

NITRO COFFEE

- Nitro Black 8.0
- Nitro Latte 7.0
- Nitro Cold Brew Float 8.0

Nitro cold brew with a scoop of vanilla ice cream



Nitro Black

ICE CREAM DESSERTS

- Affogato 6.8
- Ice Cream Parfait 7.8
- Single Scoop 3.8
- Double Scoop 6.8
- Cake & Ice Cream Set 9.5

Affogato Espresso with a scoop of ice cream

Ice Cream Parfait Double scoop ice cream, fresh fruit, topped almond, optional BCC's

Single Scoop No Cream Placemat + Caramel Dip (all)

Double Scoop No Cream Placemat + Earl Grey and Fig + Delight Chocolate + Vanilla Sauce

Cake & Ice Cream Set Choice of cake slice and a scoop of ice cream



Ice Cream Parfait

ORGANIC ESPRESSO

Freshly Roasted Locally Grown Beans

- | | Small | Regular | Large |
|---------------------------------|-------|---------|-------|
| Long Black / Macchiato* | 4.0 | 4.5 | 4.5 |
| Latte / Cappuccino / Flat White | 4.5 | 5.5 | 5.5 |
| Mocha | 5.0 | 6.0 | 6.0 |
| Espresso (served hot or iced) | 3.8 | | |

VARIETY LATTE

- | | Hot | Iced |
|--------------------------|-----|------|
| Red Chai - Sweet & Spicy | 5.5 | |
| Turmeric Honey / Matcha | 5.5 | |
| Chai | 5.0 | |
| Chocolate | 5.0 | 5.5 |

Almond Milk / Oat Milk / Soy Milk / Nut Milk +1.0 All Natural / Vanilla Syrup +1.0 All Natural Espresso Shot +1.0

WELLNESS TEA

- | | Small | Regular | Large |
|---------------------------------------|-------|---------|-------|
| Organic Red / Green Rooibos | 4.0 | | |
| Organic Lemongrass / Ginger / Roselle | 4.0 | | |
| Chamomile Flower / Peppermint Leaves | 4.0 | | |
| Iced Rooibos Lemon Tea | | | 4.5 |

WHOLE LEAF TEA

- | | Small | Regular | Large |
|-------------------|-------|---------|-------|
| Organic Green Tea | 4.0 | | |
| Timoteo Earl Grey | 4.0 | | |
| English Breakfast | 4.0 | | |

GOURMET SANDWICHES

Served with wholesome Fresh Breads from our Bakery

- Pulled Beef Avocado 8.5
- Hammy Cheese 9.5
- Roasted Chicken & Avocado 8.5
- Thru-som 8.5
- Premium Smoked Ham 8.5
- BLT 8.5
- Recomary Chicken 8.5
- Smoked Salmon 8.5
- Tuna Salad 8.5



GOURMET THINS

Toasted flat wheat bread with mozzarella cheese, mayo, rocket & tomato

- Basil Pesto Chicken 8.5
- Hammy Cheese 8.5
- Tuna Salad 8.5
- Smoked Salmon & Avocado 8.5
- Veggie Shroom 8.5

HEARTY SOUP

SLOW-BOILED • GLUTEN FREE

with Fresh Beans from our Bakery

- add on for Organic Coffee / Tea +2.5



PLANT-BASED SANDWICHES

Served with wholesome Fresh Breads from our Bakery

- Grilled Beefsteak Patty & Avocado 8.5
- Avocado & Veggies 8.5
- Spinach Lentil Patty & Mushroom 8.5
- Quinoa Tofu Pumpkin Burger 8.5
- SANDWICH / THIN SETS 11.5
- Set A \$6.50 sandwich/thin + small soup 12.5
- Set B \$8.00 sandwich/thin + small soup



DESIGN YOUR OWN SALAD GRAIN BOWLS

REGULAR BOWL	9.00	MEDIUM BOWL	10.00
+ 1 BASE*		+ 1 BASE*	
+ 1 PROTEIN		+ 2 PROTEIN	
+ 4 TOPPINGS		+ 4 TOPPINGS	
+ 1 DRESSING		+ 1 DRESSING	

*MIT OF TO 2

SIGNATURE BOWLS

- PROTEIN BOOSTERS 12.00
- OMEGA BOOST 11.00
- MUTHER TREAT 10.00



VEGAN BOWLING TM

Quinoa, Kale, Purple Cabbage, Carrot, Pumpkin, Sweet Potato, Pesto Dressing



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MUTHER TREAT

Quinoa, Kale, Purple Cabbage, Carrot, Pumpkin, Sweet Potato, Pesto Dressing

Delectable TREATS SET

	Small	Regular	Large
Chilled Cake	10		
Non Chilled Cake	7		
Muffin / Scone	6		

SERVED WITH ORGANIC BLACK COFFEE / TEA

GRAN MEXICANA PANCAKE CAKE