



## SMOOTHIES 500ml

Please let us know if you would rather substitute the banana for cauliflower to have it less sweet

-   **GINGERBREAD WOMXN (Warm)** 53  
 250ml  
 Banana, sweet potato, almond & macadamia butter, ginger, cinnamon, cardamom, dates, homemade almond mylk topped with rose petals and cinnamon
-   **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
-  **NAUGHTY NUTTER** 78  
 Banana, almond & macadamia butter, cacao paste and powder, homemade almond mylk
-  **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"**
- BOOBALICIOUS** 78  
 Banana, peanut butter, homemade almond mylk with a choice of Whey protein or Hemp seeds
-  **BLADY BLAZIN' BERRIES** 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
-  **PINEAPPLE HAZE** 82  
 Pineapple, orange, goji berries, passion fruit, lucuma
-  **GONE GREEN** 82  
 Banana, avocado, spinach, hemp seeds, ginger, homemade almond mylk.
-  **GREEN WARRIOR** 82  
 Avocado, kale, spinach, celery, cucumber, lemon, ginger, apple, pinch of sea salt  
 (Lighter than a smoothie, no sweetness. It's delish!!)

## SUPER SMOOTHIES 500ml

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


-  **ADAPTOGENIC ACAI** 105  
 Super Antioxidant Acai, strawberries, bananas, dates and 10 drops of Nourish'd Adaptogenic Alchemy Tincture to aid the body's ability to handle mental, physical and environmental stresses.
-  **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

Please let us know if you wish to have cauliflower in your smoothie instead of banana. All smoothie bowls are beautifully decorated with either Tasha's homemade Gluten-Free granola or buckwheat crunchies and season fruit. Art in a bowl.

-  **NAUGHTY NUTTER** 90  
 Banana, almond & macadamia butter, cacao paste and powder, 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**
- BOOBALICIOUS** 90  
 Banana, peanut butter, homemade almond mylk with a choice of Whey protein or Hemp seeds, topped with gluten free granola, banana slices, dessicated coconut and more peanut butter drizzle.
-  **BLADY BLAZIN' BERRIES** 90  
 Banana, blueberries, strawberries, dates, chia seeds, homemade almond mylk topped with gluten free granola, banana slices, dessicated 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
-  **PINEAPPLE HAZE** 100  
 Pineapple, orange, goji berries, passion fruit topped with strawberries, apple slices, roasted coconut flakes, chia seeds and gluten free granola.
-  **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.

## 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.
-  **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**

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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.

## BREAK THE FAST


Served until 13:00

-   **CITRUS QUINOA PORRIDGE** 74  
A warm zesty grounding porridge made with red quinoa, millet and amaranth. Topped with some roasted hazelnuts, a roasted pumpkin seed brittle, a sprinkle of cinnamon, caramelized blood orange! Poured over with warm coconut milk to make it that much creamier.
-  **CACAO 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
-  **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 yogurt +18**
-   **CHICKPEA & TOFU OMELETTE** 91  
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 (contains egg flour) +18**

## TOASTIES

Served All Day





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

-   **GOLDEN GRILLED CHEESY SANDWICH** 75  
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  
Smooshy avo topped with wild rocket, ground black pepper and salt, served with a wedge of lemon.
-  **MOON** 89  
Smooshy 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 & WAFFLES

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

-   **CHUNKEY 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.

## RAINBOW BOWLS

Served after 9:30

-  **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.
-  **SEXI MEXI BOWL** 105  
Chili 'sin' carne (meatless lentil chili), 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 quinoa, grilled broccoli, edamame beans, roasted almonds, a mix of leafy greens, asparagus and a drizzle of dates and Dijon dressing.
-   **GRANDMAS GARDEN VEGGIE SOUP** 68  
A nourishing and hearty classic. Just how your Granny used to make it :) A bountiful soup with over 15 different veggies and herbs. Bursts of carrots, leeks, celery, sweet corn, tomatoes, potatoes, and green baby marrow! If this doesn't cure your cold, we don't know what will.
-   **POTATO AND BROCCOLI SLURP** 68  
Hearty potatoes, broccoli florets and spinach blended with our collagen broth made with loads of veggies, herbs and spices such as ginger, star anise, thyme and parsley. Each spoonful unravels a surprising burst of delightful sensations topped with a nutty cream cheese and some broccoli sprouts. This is a vibrant green, detoxifying and alkalizing soup great for your gut health.
-  **FRAGRANT THAI PUMPKIN SOUP** 68  
A brightly shiny fragrant and creamy Thai pumpkin soup with turmeric, lemongrass, and garlic oil croutons.

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- ### FILL ME UPS

Served after 9:30  
Swap to Gluten Free bun or wrap +10
- ZEN RAMEN120

Enter a realm where noodles boogie to the beat of vegetable symphonies, umami meets zest. Bok choy struts it's elegance and slivers of purple cabbage dances their way into the bowl, bursting it with vibrant flavours. This traditional Japanese dish with a twist will comfort your soul. Topped with a sprinkle of the sea, with an in-house created seaweed sprinkle, mungbean and micro sprouts.

**ADD ONS**  
Tofu +22  
Chili crisp: Packed with chilies, Sichuan peppercorns, spices, nuts, and fried onion and garlic, this homemade chili crisp condiment goes with just about everything. +15
- LOVIN' LENTIL BOLOGNESE PASTA100

A Traditional take on a Italian bolognaise but vegan of course made with lentils, carrots, celery, lots of garlic, crushed walnuts, fresh origanum, thyme and whole tomatoes with a beautiful Napoletana tomato sauce, including a balsamic glaze, and a dash of red wine. Topped with our homemade parmasan cheese and fresh basil.
- HEART-HEALTHY CURRY120

An aromatic chickpea, potato and broccoli mild green curry topped with baby spinach, garlic roasted pumpkin, red onion pickle, sunflower sprouts, coriander and toasted pumpkin seeds served with caramelized onion cumin brown rice, and a homemade gluten free garlic and sea salt naan bread.

Add extra homemade gluten free naan bread + 10
- THE ZESTY ZEUS WRAP100

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 zestly and fresh coriander lemon dressing.
- I FALAFEL IN LOVE WITH YOU WRAP100

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 chili mint sauce, toasted to perfection.
- CAULI ME BURRITO100

Spicy crispy 'taco' spiced cauliflower, avocado, spicy Mexican beans, brown rice, homemade cashew nut cream cheese, crunchy red & white cabbage, tangy tomato salsa, toasted to perfection.
- ENJOY THE LENTIL THING BURGER135

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 BURGER126

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.

- ### SIDES
- SWEET POTATO FRIES45

Served with homemade vegan aioli
- FALAFEL BALLS & TURMERIC HUMMUS35

3 falafel balls with our homemade turmeric hummus
- TAHINI SLAW35

Thinly sliced cabbage and carrots with a tahini dressing
- TASHA'S BOWL60

2 falafels, kimchi and avo with our Green Goddess salad

SUPERFOOD EXTRAS+18 each

Superfoods packed with nutrients to boost your smoothie/bowls.

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

Add a Pea Protein+18

Add Nourish'd Tincture+12

- 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 (contains egg flour)	18
Kimchi	25
Homemade cashew nut	18
Vegan Lemon & Basil Pesto	22
Gherkins	13
Vegan aioli	18
Chili mint sauce	14
Tomato relish	15
Tempeh 'Bacon'	25
Green Goddess salad dressing	10
Fresh Strawberries	20

- DRESSINGS

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

MISO DRESSING

Ginger, miso paste, lemon juice, soy

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.

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 HIPPY</b> (Detoxifier and Alkalizer) Kale, spinach, celery, cucumber, apple, lemon, ginger	62
	<b>GREEN GODDESS</b> (Refresher and immune boosting) Apple, cucumber, ginger, lemon, mint	62
	<b>FEELIN' DA BEET OF MY HEART</b> (Stamina and Endurance) Beetroot, apple, cucumber, carrot, ginger, mint, lemon	62
	<b>GLOW AND FLOW</b> (Immune boosting and Flu Fighting) Orange, apple, ginger, lemon, cayenne pepper	62
	<b>BLACK BUCHU</b> (Inflammation and Infection) Activated charcoal, buchu leaves, cucumber, buchu, water, apple, ginger, lemon (Not suitable for pregnant or breastfeeding mamas)	62
	<b>PINEAPPLE DREAMS</b> (Immune booster for viral symptoms) Pineapple, cucumber, apple, lemon	62
	<b>GAIAN GREEN</b> (Inflammation and hydration) Celery, cucumber, coriander, lemon, mint	62
	<b>SUNRISE SALUTATION</b> (Immune boosting and anti-inflammatory) Orange, carrot, lemon, echinacea	62
	<b>SUNSHINE KAY</b> (Antioxidant and digestion) Pineapple, yellow pepper, apple, lemon, basil	62
	<b>LAVENDER LOVE LEMONADE</b> Lavender rice, blueberry, apple, lemon	62
	<b>PURE ORANGE JUICE</b>	62

OUR RPET INITIATIVE:



Please refer to our website to hear all about our circular recycling practices.



SHOTS 100ml

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

NUT MYLKS 375ML (COLD)

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

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