



# FRAVÉ

BE CONSCIOUSLY CAFFEINATED

At Fravé, we believe food is more than just nourishment — it's a way of living with intention.

Our menu is built around the idea of unprocessed, clean eating, offering meal-replacement smoothie bowls, cold brews, plant-based lattes & frappes, freshly made pastas tossed in small-batch sauces, to plant-powered starters — everything is made from scratch, with ingredients you can trust. Crafted with care and consciousness.

Every element at Fravé is thoughtfully made:

- Nut butters, milks, syrups, and sauces are crafted in-house, ensuring pure, honest flavors.
- We skip refined sugar — using only natural sweeteners like jaggery, dates, and raw cane sugar in everything we create.
- Our offerings are plant-powered, free from additives, and created to nurture both you and the planet.

Fravé is a space where food loves you back — pure, balanced, and full of life.

**ALLERGENS:**

To all our patrons who are sensitive to nuts or dairy please look for these icons.



**CONTAINS NUT**



**CONTAINS DAIRY**



**GLUTEN-FREE**

At Fravé, we proudly embrace a 90% plant-based philosophy. While a few ingredients may step outside the plant-based line, our heart stays rooted in creating meals that are mindful, balanced, and kind — both to you and to the planet.

Thank you for being part of this journey toward better, more conscious living.

# SMOOTHIES

Regular : 300ml | Bowl : 300ml + Toppings

## MOCHA BREW

Cold Brew| Vanilla| Dates| Banana| 100% Cacao| Homemade Peanut Butter|

Homemade Almond milk

Regular : 290 | Bowl : 350

## MANGO NIRVANA

Mango| Passion Fruit| Homemade Mixed Berry Syrup| Raw Cane Sugar | Basil | House Plant Milk  
Regular : 290 | Bowl : 330

## TOPPINGS

Choose from Our House Made



CHOCOLATE  
GRANOLA

PEANUT BUTTER  
AMRANTH MUESLI

## ADD ONs :

- No Non-sense Plant Protein for +40/-

## BERRY GROOVE

Strawberries| Raspberries| Banana| Homemade Almond butter| Housemade Almond milk | Raw Cane Sugar  
Regular : 280 | Bowl : 340

## SPICED APPLE SILK

Custard Apple| Star Anise| Banana | House made Cashew Butter| Raw Cane Sugar| Homemade Almond Milk  
Regular : 280 | Bowl : 340

## PINK RUMBA

Pink Guava | Strawberries| Basil seeds | Homemade Coconut milk | Raw Cane Sugar  
Regular : 270 | Bowl : 320



# ICED TEAS



## LAVENDER BASIL ICED TEA

Lavender Buds| Blue Pea flowers| Basil seeds|  
Homemade Mixed berry syrup| Lemon| Organic  
Jaggery  
220

## LONG ISLAND ICED TEA

Green Tea| Jaggery Syrup| Mint | Lemon  
190

# MATCHA

## ZEN MATCHA

Matcha| Raw cane sugar| Milk  
180

## ROSE VANILLA MATCHA

Fresh Vanilla| Matcha| Rose Water| Rose  
Powder| Raw Cane Sugar| Milk  
199

## SKY ROOT MATCHA

Blue Spirulina | Matcha| Raw Cane Sugar |  
Fresh Vanilla | Milk  
220



# FRAPPES

## FRAPPE FRAVÉ MUST HAVE

Homemade Almond Butter| Espresso| Walnuts|  
House Almond Milk| Vanilla Gelato  
220

## BLUEBERRY FRAPPE

Blueberries | Raspberries| Espresso| Milk| Vanilla  
Gelato  
230

## MOCHA BERRY FRAPPE

Espresso| Strawberries| Raspberries| Vanilla  
Gelato| Milk| 100% Cacao  
240



# COLD BREW COFFEES



## THE CLASSIC FRÍO

Single origin | 18 hours steeped House Cold Brew  
170

## ARABIAN FRÍO MUST HAVE

House Cold Brew | Dates| Soaked Almonds  
190

## CRIMSON FRÍO

House Cold Brew | Cold - Pressed Cranberry  
180

## SAIGON FRÍO

House Cold Brew| Condensed Milk | 100% Cacao  
180

All milk - based drinks can be made dairy-free with our  
fresh homemade Almond and Coconut Milk for + 50/-



# COLD COFFEES

## ICED LONG BLACK

Espresso| Water| Ice  
160

## ICED LATTE

Espresso| Milk | Ice  
170

## ICED MOCHA

Espresso| Milk | 100% Cacao | Ice  
180

## COSMIC BLUE LATTE

Espresso| Blue Spirulina| Milk| Staranise water| Milk  
199

## PEANUT BUTTER ICED LATTE

Espresso| House made Peanut Butter| Date Syrup| Milk  
199

## DATE WITH VANILLA

Espresso| Milk| Vanilla| House Date Syrup  
199

## HOUSE COLD COFFEE

Espresso| Milk| Jaggery Syrup  
190



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# HOT COFFEES

## ESPRESSO

Single Shot (40ml)  
80

Double Shot (60ml)  
110

## SHORT BLACK

30 ml Espresso and 30 ml Hot water  
120

## LONG BLACK

Double Shot Espresso Stretched with  
Hot water.  
150

## CORTADO

60ml Espresso and 60ml Foamed  
Milk  
140

## BOMBON

Espresso| Condensed Milk| Milk Foam  
140

## FLAT WHITE

Double Shot Espresso| Milk| Foam  
170

## CAPPUCCINO

Espresso | Well- Foamed Milk  
170

## MOCHA

Espresso| Milk| 100% Cacao  
180

## JAGGERY SPICE LATTE

Espresso| Milk| Nutmeg| Cinnamon | Jaggery  
185

## PEANUT BUTTER LATTE

Espresso| Milk| House Peanut Butter| Date Syrup  
199

## BISCOFF LATTE

Espresso| Milk| Biscoff Spread | Biscoff cookie  
199



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# HOT TEAS

## MOGRA

Jasmine | Green Tea  
120

The delightful aroma elevates mood and promotes relaxation, making it an excellent choice for stress relief.

## MOROCCAN MINT

Spearmint | Green Tea  
110

Promotes revitalizing effect on the senses and offers powerful anti-inflammatory properties.

## KASHMIRI KAHWA

Nargis flowers | Green tea  
130

Elevates your mood, maintains healthy skin, and supports heart health by enhancing metabolism.

## ROADSIDE CHAI

Black Tea | Ginger | Lemongrass | Milk  
150

Delicately spiced tea boasts powerful antioxidants, offers digestive support, helps to detoxify the body.





# HOT CHOCOLATE

## ITALIAN HOT CHOCOLATE

100% Cacao | Milk | Pink Salt | Organic Jaggery  
199

## CINNAMON DRIFT HOT CHOCOLATE

100% Cacao | Milk | Cinnamon | Nutmeg | Organic Jaggery  
199

## BERRY HOT CHOCOLATE

Strawberries| Raspberries| Dark Chocolate  
Himalayan Pink Salt| Milk  
220

# HOT MATCHA

## VANILLA MATCHA LATTE

Matcha| Milk| Vanilla| Organic Raw Cane Sugar  
199

## ROSE MATCHA LATTE

Matcha| Milk| Vanilla| Rose water| Organic Raw Cane Sugar  
210



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# SOUP

## ROASTED PUMPKIN

Roasted Pumpkin| Vegetable Stock| Onion| Garlic| Cream  
179

## CREAM OF MUSHROOM

Mushroom| Onion| Garlic| Vegan Cream/ Diary Cream  
179

## ALMOND BROCCOLI

Broccoli | Vegetable Stock | Almonds| Onion| Garlic|  
199

# STARTERS

## HONEY CHILLI LOTUS STEM



Lotus roots | Inhouse Honey Chilli Sauce| Sesame| Spring Onions  
289

## WATER CHESTNUT STIR FRY



Water Chestnuts| Onion| Capsicum| Bell Pepper| Spring onion  
249

## CREAMY BUTTER GARLIC MUSHROOM

Mushrooms | Garlic Infused Creamy Butter Sauce | Onion | Slice of Bread  
299



# PASTA

## WHITE VEIL PASTA



Penne pasta | Béchamel Sauce | Mushrooms |

Parmesan | Truffle Oil

320

## RED EMBER PENNE

Penne Pasta | Inhouse Marinara Sauce | Zucchini | Bell

Peppers | Herbs

310

## PENNE SUGO ROSSO



Penne Pasta | Béchamel & Marinara Sauce | Zucchini | Bell

Peppers | Mushrooms

330

## TRUFFLE FOREST

Penne Pasta | Inhouse Mushroom Sauce | Garlic | Truffle Oil

330

## SPAGHETTI AGLIO E OLIO

Spaghetti Pasta | Olive oil | Garlic | Parsley | Herbs

289

## SILKEN SHROOM

Spaghetti Pasta | Olive oil | Garlic | Parsley | Inhouse  
Mushroom Sauce

320

## TUSCAN MARINAIO

Spaghetti Pasta | Marinara Saucel Olive oil | Garlic |  
Parsley | Zucchini | Bell Peppers | Herbs

310

## RAVIOLI VERDE



Spinach Mushroom filling | Semolina shells |

Marinara Sauce | Garlic | Pepper | Herbs

369

