

## BREWED

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

### Tea

cranberry / lemon&orange	40
Rooibos	30

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## Chilled

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	S	M	L
Iced coffee	35	40	55
Iced Green Matcha	40	55	64
Iced Latte	38	50	60

# 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



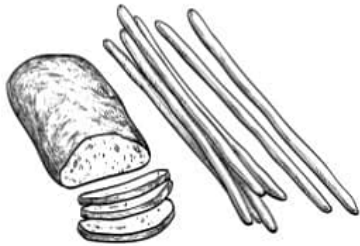
## SOURDOUGH

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



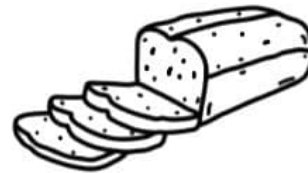
## CROISSANTS

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



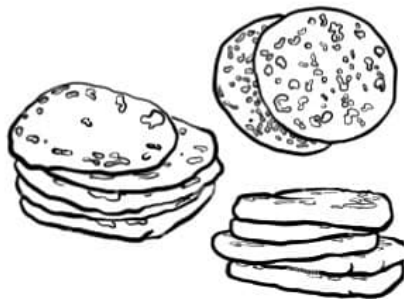
## CIABATTA

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.