

BREAKFAST

GF *Swap for a gluten-free bread +R15

Blueberry French Toast 69

Sourdough french toast, peanut butter, banana, blueberry & hibiscus compote with toasted coconut flakes & maple flavoured syrup

Avo on Toast **V** 55

Sourdough toast, avo & lemon

Eggs on Toast **V** 59

Eggs your way, grated white cheddar & a slice of sourdough toast

ADD • Avo +30 • Beef sausages +20 • Savoury Mince +30 • Cocktail tomatoes +5 • Sourdough Toast +15 • Hummus +5 • Smoky Sambal +5 • Chilli Crunch +5

NEW Apple Crumble Oats **+** 59

Creamy oats, cacao butter custard, date glazed baked apples, crunchy sesame & pumpkin seeds and cacao dust

Peanut Butter Oats **V** 45

Creamy oats, caramelised banana, chia seeds and peanut butter

NEW Kimchi, Egg & Avo on Toast **V** 75

Sourdough toast, scrambled eggs, avo, house kimchi, chilli crunch & wild rocket

NEW Turkish Eggs **+** 95

Poached eggs, hummus, kebab seasoning, chilli crunch, roasted chilli broccoli, edamame, teff, dukkah chickpeas, feta, baby spinach and crunchy sesame & pumpkin seeds

ADD Garlic & Herb Butter Flatbread +30

Savoury Mince Burrito **+** 95

Scrambled eggs, savoury mince, white cheddar, tomatoes and adobo sauce in a multiseed wrap

Crushed Avo & Beef Sausage Omelette 89

Omelette with crushed avo, grilled beef sausage, white cheddar, salsa fresca & wild rocket on rice paper

Crushed Avo & Egg Goodness **V** 72

Poached eggs, avo, cocktail tomatoes & chilli flakes on sourdough toast

WRAPS

GF *Swap for a beetroot wrap +R15

Sticky Chicken 109

Grilled chicken, avo, feta, tomato, greens & sticky plum sauce

Honey & Mustard Chicken 109

Grilled chicken, quinoa, avo, feta, greens, beetroot, carrot slaw & honey mustard dressing

Smoky Steak & Avo **MILDLY SPICY** 120

Seared steak, avo, feta, jalapeños, jollof rice, rocket, salsa fresca & lemon mayo

Teriyaki Steak & Avo **MILDLY SPICY** 125

Seared steak, avo, edamame, red cabbage, baby spinach, crispy jasmine rice with house kimchi, teriyaki sauce & crispy onions

NEW Golden Thai Chicken 120

Thai coconut grilled chicken, roasted sweet potato & butternut, roasted chilli broccoli, pickled red onions, wild rocket, jasmine rice & teff, toasted pumpkin seeds with spicy cashew & green goddess dressing

NEW Malay Falafel **V+** 99

Falafels, hummus, cocktail tomatoes, cucumber, red cabbage, pickled red onions, quinoa, greens with vegan curry mayo & herby peppadew dressing

Kebab Chicken 109

Kebab spiced grilled chicken, hummus, smoky sambal, baby spinach, jasmine rice in a crispy multiseed wrap

Vietnamese Crispy Chicken **MILDLY SPICY** 109

Crispy chicken, avo, cashew nuts, baby spinach, cocktail tomatoes, cucumber & sticky rice with green goddess dressing

Chicken Mayo 95

Grilled chicken, avo, tomato, greens with creamy mayo

Teriyaki Chicken 109

Grilled teriyaki chicken, quinoa, edamame, avo, pineapple, beetroot, carrot with chilli mayo & sesame soy miso dressing

SANDWICHES

Made with two slices of toasted artisanal sourdough rye

Kimchi Cheese Melt V MILDLY SPICY 69

House kimchi, melted cheddar, greens & lemon mayo toastie

Tuna & Feta Melt 85

Tuna mayo, feta, tomatoes, spring onion & melted cheddar toastie

Chicken Mayo 89

Grilled chicken mayo, avo, wild rocket, gherkins & chunky salsa

NEW Green Goddess Caprese Melt MILDLY SPICY 75

Tomato, white cheddar, spicy tomato jam, mint, basil and green goddess dressing toastie

Steak & Caramelised Onion 95

Grilled steak, caramelised onion, wild rocket & mustard mayo

SOUPS

NEW Smoky Tomato Soup 69

Tomato, paprika and cumin soup, served with a drizzle of green goddess dressing & cheesy toasted flatbread

NEW Curried Butternut Soup V 69

Fragrant butternut & coconut soup, served with dukkah chickpeas & cheesy toasted flatbread

FLATBREAD

Add an extra garlic plant butter flatbread V or cheesy flatbread +R30

Grilled Adobo Flatbread 109

★Choice of Grilled Chicken or Beef Patties.

Cooked in adobo sauce, white cheddar, caramelised onion, salsa fresca, rocket on toasted flatbread

NEW Charred Chicken & Kimchi Flatbread 99

Grilled hot honey sriracha chicken breast, house kimchi, white cheddar, baby spinach and pickled red onions on toasted flatbread

BOWLS / SALADS

Add an extra garlic plant butter flatbread V or cheesy flatbread +R30

Greek Chicken Crispy Rice Bowl 109

Kebab spiced grilled chicken, hummus, crispy jasmine rice, cocktail tomatoes, cucumber, calamata olives, pickled red onions and greens with zesty yoghurt & feta dressing

Teriyaki Steak Crispy Rice Bowl 125

Seared steak, avo, edamame, red cabbage, baby spinach, crispy jasmine rice with house kimchi, teriyaki sauce & crispy onions

Garlic & Herb Steak on Jollof Rice Bowl 125

Seared steak, cocktail tomatoes, roasted sweet potato & butternut, baby spinach, crispy onions on jollof rice with zesty yoghurt & feta dressing

NEW Golden Thai Chicken Bowl 120

Thai coconut grilled chicken, roasted sweet potato & butternut, roasted chilli broccoli, pickled red onions, wild rocket, jasmine rice & teff, toasted pumpkin seeds with spicy cashew & green goddess dressing

NEW Spicy Tomato Falafel Bowl V 109

Falafels, hummus, avo, spicy tomato jam, smoky sambal, red cabbage, pickled red onions, jasmine rice & teff, rocket with zesty yoghurt & feta dressing

NEW Steak Peri Peri Rice Bowl MILDLY SPICY 125

Seared steak, sour cream, chilli crunch, smoky sambal, edamame, roasted chilli broccoli, jollof rice, baby spinach with green goddess dressing

NEW Chicken Broth Bowl + 119

Grilled hot honey sriracha chicken, roasted chilli broccoli, jasmine rice, soy & ginger bone broth with spring onion & toasted sesame seeds

Vietnamese Crispy Chicken Rice Bowl MILDLY SPICY 109

Crispy chicken, avo, cashew nuts, baby spinach, cocktail tomatoes, cucumber & sticky rice with green goddess dressing

Teriyaki Chicken Poké Bowl 119

Grilled teriyaki chicken, quinoa, edamame, avo, pineapple, beetroot & carrot with chilli mayo & sesame soy miso dressing

BOWLS / SALADS

Add an extra garlic plant butter flatbread **V+** or cheesy flatbread **+R30**

Fetadew Tabbouleh Salad V	75
Feta, cucumber, salsa fresca, quinoa, crispy onions & greens with herby peppadew dressing ADD • Grilled Chicken + 30	
Sticky Chicken Salad	109
Grilled chicken, avo, feta, cocktail tomatoes & greens with sticky plum sauce	
Honey & Mustard Chicken Salad	109
Grilled chicken, quinoa, avo, feta, greens, beetroot & carrot with honey mustard dressing	

HOT DRINKS



Reg Large

Espresso		
Single	26	-
Double	30	-
Cortado		
Single	34	-
Double	38	-
Americano	31	37
Iced Americano	-	37
Flat White	39	-
Cappuccino	36	43
Latte <i>Double shot</i>	40	43
Matcha Latte <i>Contains vanilla syrup</i>	-	54
Vanilla Latte	-	51
Iced Latte	-	43
Dirty Cosmic	-	59
Espresso, cacao powder, master mushrooms, date and maple flavoured syrup & milk		
Red Cappuccino	-	47
Chai Latte	-	49
Tea Rooibos, Ceylon, Earl Grey, Peppermint, Green Angel & Sweet Ginger	from 32	



WARM IMMUNE BOOSTERS

NEW Cosmic Chai +	57
Beetroot chai, cacao butter, hibiscus flower, cacao powder & milk	
NEW Bone Broth Cup +	62
Asian, ginger & lemon chicken bone broth – type 2 collagen & hormone free	
Ginger & Lemon	56
Freshly squeezed lemon, apple & ginger served warm in a teapot with honey & a slice of lemon	
Cosmic Hot Cacao	54
Cacao powder, master mushrooms, date and maple flavoured syrup & milk * Lion's Mane*, Reishi*, Chaga*, Cordyceps*, Maitake*, Turkey Tail* (fruiting bodies only)	



EXTRAS

NEW Creatine **16** • Ashwagandha Powder **16** • Collagen Powder **16** • Whey Protein **22** • Plant Protein **22**
• Almond / Oat Milk Solo **7** Mucho **8** • L-theanine Keto Creamer or Shroom Elixir Boost **19**

FRESHLY SQUEEZED

Reg Large

Apple, Carrot or Orange V+ or mix all three!	52	62
Red Not Chilli Cleanser V+	59	69
Beetroot, apple, carrot, celery, ginger & lemon		
Miley Citrus V+	67	77
Ginger, grapefruit, orange, carrot & pineapple		
Ludacrisp V+	72	82
Lemon, apple, cucumber, spinach, celery & ginger		

DRINKS ON ICE

Reg Large

Coco Matcha Latte V+	62	72
Matcha, cacao butter, lucuma, mint, maple flavoured syrup, lemon & coconut milk		
Hibiscus Acai Lemonade V+	52	62
Rooibos, hibiscus extract, acai, apple, lemon & grapefruit		

SMOOTHIES

	Reg	Large
Java Jolt + Espresso, cacao, peanut butter, banana, honey, frozen yoghurt & milk	67	77
NEW Cinnamon Roll (with Creatine) + Creatine, banana, peanut butter, date, cinnamon, rolled oats, cacao, frozen yoghurt & milk	79	89
NEW The Sweetbeet + Berry beet puree, topped with pineapple & banana creamy frozen yoghurt and matcha & acai yoghurt swipes	75	85
Peanut Banana Boost OUR PICK Peanut butter, banana, honey, frozen yoghurt & milk	66	76
Green Glow + V+ Pineapple, baby spinach, cucumber, avo, lemon, maple flavoured syrup, chia seeds, apple juice & almond milk	67	77
Strawberry Pop OUR PICK Strawberries, banana, blueberry puree, frozen yoghurt & milk	56	66
Mixed Berry Crusher V+ Mixed berries, blueberry puree, strawberry syrup, apple juice & almond milk	67	77
Tropical Zing V+ Papaya, pineapple, passion fruit syrup, chia seeds & apple juice	69	79
Nutty Protein Power + Cashew butter, banana, frozen yoghurt, protein powder & milk	79	89
Choco Nut Banana, cocoa powder, peanut butter, honey, frozen yoghurt & almond milk	56	66

DESSERT

NEW Citrus Cacao Pudding + V+ Dark chocolate vegan brownie, cacao butter custard & house made citrus syrup	62	
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BUILD YOUR OWN WRAP, SALAD OR BOWL

FROM R82

1. CHOOSE A BASE

OR HALF & HALF

Jasmine Rice, Warm Quinoa, Greens or Spinach, and Lettuce

2. ADD 4 FILLINGS

Add an extra for +R5

3. SELECT A CHEESE

4. CHOOSE A DRESSING

5. ADD A CRUNCH

6. CHOOSE YOUR PREMIUM

+R30

Chicken, Steak, Falafel, and More.

V VEGETARIAN V+ VEGAN GF GLUTEN-FREE + FUNCTIONAL