




THIS ENTIRE MENU

IS 100% VEGAN

-  Contains nuts
-  Contains Gluten
-  Popular Option





THE CONSCIOUS KITCHEN

CAFE & JUICE BAR
CAPE TOWN






Please be aware that we unfortunately cannot cater for severe allergies. Our kitchen is very small, making the risk of cross contamination too high.

PLEASE ORDER AT THE FRONT COUNTER.

SMOOTHIE BOWLS

<p>ACAI BOWL  R125 Organic acai, strawberries, banana & blueberries. Topped with TCK gluten free granola & seasonal fruit.</p>
<p>CHOCOLATE ACAI BOWL  R125 Organic acai, strawberries, sweet potato, banana, peanut butter & organic cacao. blueberries. Topped with TCK gluten free granola & seasonal fruit.</p>
<p>MONKEY BOWL  R105 Banana, sweet potato, peanut butter & chocolate coated strawberries. Topped with TCK gluten free granola & seasonal fruit.</p>
<p>UNICORN BOWL  R125 Organic pitaya (dragon fruit), mango, pineapple. Topped with TCK gluten free granola & seasonal fruit.</p>

ALL DAY BREAKFAST

<p>AVO ROSE  R88 Local avocado on sourdough bread. Gluten free bread +R10.</p>
<p>BREAKFAST WRAP  R88 Scrambled tofu, vegan bacon & tomatoes & spicy mayo.</p>
<p>SCRAMBLED SPICY TOFU  R97 Served with sautéed spinach & asparagus. Comes with spicy mayo and sourdough bread. Gluten free bread +R10.</p>
<p>FULL HOUSE  R120 Scrambled tofu, vegan bacon, grilled mushrooms, fried tomato & vegan sausage. Comes with sourdough bread. Gluten free bread +R10.</p>
<p>CREAMY PULLED MUSHROOMS  R105 Cooked in creamy garlic & thyme sauce, Served on a bed of sautéed spinach and home made basil pesto. On sourdough. Gluten free bread +R10.</p>
<p>ADD ONS Avocado rose +R25 Vegan sausage +R39</p>

ROLLS & BOWLS

<p>RAINBOW SUMMER ROLLS  FULL R118 HALF R85 Vietnamese rice paper rolls filled with fried tofu, avocado and colorful veggies. Served with a creamy peanut sauce (or ask for soy sauce)</p>
<p>ASIAN PERSUASION BOWL R110 Miso glazed eggplant kebabs on a base of massaged kale & brown rice. Topped with pak choi, edamame and pickled red cabbage.</p>
<p>BUDDHA BOWL R105 Quinoa base topped with glazed aubergine, olives, pickled red cabbage, baby spinach, peppers, cucumber, carrot, and avocado. Comes with vegan tzatziki.</p>
<p>CLEOPATRA SALAD  R105 Better than Caesar. TCK's vegan version of this classic salad: lettuce, vegan chicken, croutons, vegan ranch dressing, avocado and vegan parmesan.</p>






ON THE LIGHT SIDE

<p>AVO & CARAMELIZED ONION BAGEL  R88 Creamy smooshed local avocado & caramelized onions on a sesame bagel.</p>
<p>SMOKED "SALMON" & CREAM CHEESE BAGEL  R88 Smoked carrot lox & vegan cream cheese on a bagel. Served with capers and red onion.</p>
<p>KIMCHI PANCAKES  R98 Slightly spicy kimchi pancakes, topped with spring onions. Served with sesame dipping sauce & massaged kale salad.</p>
<p>LATKE DUO  R88 Two latkes (potato cakes), one with vegan cream cheese and smoked and smoked carrot lox, one with sautéed spinach and creamy pulled oyster mushrooms.</p>








FEELING HUNGRY

<p>SUMMER RISOTTO  R110 Arborio rice, vegan butter & - parmesan, asparagus, celery, mint, lemon & lemon zest.</p>
<p>SRI LANKAN CURRY  R110 Sweet potato, pumpkin, red peppers in a traditional creamy Sri Lankan curry sauce. Comes with a side of brown rice.</p>
<p>VEGAN CLUB SANDWICH  R105 Sourdough, guacamole, marinated baked tofu, coconut bacon, tomato, lettuce & vegan mayo. Comes with a side of GF sweet potato fries, potato wedges or a side salad.</p>
<p>RAINBOW BAO BUNS  R115 Three steamed bao buns filled with fried tofu, avocado, caramelized onions & colorful veggies. Topped with spicy mayo.</p>
<p>PUMPKIN DALH & NAAN R99 Warming red lentil, baby spinach and pumpkin dahl. Served with naan.</p>
<p>SPAGHETTI CARBONADA R110 Our version of this classic, with NADA animal ingredients. Spaghetti, cream cheese, button mushrooms, vegan bacon, parsley.</p>

HEART WARMERS

<p>BLUEBERRY OAT BAKE  R93 Warm blueberry oat crumble, TCK gluten free granola, coconut yoghurt & chocolate coated strawberries.</p>
<p>TOMATO SOUP & GRILLED CHEESE  R92 Creamy tomato soup with vegan meatballs, served with a (vegan) grilled cheese toasty. GF toast +R10</p>
<p>CHIA PUDDING  R105 Chia pudding & mango puree, topped with seasonal fresh fruit & TCK gf granola</p>
<p>SPINACH PROTEIN WAFFLES   R115 Spinach protein (soy free) waffle. Topped with seasonal fruit, vegan ice cream and dark chocolate sauce.</p>

VEGAN FASTFOOD

<p>THE TCK BURGER   R135 Vegan spicy and smoky chicken style burger on a beetroot bun topped with creamy mushrooms, jalapenos & coleslaw. Comes with a side of gluten free sweet potato fries or potato wedges. Bunless option available. GF bun +R10</p>
<p>THE NO FUSS BURGER  R105 Vegan patty on brioche bun topped with vegan bacon and cheese, lettuce, gherkins, mayo & ketchup. Comes with a side of gluten free sweet potato fries or potato wedges. Bunless option available. GF bun +R10</p>
<p>VEGAN SHAWARMA   R105 Pea based "chicken", spices, lettuce, tomato, garlic sauce, chili relish served on a hot fold-over style pita.</p>
<p>TEX MEX BURRITO   R105 Spicy savoury rice, black beans, vegan chicken, tomato, lettuce, guacamole, jalapeños. Served with fresh guacamole & tomato salsa.</p>
<p>SPICY BUFFALO CAULIFLOWER WINGS R52 please specify very spicy/mild spicy</p>
<p>POTATO WEDGES R45</p>
<p>GLUTEN FREE SWEET POTATO FRIES R45</p>
<p>FOR ALL DESSERTS AND SWEET TREATS CHECK OUR DISPLAY FRIDGE.</p>

PLEASE BE AWARE WE ARE CASHLESS




Kindly Review Us
*takes less than 20 seconds



SCAN ME

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-  Contains Gluten
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CAPE TOWN

All cold take away drinks will be packaged in our glass jars and bottles and are charged with a R10 in store credit deposit

PLEASE ORDER AT THE FRONT COUNTER.

ORGANIC COLDRESSED JUICES	<p>RED R55 Watermelon & mint.</p> <p>YELLOW R55 Apple, pear & mint.</p> <p>KALE STORM R65 Kale, apple, lemon, parsley & mint.</p> <p>PURPLE RAIN  R65 Red grapes, blackberries, blueberries, red cabbage & apple.</p> <p>BLACK TIE R65 Activated charcoal, lemon, apple cider vinegar & apple.</p> <p>HARD TO BEET R65 Beetroot, carrot, pineapple, apple & ginger.</p> <p>UPROOTED  R65 Carrot, orange, fennel, turmeric, ginger & buchu</p> <p>FRESH ORANGE JUICE R65 Local oranges and a touch of lemon.</p> <p>MEAN GREENS  R65 Kale, spinach, cucumber, celery, broccoli, ginger & lemon.</p> <p>ORGANIC CELERY JUICE R65</p>	<p>GINGER, LEMON & TURMERIC  R35 Boosts the immune system, and helps to relieve flu symptoms. Great against a sore throat.</p> <p>MATCHA, MORINGA & LEMON R35 Matcha provides a sustained and less jittery energy boost compared to caffeine.</p> <p>CHARCOAL, LEMON & APPLE R35 Detoxifying and cleansing. Helps to relieve bloated or upset stomach.</p> <p>CACAO, MACA & R35 Made with a vegan supplement that supports collage production in the body. Hormone balancing and good for skin health.</p> <p>SCELETIUM NANOSHOT  R60 Elevates mood, decreases anxiety, stress & tension. Gives you a natural controlled euphoria.</p>	<p style="text-align: center;">R73 each.</p> <p> All smoothies are made with almond milk unless otherwise noted.</p> <p>ESPRESSO YO' SELF Banana, almond butter, shot of espresso, dates.</p> <p>BRAZILIAN BLAST Organic acai, banana, blueberries & strawberries.</p> <p>MATCHA ME CRAZY  Matcha, banana, pineapple, mint & cucumber.</p> <p>CHOCOLOCO Organic cacao, banana, maca, pure chocolate</p> <p>NUTS ABOUT YOU Banana, peanut butter, almond butter, agave & dates.</p> <p>PROTEIN POWER  Vegan protein powder (soy free), banana, peanut butter, vanilla & cinnamon.</p> <p>BEET RETREAT  Beetroot, banana, strawberry & protein powder.</p> <p>BEACH BUM Mango, pineapple, strawberries, coconut.</p> <p>UNICORN Organic pitaya (dragon fruit), mango & pineapple</p> <p>PASSIONATE AFFAIR Passion fruit, papaya, mango, pineapple.</p> <p>GREEN MACHINE Spinach, kale, broccoli, matcha, moringa & sweet potato.</p>	<p style="text-align: center;">Your choice of (plant) milk: oat/almond. no extra charge.</p> <p>CAPPUCCINO/FLAT WHITE R42</p> <p>ESPRESSO R34</p> <p>CANNA COFFEE R48 infused with 3 mg of pure organic CBD.</p> <p>ICE COFFEE/ICE MOCHA R45</p> <p>CAFE LATTE R42</p> <p>CORTADO R39</p> <p>AMERICANO R35</p> <p>CAFE MOCHA R45</p> <p>RED CAPPUCCINO R47 Shot of South African rooibos tea leaves & frothed milk.</p> <p>BULLETPROOF COFFEE R45</p> <p>BABYCCINO/PUPPUCCINO R25</p> <p>CHILI COFFEE R45</p> <p>CHAI LATTE R47</p> <p>DOUBLE SHOT R5</p> <p>ADD SYRUPS +R10 Your choice of hazelnut, vanilla, caramel.</p> <p>HOT CHOCOLATE R43 Made with organic free trade cacao, Add peppermint liquor +R10 Add vegan whipped cream +R10</p>
	ORGANIC COLDRESSED JUICES	<p style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold;">HEALTH SHOTS</p> <p>BEETROOT & CACAO LATTE R55</p> <p>MATCHA LATTE R55</p> <p>RED CHAI LATTE R55</p> <p>TUMERIC LATTE R55</p> <p>PURPLE SWEET POTATO LATTE R55</p> <p>CHAGA, MACA & CACAO LATTE R55</p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold;">SMOOTHIES</p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold;">ORGANOC & FREETRADE COFFEE & TEA</p>

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