGHTY NUTTER 90

Banana, almond & macadamia butter, cacao paste and powder, cinnamon, homemade almond mylk topped with gluten free granola, banana slices, desiccated coconut, chia seeds and more drizzle of almond & macadamia butter

♥ MAKING ME CACAO 90

Banana, cacao powder, cacao nibs, chia seeds, cinnamon, homemade almond mylk, vegan hazelnut chocolate sauce topped with gluten free granola, chocolate brownie pieces, vegan hazelnut chocolate sauce, banana slices, strawberry slices, cacao nibs, chia seeds and desiccated coconut. **Add a shot of espresso for a little kick up the bum bum +20**

BOOBALICIOUS 90

Banana, peanut butter, cinnamon, chia seeds, homemade almond mylk with a choice of Whey protein or Hemp seeds, topped with gluten free granola, banana slices, desiccated coconut, chia seeds and more drizzle of peanut butter **Add strawberries +8**

♥ BLADY BLAZIN' BERRIES 90

Banana, blueberries, strawberries, dates, chia seeds, homemade almond mylk topped with gluten free granola, banana slices, strawberries, desiccated coconut and chia seeds

♥ SPIRULINA SUMMER 90

Half banana, half frozen cauliflower (less sweet), kale, spinach, spirulina, mint, homemade almond mylk, spirulina coconut drizzle, topped with apple crumble crunch, banana, chia seeds, desiccated coconut, blueberries, strawberries, mint and spirulina coconut drizzle

♥ CITRUS CACAO LOVE 90

Banana, gf oats, orange zest, cacao powder, dates, maca, chia seeds, almond & macadamia butter, homemade almond mylk topped with gf granola, banana slices, dehydrated oranges, cacao nibs, and toasted coconut flakes

♥ 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 **Add strawberries +8**

☀️ ♥ MAGIC MANGITO 100

Mango, papaya, pineapple, lucuma, passion fruit topped with granola, mango, strawberries, passion fruit, chia seeds and goji berries ***Subject to availability**

SUPER SMOOTHIE BOWLS

♥ ADAPTOGENIC ACAI 130

Super Antioxidant Acai, strawberries, banana, dates and 10 drops of Nourish'd Adaptogenic Alchemy Tincture to aid the body's ability to handle mental, physical and environmental stress topped with granola, strawberries and apple slices

♥ 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, mint leaves and choc chip cookie bits **Extra peppermint shot +5**

SUPERFOOD EXTRAS +12 each

'Superfoods packed with nutrients to boost your smoothies/bowls'

Cacao powder	Maca	Lucuma
Cacao paste	Goji berries	Hemp seeds
Cacao nibs	Chia seeds	Spirulina

BREAK THE FAST

Served until 13:00

♥ GF CACAO CHIA POT (Kloof only) 71

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 caramelised apples and a dust of cinnamon

♥ TASHA'S HOMEMADE GLUTEN-FREE GRANOLA 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 yoghurt +18**

♥ CHICKPEA & TOFU OMELETTE (OBS only) 91

Chickpea and tofu omelette filled with sauteed spinach, mushrooms and caramelized onions. Served with a side of sundried tomatoes, wild rocket, crispy chickpeas and sliced avocado. **Add sourdough or rye +12**
Add gluten free bread +16

TOASTS & TOASTED SANDWICHES

Served All Day

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

♥ BANANA TOAST 72

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

SMOOSHY AVO TOAST 75

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

BAGELS

Served All Day

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

♥ SMOOSHY AVO AND 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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RAINBOW BOWLS

Served after 11:00

MOONSHINE BOWL 105

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 v olive oil and a wedge of lemon. Served with homemade green goddess dressing

GALAXY POKE BOWL 105

Teriyaki tofu, brown rice, fresh pineapple cubes, grilled broccoli, edamame beans, carrot roses, red pepper, massaged kale, thinly sliced purple cabbage drizzled with a sesame miso ginger dressing sprinkled with spring onion, coriander and mint

*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, sunflower seeds, lemon, nutritional yeast, garlic, extra v olive oil, salt & garlic

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

*MISO DRESSING: Ginger, miso paste, lemon juice, soy sauce, sunflower oil, coconut sugar, sesame oil, apple cider vinegar

LIGHT MEALS

SEAWEED NORI RAINBOW ROLL 90

Rainbow seaweed roll, with marinated tofu, pickled carrots, cucumber, red cabbage, coriander, and sesame seeds served with wasabi mayo, ponzu citrus chili sauce, and seaweed chips.

FILL ME UPS

Served after 11:00

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 sauteed kale and a drizzle of our homemade chilli mint sauce, toasted to perfection.

Additional side salad +5

Swap to Gluten-Free wrap +16

COLD BROCCOLI PESTO PASTA 120

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

SIDES

SWEET POTATO FRIES 45	TAHINI SLAW 35
Served with homemade vegan aioli	Thinly sliced cabbage with a tahini dressing
FALAFEL BALLS & TURMERIC HUMMUS 35	TASHA'S BOWL 60
3 falafel balls with our homemade turmeric hummus	2 Falafels, kimchi and avo with our Green Goddess salad dressing

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