

\* **REFUSE REDUCE REUSE RECYCLE**

R10 DEPOSIT ON ALL YOUR TAKE AWAY GLASS JARS  
and receive R10 OFF your next purchase.



\*Seasonal ingredients

# JUICES

\* 375 ML



- ♥ HAPPY HIPPIY** 50  
Kale, spinach, celery, cucumber, lemon, ginger
- ♥ OLD FAITHFUL ORANGE** 46  
The freshest orange juice squeezed on order
- ♥ GREEN GODDESS** 48  
Apple, cucumber, ginger, mint
- ♥ PINEAPPLE DREAMS** 48  
Pineapple, cucumber, apple, lemon
- ♥ FEELIN' DA BEET OF MY HEART** 48  
Beetroot, apple, cucumber, carrot, ginger, mint, lemon
- ♥ GLOW AND FLOW** 48  
Orange\*, apple, ginger, basil, chilli, cayenne pepper
- ♥ ALMOND MYLK** 52  
Almonds, cinnamon, dates, vanilla bean, hint of Himalayan salt  
*(Please ask if you would like this warmed up)*
- ♥ CACAO MYLK** 54  
Nourish'd homemade almond mylk, organic raw cacao, cinnamon,  
dates, vanilla bean, hint of Himalayan Salt  
*(Please ask if you would like this warmed up)*
- ♥ SUNRISE SUN SALUTATION** 50  
Orange, carrot, lemon, echinacea  
*(Echinacea is honestly the most effective herb known to boost the  
immune system so you don't catch the flu)*
- HONEYLOVE** 50  
Grapefruit, orange, lemon, bee pollen, raw honey, tumeric, black pepper
- ♥ BLACK BUCHU** 50  
Activated charcoal, buchu leaves, cucumber, buchu water,  
blueberries\*, apple, ginger, lime
- ♥ FRUUTI TUUTI** 52  
Pineapple, grapefruit, lemon

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# SHOTS



\* 25 ML

- ♥

**HOT SHOT**

Ginger, lime, turmeric, black pepper  
*(Feeling flu-ish and muggy? Hot shot! It's hectic but you'll thank me later)*

35
- ♥

**HYEN CAYENNE**

Ginger, lemon, chilli, cayenne pepper  
*(Immune system booster)*

35
- ♥

**BLACK GRIT**

Activated charcoal, apple, lemon  
*(Had a little too much wine last night? Hungover? Bloating much? This is the perfect shot for bloating and for detoxing the liver)*

36
- ♥

**WHEATGRASS**

Organic wheatgrass and a squeeze of lemon  
*(Brain oxygen, contains all minerals known to women. 😊 This is living green gold. Get some!)*

38
- ♥

**THE ULTIMATE**

Garlic, ginger, apple cider vinegar, lemon  
*(No one wants to take this shot because of the garlic but this is definitely the most beneficial if you are sick. Don't worry about the garlic breath. It will keep the vampires away ;) Trust me. Take it!)*

34
- ♥

**ALOE VERA SHOT**

100% organic aloe vera plant extract  
*(Stimulates digestion, reduces inflammation, speeds healing, detoxify the body, boosts the immune system, protects the heart, increases hydration, soothes the skin, and relieves heartburn and sunburn)*

30

**PLEASE NOTE:**

- \* Please let us know if you have any allergies.
- \* We press our own almond mylk in the store - it's 100 % natural. We suggest you try it with your next flat white cappuccino - trust me you'll love it!
- \* Most of our dishes have not been sweetened, so please feel free to add a sweetener to your meal, we offer organic raw farm honey as well as coconut sugar.
- \* Please feel free to replace the raw honey to make it vegan.
- \* We buy organic chickpeas and soak them ourselves overnight to make the most delicious and healthy homemade hummus and vegan cream cheese.
- \* A lot of our products we can't source all year around so if we are out of something we will let you know and you can replace it with something else that's in season.

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# SMOOTHIES



\* 500 ML

- |                                                                                                                                                                                                                                    |            |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|
|  <b>ANCIENT AMAZONIA ACAI</b> ( PRONOUNCED AH-SIGH-EE )                                                                                           | <b>8 5</b> |
| 100% organic Acai berry pulp, frozen banana, mango*                                                                                                                                                                                |            |
|  <b>COCOLICIOUSLY CRAZY</b>                                                                                                                       | <b>8 5</b> |
| 100% pure organic & creamy coconut flesh, frozen banana, passion fruit*,<br>coconut milk and a squeeze of lemon juice                                                                                                              |            |
|  <b>MAKIN' ME CACAO</b>                                                                                                                           | <b>6 8</b> |
| Cacao powder, cacao nibs, maca powder, frozen banana, chia seeds,<br>cinnamon, homemade almond mylk                                                                                                                                |            |
|  <b>BOOBALICIOUS</b>                                                                                                                              | <b>6 8</b> |
| Peanut butter, frozen banana, strawberries, cinnamon, chia seeds, organic<br>whey protein (grass-fed) and homemade almond mylk (can replace the<br>whey with hemp seeds)<br>Add Strawberries +8                                    |            |
|  <b>NAUGHTY NUTTER</b>                                                                                                                          | <b>6 4</b> |
| Almond butter, frozen banana, organic raw cacao paste and powder,<br>maca, cinnamon, homemade almond mylk<br><i>(Dont always order the same thing! Try it with peanut butter instead of<br/>almond butter to mix it up a bit.)</i> |            |
|  <b>COFFEE COCO</b>                                                                                                                             | <b>6 4</b> |
| (Lighter than a smoothie that's going to give you a kick-start to the day)<br>Organic coffee (single / double), organic raw cacao powder, coconut oil,<br>dates, cinnamon, homemade almond mylk                                    |            |
|  <b>GONE GREEN</b>                                                                                                                              | <b>6 0</b> |
| Avocado*, spinach, frozen banana, hemp protein, fresh ginger,<br>homemade almond mylk                                                                                                                                              |            |
|  <b>GREEN WARRIOR</b>                                                                                                                           | <b>6 0</b> |
| (Lighter than a smoothie. No sweetness. It's delish! Try it)<br>Avocado*, kale, spinach, celery, cucumber, lemon, ginger, pinch<br>of Himalayan salt                                                                               |            |
|  <b>BLADDY BLAZIN' BERRIES</b>                                                                                                                  | <b>6 8</b> |
| Blueberries, strawberries, frozen banana, dates, chia seeds,<br>maca, homemade almond mylk                                                                                                                                         |            |
|  <b>MAGIC MANGITO</b>                                                                                                                           | <b>6 8</b> |
| Mango*, persimmon*, pineapple, papaya*, passionfruit*, cucumber,<br>lemon, lucuma, mint, goji berries                                                                                                                              |            |

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# BREAKFAST

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**V GF CACAO ENERGY BALLS 20**

Medjool dates, coconut oil, gluten free oats, almonds, walnuts, brazilian nuts, raw organic cacao powder, raw organic cacao nibs and paste, sprinkle of Himalayan salt, cinnamon and coconut dust (careful with these, there is a lot of raw organic cacao)

**V GF SUMMER MORNIN' SEXY BOWL (AVAILABLE UNTIL 12PM) 54**

Mango\*, papaya, peach, apple, raw almonds, coconut flakes, chia seeds, ginger, mint, freshly squeezed lemon

**V GF CACAO CHIA POT 54**

Chia seeds, organic cacao powder and almond butter soaked in a creamy banana almond mylk topped with gluten free granola and seasonal fruit

**V GF OVERNIGHT GLUTEN FREE OATS 54**

Gluten free oats soaked overnight in our homemade almond mylk and layered with Tasha's roasted granola (seeds, nuts, dried fruits, gluten free oats, a teensy agave) topped with seasonal fruit and a dust of cinnamon

**V GF WARM WINTERY OATS 54**

Gluten free rolled oats cooked in our homemade almond mylk, topped with toasted coconut, homemade granola, sliced dates and drizzled with almond butter. *OOOOeieffff its so creamy!!!!*

**V GF GRANOLA 52**

*(We sell our gluten free granola)*  
Homemade roasted gluten free granola with our homemade almond mylk, layered with seasonal fruit and goji berries

**TOASTS**

( SOURDOUGH | 70% RYE | GLUTEN FREE )

- Shmooshy avo\* with wild organic garden rocket, drizzled with organic cold pressed virgin olive oil, ground black pepper, Himalayan salt and lemon to drizzle **58**
- Vegan basil pesto, sliced organic garden tomatoes, wild organic garden rocket / sunflower sprouts and hemp seeds for protein **56**
- Shmooshy avo\*, vegan basil pesto, cherry tomatoes and rocket **60**
- Sliced banana, almond butter, raw farm honey and dusted with cinnamon **54**

**EXTRAS**

Kimchi	+ 8	Shmooshy avo*	+ 18
Homemade turmeric hummus	+ 8	Fresh cherry tomatoes	+ 12
Vegan basil pesto	+ 10	Homemade cashew nut cream cheese	+ 16

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VEGAN



GLUTEN FREE

\*Seasonal ingredients



# SMOOTHIE BOWLS

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Art in a bowl - your choice of a smoothie in a bowl beautifully decorated with Tasha's homemade granola ( brazil nut, almonds, cashews, macadamia nuts, gluten free oats, date syrup, coconut oil and cacao), seasonal fruit and edible flowers.

+ 15 FOR EXTRA GRANOLA

**V GF AMAZONIAN ACAI** **105**

100% organic Acai berry pulp, frozen banana, mango\*

**V GF COCOLICIOUSLY CRAZY** **105**

100% pure organic & creamy coconut flesh, frozen banana, passion fruit\*, coconut milk and a squeeze of lemon juice

**V GF MAKIN' ME CACAO** **78**

Organic cacao powder, cacao nibs, maca powder, frozen banana, chia seeds, cinnamon, homemade almond mylk, topped with homemade granola

**V GF GONE GREEN** **78**

Avocado\*, kale, frozen banana, hemp protein, fresh ginger, dates, homemade almond mylk, topped with homemade granola

**V GF BLADDY BLAZIN' BERRIES** **78**

Blueberries\*, strawberries\*, frozen banana, dates, chia seeds, maca powder, homemade almond mylk, topped with homemade granola

**V GF BOOBALICIOUS** **78**

Peanut butter, frozen banana, cinnamon, chia seeds, organic whey protein (grass-fed), homemade almond mylk (can replace the whey with hemp seeds), topped with homemade granola

**V GF NAUGHTY NUTTER** **78**

Almond butter, frozen banana, organic raw cacao paste and powder, maca, dates, cinnamon, homemade almond mylk, topped with homemade granola

**V GF MAGIC MANGITO** **78**

Mango\*, pineapple, papaya, passionfruit\*, cucumber, lucuma, mint, lemon, goji berries, ice, topped with homemade granola

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# GOURMET SANDWICHES


.....

Please choose one of our selected breads: gluten free, sourdough or 70% rye.

+ 8 FOR GLUTEN FREE

-  **MOON** 70

Shmooshy avo\*, vegan basil pesto, sundried tomatoes, fresh garden rocket
-  **SUN** 70

Shmooshy avo\*, gherkins, homemade turmeric hummus, fresh tomatoes, garden basil
-  **STAR** 70

Shmooshy avo\*, homemade cashew nut cream cheese, fresh tomatoes, garden rocket







# RAINBOW BOWLS



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\* FROM 12PM DAILY

Our nourishing bowls are suuuper healthy, light, colourful and fresh for summer to cool your hot bootay down or for Winter to warm your heart on a cold day.

-   **MOONSHINE BOWL** 85

Avocado\*, falafel, turmeric hummus, kimchi (salted and fermented vegetables) spiral carrots and zucchini, baby spinach, rocket, kale, micro greens, raw almonds, ginger lemon olive oil drizzle and toasted mixed seeds (sunflower, pumpkin, white sesame, lin seeds)
-   **GLITTERSHINE BOWL** 85

Exotic mushrooms, quinoa, coriander, baby spinach, kale, rocket, vegan cashew nut cream cheese, roasted seeds, microgreens, ginger lemon olive oil drizzle
-   **WARM WINTERY BOWL** 75

Warm seasonal veggies snuggled between crunchy fresh greens and cooked grains. Please ask us about today's harvest.
-   **SHLUUURP OF THE DAY** 55

Warm up from the inside out. Ask about our delicious nutritious soup of the day

ADD toast of your choice + 12

- \* **Tumeric Hummus:** Tumeric, soaked over night, organic chickpeas, lemon, tahini (sesame seeds), garlic, ginger, Oryx salt, pepper, cayenne pepper, virgin olive oil
- \* **Cashew Nut Cheese:** Raw cashew nuts, garlic, lemon, nutritional yeast, Oryx salt, virgin olive oil
- \* **Dressing:** Cashew nut cheese, garlic, ginger, lemon, mint, basil, virgin olive oil, Oryx salt, pepper

\*Avos are seasonal There will be an additional charge to meals that depend on Avo when not in season. If you would like to bring your own avocado we will be so happy to use it for you in your meal :)

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\* **BYO | LESS TO LANDFILLS**

In trying to reduce our waste to landfills, we are offering R5 discount on all hot drinks if you BYO (Bring Your Own) takeaway coffee cup. You can also purchase your Nourish'd ECoffee cup from us

# COFFEE

.....

\* **FABINO CERTIFIED ORGANIC & FAIRTRADE COFFEE**

<b>SINGLE ESPRESSO</b>	<b>20</b>
<b>DOUBLE ESPRESSO</b>	<b>22</b>
<b>BULLET-PROOF COFFEE</b>	<b>28</b>
<i>Single or double espresso, grass-fed cow's butter, pure MCT oil (It's a high performance drink that has a massive impact on your energy and cognitive function. If you feel like a kick, trust me you'll find it here)</i>	
<b>MACCHIATO</b>	<b>17</b>
Espresso coffee drink with a small amount of micro-foam	
<b>CORTADO</b>	<b>20</b>
Mini flat white cappuccino	
<b>AMERICANO</b>	<b>20</b>
<b>DOUBLE SHOT AMERICANO</b>	<b>22</b>
<b>FLAT WHITE / CAPPUCCINO</b>	<b>25</b>
Even mix of liquid milk and smooth velvet micro-foam over a shot of espresso	
<b>CAFFÉ LATTÉ</b>	<b>26</b>
Espresso, 2 parts steamed milk, topped off with a layer of foamed milk	
<b>MOCHA</b>	<b>30</b>
Like a caffè latté, caffè mocha is based on espresso and hot milk, but with added raw organic cacao	
<b>ICED COFFEE</b>	<b>26</b>
Shot of espresso, milk and ice (try it with our homemade almond mylk)	
<b>ICED MOCHA</b>	<b>32</b>
<b>ICED AMERICANO</b>	<b>25</b>
<b>♥ UNICORN LATTÉ</b>	<b>PRICELESS</b>
Try it... We dare you	

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## OTHER DRINKS

.....

<b>VEGAN WHITE HOT CHOCOLATE</b>	<b>3 4</b>
Coconut milk, cocoa butter, organic coconut sugar, coconut butter, ground cinnamon, nutmeg, pinch of sea salt, maca and vanilla extract	
<b>MACA MAKIN' LOVE</b>	<b>3 2</b>
AKA 'Healthy Horlicks'. Homemade almond mylk warmed up with maca, cinnamon, ashwagandha and a pinch of salt	
<b>HOT CACAOLATE</b>	<b>3 4</b>
AKA "healthy hot chocolate". Raw organic cacao chunks, cacao powder, cinnamon and coconut blossom, layered with foamy homemade almond mylk	
<b>RED CAPPUCCINO</b>	<b>3 4</b>
Red espresso with micro-foam	
<b>RED SPICED CHAI LATTE</b>	<b>3 6</b>
Red espresso latté with chai spice	
<b>DIRTY CHAI LATTÉ</b>	<b>3 6</b>
Espresso drink made of a shot of espresso mixed with our almond chai latté	
<b>TURMERIC. CINNAMON AND GINGER LATTÉ</b>	<b>3 8</b>
<b>MATCHA. MINT AND WHEATGRASS LATTÉ</b>	<b>4 0</b>
<b>ICED MATCHA GREEN TEA</b>	<b>3 8</b>
Organic matcha green tea, raw honey, ice	
<b>MATCHA LATTÉ</b>	<b>3 6</b>
With homemade almond mylk	
<b>KOMBUCHA CHA CHA</b>	<b>4 5</b>
Homestyle kombucha "good for the soul"	
<b>TEA</b>	
• Green tea	<b>2 0</b>
• Rooibos	<b>1 8</b>
• English Breakfast	<b>1 8</b>
• Peppermint	<b>1 8</b>
• African Buchu loose tea	<b>2 4</b>
• Matcha tea	<b>3 4</b>



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