

# BREWED

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<b>Coffee</b>	<b>30</b>
<b>Cappuccino</b>	<b>40</b>
<b>Americano</b>	<b>36</b>
<b>Espresso</b>	<b>28</b>
<b>Cortado</b>	<b>34</b>
<b>Mocha</b>	<b>48</b>
<b>Mocha with</b>	
<b>Whipped cream</b>	<b>55</b>
<b>Classic Hot Choc</b>	<b>45</b>
<b>White Choc</b>	<b>44</b>
<b>Latte</b>	<b>42</b>
<b>Dirty Latte</b>	<b>50</b>
<b>Green Matcha</b>	<b>40</b>

## Tea

cranberry / lemon&orange	<b>40</b>
Rooibos	<b>30</b>

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# *chilled*

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	S	M	L
<b>Iced coffee</b>	<b>35</b>	<b>40</b>	<b>55</b>
<b>Iced Green Matcha</b>	<b>40</b>	<b>55</b>	<b>64</b>
<b>Iced Latte</b>	<b>38</b>	<b>50</b>	<b>60</b>

# **HEALTHY** *CHOICES*

## *SALAD BOWLS*

### **AVO FALAFEL R95**

chickpea falafel, avo, red pepper, cabbage, cucumber, red onion pickle, rocket, greens, vegan nut butter dressing

### **AVO STEAK R135**

grilled steak, avo, red pepper, cabbage, cucumber, red onion pickle, rocket, greens, vegan nut butter dressing

### **SMOKY BBQ CHICKEN R120**

smoky BBQ free range chicken, cabbage, carrot, celery, roasted corn salsa, rosa tomatoes, white cheddar, gherkins, crispy onions, greens, creamy feta dressing

### **SPICY CHICKEN CEASER R125**

cajun free range chicken, parmesan shavings, sourdough croutons, smoky coconut shavings, rosa tomatoes, cucumber, greens, caesar dressing

### **TAHINI CRUNCH R110**

chickpea slaw with tahini dressing, avo, cucumber, radish, gherkins, red onion pickle, dukkah, greens

### **SUPERFOOD R165**

avo, broccoli, cashews, red pepper, rosa tomatoes, carrot, cucumber, chia seeds, lettuce, vegan nut butter dressing

## *Freshly Squeezed*

### **Immunity Boost 30**

carrot, apple, ginger

### **Green Juice 48**

pineapple, apple, pear, spinach, kale

### **Beetroot 48**

### **Wheatgrass 40**

### **Tumeric 35**

# BAKERY



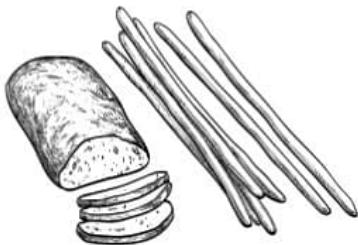
## SOURDOUGH

Fermented with our secret "starter", the taste is tangy, earthy and gut healthy



## CROISSANTS

A flaky butter layered pastry with a crisp crust and soft, airy interior



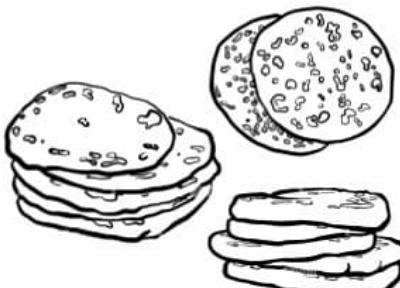
## CIABATTA

Italian white bread with a soft interior and a crispy chewy crust



## 60% RYE

The high proportion of rye flour gives a deeper complex taste of robust, authentic rye flavour



## NAAN BREAD (plain/garlic)

chewy, slightly puffy leavened bread.