

COFFEE

Double Espresso	20
Bullet Proof	22
Americano	22
Cappuccino	28
Double Shot Cap	30
Cortardo	28
Latte	28
Frozen Latte	40
<i>*Add almond milk</i>	10
Superlatte (Made with almond milk, frozen or hot)	
Beetroot	36
Turmaric	36
Matcha	42
Tea	16
Water	16

PRESSED JUICE

	350ml	500ml
Anti - Inflamm Carrot, activated turmeric & ginger	38	48
Detoxer Beets, carrots & orange		
Regenerator Apple, celery & cucumber		
Flu Fighter Orange, ginger & cayenne		
Reset Orange, naartjie, pineapple & basil		
Energy Carrot, apple & ginger		
Vitamine C Orange, carrot & cayenne pepper		
Refresh Pineapple, apple, lemon, mint & coconut water		

BREAKFAST

Breakfast Pot A + E : avo, 2 poached eggs & tomato salsa	60
✓ Soaked oats: apple coconut +almond milk soaked oats with either apple + cinnamon / protein cocoa	50
✓ Coconut yoghurt (non dairy) + Granola	50
✓ Smashed avo toast Rye / low GI +Add: Tomato salsa +Add: 2 eggs (poached/scrambled)	50 10 15
Breakfast Bowl Quinoa with Iron slaw, tomato salsa, smashed avo + 2 poached eggs	75

SMOOTHIE BOWLS

✓ Double Chocolate banana, oats, avo, vegan chocolate protein, dates, cocoa & almond butter, almond milk	75
✓ Berry Bowl frozen berries, banana, vegan berry protein, oats, mint, honey and almond milk	75
✓ Matcha + Mint frozen banana + pineapple, avo, matcha, oats, almond milk	75
✓ Pick Me Up frozen banana, pineapple, vanilla protein, strawberries & almond milk	75
✓ Amazonia Acai 100% organic Brazillian acai, banana, almond milk	100

SUPERFOOD SHAKES

350ml / 500ml

✓ Basic vanilla protein, honey + almond milk	40 / 50
✓ Lunch Bar choc protein powder, raw cocoa, peanut butter, flaxseeds, banana + almond milk	52 / 62
✓ Hulk super-green protein, banana, pineapple, banana, dates + coconut infused water	52 / 62
✓ Protein frappuccino vanilla protein, banana, double espresso + almond milk	55 / 65
✓ Berry Protein mixed berries, banana, berry protein, spinach, flaxseeds, honey, mint, + almond milk	50 / 60
✓ Boss banana, almond butter, honey, vanilla protein, chia seeds + coconut infused water	55 / 60
✓ Big Boy banana, peanut butter, dates, coffee protein +coconut infused water	50 / 60
Super Nova banana, toasted coconut, vanilla protein, raw cacao, honey, chia seeds, dates, dates Himalayan salt + almond milk	56 / 68
Morning Juice banana, oats (gluten*), honey + almond milk	50 / 60
✓ Post Work Out Life Banana, honey, vanilla protein, oats (gluten*), cinamon + almond milk	50 / 60
✓ Acai 100% organic Amazonia Brazillian acai, banana, almond milk (only 500ml)	80
Custom Super Shake Milk + Protein + 2x Topping s Choose Choose additional toppings *gluten free add	50 / 60 +8 +10

POKE

Sizes				
Medium	90	Large	120	
Medium Veg	80	Large Veg	100	
Base				
- white / brown rice		- black rice		+10
- naked slaw		- quinoa mix / turmeric		+15
Protein				
- salmon		- chicken		
- tuna		- tofu		
- prawn		- chickpea / veg		

HOUSE BOWLS

Ponzu (Citrus + Soya) orange , avo*, edamame*, coconut shavings	
California (Sesame + Soya) edemame*, avo*, seasonal salsa + slaw	
Yuzu (Wasbi + Mirin) celery, radish, seasonal salsa, avo* + slaw	
Sriracha (Sriracha + Mayo) avo*, radish, cashews, green beans + slaw	
Hawaii (Honey + Soya) spring onions, broccoli, edamame* + slaw	
BYOB Base + protein + 4 x toppings	
Extras	
Veg	+8
Roasted Nuts / Nori / Crispy onion	+8
Edamame / Avo	+10
Extra fish	+35M / 45L
Extra chicken	+25M / 35L