

ALL DAY BREAKFAST

Yoghurt Bowl 🌱	R80
Homemade cunchy granola, fresh fruit salad, creamy vegan yoghurt and a drizzle of maple syrup.	
Acai Bowl	R82
Frozen tropical bowl, served with seasonal fruit, granola, dates, almond butter and maple syrup.	
Apple Pie Pancakes 🍏	R88
Fluffy wholewheat pancakes layered with a warm spiced caramelised apple filling, topped with whipped cream, maple syrup, pie pastry crumble, toasted walnuts, and served with maple butter.	
Swiss Rosti 🇨🇭	R90
Potato and chive rosti topped with sautéed wild mushrooms, vegan cashew cream cheese and herb-infused oil.	
Chocolate Chip PB&J Pancake 🍫	R105
Signature pancakes made with dark couverture chocolate drops, drizzled with peanut butter maple toffee sauce, strawberry coulis and chocolate, topped with peanuts and served with fresh bananas and strawberries.	
Breakfast Burrito 🌯	R108
Flour tortilla wrap filled with scrambled tofu, spicy vegan chorizo, and refried black beans. Topped off with creamy butternut queso, pico de gallo and avo. *Contains cashew nuts.	
Greenhouse 🌿	R129
Farmhouse-style breakfast with tofu scramble, mushrooms, grilled vine tomatoes, vegan bacon, sautéed spinach and your choice of toast.	

GOURMET WAFFLES

Choc Nut Banana Waffle 🍫	R94
Grilled banana, chocolate sauce and hazelnut nibs, drizzled with maple syrup.	
Berries and Cream Waffle	R94
Seasonal berries, berry compote, drizzled with maple syrup and topped with whipped cream.	
Chick'n and Waffles	R138
Deep-fried crunchy golden chick'n pieces on a crisp Belgian waffle, topped with salted vegan butter and sweet maple syrup, and dusted with icing sugar.	

SIDE BITES

Potato Fries 🍟	R39
Sweet Potato Fries 🍠	R40
Falafels and Beet Hummus	R44
Spicy Buffalo Cauliflower Nuggets	R49
Served on a bed of cos lettuce with pickled red onion and ranch dip.	

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EATERY

PLANT-BASED RESTAURANT

BURGERS AND SANDWICHES

Sandwiches served on your choice of rye, viking, ciabatta, or a bagel.
Replace fries with Buffalo Cauliflower Nuggets for R25.

Rainbow Veg Sandwich 🌈	R78
Roasted butternut, tofu feta, marinated cucumber ribbons, red onion, cos lettuce, beetroot hummus, and basil pesto, served on toasted sourdough bread.	
Caprese Sandwich 🍅	R83
Olive oil marinated tomato slices served with pesto, mozzarella cheese, rocket and red onion, drizzled with a balsamic reduction.	
The Grand Sandwich 🍷	R90
Creamy mashed avo, seasoned and garnished with pickled onion, radishes and cherry tomatoes.	
Avo Schnitzel Sandwich 🥑	R95
Crunchy chicken pieces topped with sliced avo, fresh cos lettuce, tomato, red onion, and ranch dressing. Served on ciabatta.	
Chick'n Burger 🍗	R125
Delicious crispy golden chick'n, on a bed of cos lettuce topped with tangy pickles and creamy coleslaw, smothered in ranch dressing. Served with your choice of fries.	
The Hot Chick 🌶️	R125
Our signature crispy Chick'n Burger smothered in our spicy, sticky flavour bomb sauce, topped with pickles, homemade coleslaw, fresh lettuce, topped with spicy mustard and garlic aioli. Served with your choice of fries.	
Trio of Sliders 🍔	R125
A selection of three of our famous burgers! The divine original BBQ Burger, crunchy Chick'n Burger, and tender BBQ Sticky Rib Burger.	
BBQ Sticky Rib Burger 🍖	R140
Plant-based ribs basted in our homemade BBQ sauce on a bed of rocket, topped with jalapeños, pickled onion and sriracha mayo. Served with your choice of fries.	
Beyond® Burger 🌱	R145
Beyond® Burger flame-grilled in BBQ sauce on a bed of fresh rocket with homemade mayo, dijon mustard, pickles, red onion. Served with your choice of fries.	
Beyond® Cheeseburger 🧀	R176
Beyond® Burger flame-grilled in BBQ sauce on a bed of fresh rocket with homemade mayo, dijon mustard, pickles, caramelised onions, and vegan cheddar. Served with your choice of fries.	
Double Cheese Baconator Burger 🍔	R195
Two Beyond® burger patties flame-grilled in BBQ sauce on a bed of mixed lettuce, dijon mustard, homemade 1000 island dressing, pickles, double the vegan cheddar, and two pieces of vegan bacon. Served with your choice of fries.	

SALADS AND BOWLS

Warm Butternut and Grain Salad 🍂	R105
Crispy quinoa, wild rice and bulgur wheat mixed with wilted spinach. Topped with roasted butternut and granola, za'atar roasted chickpeas, and tofu feta. Tossed in a lemon vinaigrette and served on a generous smear of beet hummus.	
Taco Bowl 🌮	R105
Mexican-inspired bowl with quinoa, black beans, tomato salsa, spring onion, avo, creamy lime and coriander dressing and tortilla chips.	
Hawaiian Poke Bowl 🍍	R105
Crispy marinated tofu, toasted wild rice, edamame beans, pineapple, carrot and cucumber ribbons, pickled beets, spicy pickled ginger. Topped off with shaved toasted nori, black sesame seeds, and sriracha mayo.	
Mediterranean Bowl	R138
Green falafel balls, fresh tabbouleh salad made with bulgur wheat, parsley, mint, cucumber, olives, red onion and tomato. Served with grilled pita, smoked beet hummus and crunchy cos lettuce cups.	
Cobb Salad 🥗	R150
Grilled chick'n, crispy vegan bacon, creamy avocado, boiled sweet corn, crunchy cucumbers, red onions, cherry tomatoes, on a bed of chopped cos lettuce, dressed with our blue cheese dressing and a sprinkle of cashew parmesan.	

HEARTY MAINS

Red Pimento and Blush Tomato Pasta 🍝	R94
Red pepper, garlic and blush tomato pasta served with linguini, fresh basil and toasted pine nuts.	
Mac and Cheese 🧀	R116
Pasta mixed with a rich cashew butternut cheese topped with charred broccoli, jalapeños, crispy vegan bacon and salty cashew parmesan.	
Loaded Fries 🍟	R116
Your choice of either potato or sweet potato fries, topped with butternut queso, ranch dressing, crispy vegan bacon bits, jalapeños and spring onion.	
Buffalo Mac and Cheese 🍝	R125
Pasta mixed with a rich cashew butternut cheese topped with our Spicy Buffalo Cauliflower Nuggets, jalapeños, crispy vegan bacon and salty cashew parmesan.	
Nacho Stack 🌮	R132
Tower of golden nacho chips, layered with a creamy butternut queso, chorizo spiced walnut soya mince, refried black beans, pico de gallo, jalapeños, guacamole and drizzled with a tangy lime and coriander dressing.	
Beyond® Mince Bolognese 🍝	R132
Spaghetti topped with a hearty, Beyond® mince ragu, and sprinkled with cashew parmesan and drizzled with a herb oil.	
Peri-Peri Bowl 🌶️	R138
Flame-grilled peri-peri plant protein "chicken" strips, vegetable spiced basmati rice, grilled buttery corn, paired with a juicy tomato relish.	

Allergens 🌱 Peanuts 🌳 Tree Nuts 🌿 Seeds 🥚 Gluten Free

All dishes may contain soy and are prepared in a premises that may contain traces of peanuts and tree nuts.

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SWEET THINGS

Assorted Cakes Subject to availability. Ask your waitron for information and gluten-free options.	R60
Traditional American Apple Pie Slow cooked spiced apples in a sweet pastry filling, topped with a buttery crumble. Served with whipped cream.	R76
Chocolate Brownie and Ice-Cream Warm, decadent chocolate brownie served with your choice of ice-cream, and topped with chocolate sauce.	R86
Malva Pudding Rich, warm malva pudding covered in a sticky toffee sauce, served with creamy custard and vanilla ice-cream, topped with spun sugar.	R88
Choc-Chip Cookie Skillet Warm, gooey chocolate chip cookie topped with cold, creamy ice cream and drizzled with toffee sauce.	R88
Double-Choc Cookie Skillet Warm, gooey double-choc cookie topped with cold, creamy ice cream and drizzled with chocolate sauce.	R88

JUICES AND SOFT DRINKS

Freshly Squeezed Juice Apple, Orange or Pineapple	R50	Mellow Juice Pineapple, carrot, turmeric, apple.	R50
Greenery Juice Cucumber, celery, apple.	R50	Amber Juice Carrot, orange and ginger.	R50
Ultra Violet Juice Blueberry, beetroot, cucumber, red cabbage	R54	Aloe Juice Original, coconut, pomegranate, strawberry.	R39
Maroon Juice Beetroot, apple, cucumber.	R50	Soft Drinks Assorted	R28
Ice Tea, Kombucha or Coconut Water	R45	Still / Sparkling Water Small or large.	R21/36

SUPERFOOD SMOOTHIES

Wimbledon ☺ Strawberry, banana, almond milk and vanilla extract.	R50
Peanut Butter and Jelly ☺ Dates, peanut butter, banana, almond milk and blueberries.	R50
Jamaica Mango, pineapple, orange juice and coconut milk.	R50
Bali Green Spinach, apple, ginger, avocado and coconut water.	R53
Banana Snickers ☺ Banana, almond butter, cocoa and almond milk.	R60
Strawberry Frozen Yoghurt BUY ONE GET ONE FREE Pineapple, strawberries, coconut milk, coconut yoghurt, dates, sea salt.	R60
Almond Oat Coffee ☺ Oat milk, coffee, banana, almond butter, dates, cinnamon, oats.	R60
Italian Muscle Espresso, coconut milk, banana, organic cocoa and plant-based protein.	R62
Berry Magical Orange juice, blueberries, strawberries, dates, sea salt and plant-based protein.	R62

HOT DRINKS

Double Espresso	R31	Tumeric Latte	R50
Americano	R37	Beetroot Latte	R50
Caffe Cortado	R40	Caffe Latte	R50
Caffe Macchiato	R40	Horlicks	R55
Cappuccino	R44	Caffe Mocha	R54
Red Cappuccino ®	R43	Kaylee's Hot Chocolate	R54
Chai Latte	R50	Iced Almond Coffee ☺	R59
Selection of Tea Ask our waiters or managers about our selection			R32
Bullet Proof A energizing, creamy blend of black coffee, vegan butter, and your choice of coconut or MCT oil.			R43/45
Flavoured Coffees ☺ Hazelnut coffee, served with whipped cream and roasted hazelnuts, OR Caramel coffee, served with whipped cream, OR Vanilla coffee, served with whipped cream			R50

SPECIALS

Peppermint Crisp Tart Whipped cream with caramelised condensed milk, layers of our sweet crumble pastry, covered in grated peppermint chocolate.	R65
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GOURMET SHAKES & FRAPPÉS

Oreo® Shake ☺ Coconut base and Oreo® crumble.	R83
Coffee Shake ☺ Coconut base and a double shot of espresso.	R83
Chocolate Brownie Shake ☺ Coconut base, brownie crumbs and Belgian chocolate.	R83
Strawberry Shake ☺ Coconut base and fresh strawberries.	R83
Peanut Butter Shake ☺ Coconut base, peanut butter, sea salt and dates.	R83
Malva Shake ☺ Creamy custard flavoured milkshake with chewy pieces of malva, topped with caramel sauce, our fluffy whipped cream, and a big chunk of malva pudding.	R83
Coffee Frappé ☺ A creamy caffeinated blend of coffee, almond milk and ice blended to create a cold, creamy frappe topped with fluffy whipped cream.	R83
Double Choc Chip Frappé ☺ Creamy chocolate sauce combined with chocolatey chips, almond milk and ice. Topped off with whipped cream and a chocolate drizzle.	R83
Spiced Chai Frappé ☺ A creamy blend of spicy chai, almond milk and ice, topped with whipped cream and a dash of cinnamon.	R83

WEEKDAY SPECIALS

MEAT-FREE MONDAY

TABLES OF 4 OR MORE GET 50% OFF THEIR BILL!*

TWOSDAY TUESDAY

BUY ONE BURGER, GET 50% OFF THE SECOND!*

WELLNESS WEDNESDAY

BUY ANY BOWL OR SALAD AND GET A JUICE OR SMOOTHIE OF YOUR CHOICE FOR FREE!*

TREAT YO'SELF THURSDAY

BUY ANY SWEET THING (INCL. SWEET WAFFLES), AND GET A COFFEE OR TEA OF YOUR CHOICE FOR FREE!*

* Terms and Conditions

- Subject to availability. Excludes public holidays.
- Twosday Tuesday and Waffle Wednesday: 50% off applies to cheapest burger or waffle.
- Meat-free Monday special is limited to tables of 4 or more. Minimum of 4 main meals required to qualify.
- Treat Yo'Self Thursday special limited to items on the Sweet Things section of the menu. Includes Choc Nut Banana, and Berries and Cream Waffles.
- Offers cannot be used in conjunction with other promotions or offers.
- Menu may change subject to availability of seasonal food items without prior notice.
- Strictly no takeaways.
- Management reserves the right to make the final decision in the case of disputes.
- E&OE (Errors and Omissions Excepted).

GET IN TOUCH WITH US

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