

SOMETHING SWEET.

LEMON RICOTTA PANCAKES · 55K
fluffy lemon ricotta pancake stack topped with almond flakes, whipped ricotta, and honey
+ change for gluten-free almond flour · 25K
+ warm berries · 25K

APPLE CINNAMON OVERNIGHT OATS · 55K · GF, V
rolled oats cooked with homemade almond milk, cinnamon, and red apple, served cold and topped with walnuts, coconut flakes, and homemade peanut butter

PEACH RICOTTA TOAST · 65K
sourdough topped with creamy ricotta, grilled peaches, toasted walnuts, and honey

HONEY CROISSANT · 35K
buttery croissant served with honey, topped with toasted almond flakes

BANANA BREAD SANDWHICH · 65K · GF
two pieces of banana bread filled with mascarpone, topped with walnuts and honey

HONEY GRANOLA · 65K
homemade honey-roast granola served with fresh strawberries and greek yoghurt
+ change for gluten-free & vegan granola · 25k
+ change for coconut yoghurt · 10k

COCONUT HOT CAKES · 65K · GF
two coconut flour cakes topped with warm berries, coconut yoghurt, and coconut flakes

PEANUT BUTTER BANANA TOAST · 65K
sourdough topped with all-natural peanut butter, banana slices, beepollen, and honey

CHOCOLATE CHIP PROTEIN PANCAKES · 85K
whey protein (22 grams) mixed into fluffy chocolate chip pancakes, topped with creamy homemade peanut butter, honey drizzle, and more chocolate chips

TROPICAL FRUIT PLATTER · 55K · GF, V
selection of seasonal fruit with a side of coconut yoghurt

SALADS.

FALAFEL SALAD · 65K · GF, V
crispy falafel balls, fresh rocket, homemade hummus, roast carrots, cauliflower, and eggplant
+ halloumi · 30K

BURATTA SALAD · 85K · GF, LC
creamy buratta cheese served on a bed of fresh rocket and cherry tomato halves

CHICKEN AVOCADO SALAD · 65K · GF, LC
subtly spiced chicken fillet, fresh rocket, roast cherry tomatoes, avocado, and dukkah
+ feta · 20K

HALLOUMI SALAD · 65K · GF
grilled halloumi, paprika roast pumpkin, and red onion on a bed of kale, with a lemon-olive oil dressing

SPICED CHICKPEA SALAD · 65K · GF, V
salad bowl of sauteed kale, grilled broccoli, crunchy chickpeas, avocado, and spiced dukkah

SOMETHING SAVOURY.

AVOCADO TOAST · 55K · V
sourdough topped with mashed avocado, rocket, charred cherry tomatoes, olive oil, and dukkah
+ poached eggs · 15k

BREAKY BOWL · 65K · GF, LC
bowl of sauteed kale, crispy bacon, avocado, and poached eggs topped with dukkah

FOUR CHEESE HONEY TOASTIE · 68K
buttered sourdough toastie filled with mozzarella, goats cheese, ricotta, and parmesan, served with honey and rosemary
+ change bread for croissant · 10K

EGGS BENEDICT · 65K
sourdough, crispy bacon, rocket, poached eggs, avocado hollandaise, and dukkah
+ change bacon for smoked salmon · 15K
+ change for regular hollandaise · free

BREAKFAST BRIOCHE · 65K
scrambled eggs, crispy bacon, melted mozzarella, toasted brioche bun, paprika aioli

VEGGIE BOWL · 65K · GF
beetroot hummus, poached eggs, sauteed kale, roast pumpkin, crumbed feta, toasted seeds

PITA POCKET · 65K
choice between falafel or chicken inside a toasted pita with rocket, pesto, and a side of sweet potato fries

SMOKED SALMON BAGEL · 75K
toasted bagel topped with cream cheese, sliced cucumber, smoked salmon, thinly sliced red onion, dill, and capers

ZUCCHINI FETA OMELETTE · 57K · GF, LC
folded zucchini feta omelette served with rocket, charred cherry tomatoes, and a pesto dip

EGGS YOUR WAY · 36K
two eggs any style served with a slice of sourdough and a side of butter
+ crispy bacon · 15K

SALMON QUINOA BOWL · 95K · GF
grilled salmon fillet, quinoa, poached egg, avocado, sauteed kale, yoghurt-tahini dip

SWEET POTATO FRITTERS · 65K · GF
crispy sweet potato fritters topped with mashed avocado, rocket, poached eggs, and dukkah
+ smoked salmon · 35K

HUMMUS TOAST · 55K · V
sourdough with homemade hummus, topped with grilled eggplant, zucchini, and pesto

BEEF BURGER · 95K
beef patty, caramelised onions, rocket, and crispy bacon inside a brioche bun served with homemade french fries and tomato ketchup

CHICKEN SANDWHICH · 80K
sourdough, pulled chicken, feta, rocket, tomato, caramelised onion, and kalamata mayonnaise

ADD-ONS.

peanut butter · 20K
cashew butter · 30K
almond butter · 35K
honey · 15K
warm berries · 25K
yoghurt · 15K
coconut yoghurt · 25K
honey granola · 20K
gluten-free & vegan granola · 40K
quinoa · 25K
sauteed kale · 15K
crispy bacon · 15K
smoked salmon · 35K
eggs any style · 15K
hummus · 20K
slice of sourdough · 10K
slice of gluten-free bread · 15K
avocado · 22K
crumbed feta · 20K
halloumi · 30K
falafel balls · 30K
chicken fillet · 32K
beef patty · 40K
salmon fillet · 47K

SIDES.

SWEET POTATO FRIES · 25K · GF, V
tahini dip

CRUNCHY BABY POTATOES · 25K · GF
paprika aioli

FRENCH FRIES · 25K · GF, V
homemade tomato ketchup

GRILLED ASPARAGUS · 40K · GF, LC
chili flakes and toasted almond flakes

TRUFFLE POLENTA FRIES · 55K
topped with parmesan, served with truffle mayonnaise

ROAST CAULIFLOWER · 35K · GF, V, LC
pomegranate, coriander, tahini dip

HONEY-ROAST CARROTS · 35K · GF
coriander, dukkah, tahini dip

GRILLED EGGPLANT · 35K · GF
pomegranate, tahini dip

PUMPKIN MASH · 35K · GF, V
paprika, olive oil

SOMETHING TO WAKE UP.

ESPRESSO · 20K
DOUBLE ESPRESSO · 25K
LONG BLACK · 28K
MACCHIATO · 28K
CAPPUCCINO · 30K
FLAT WHITE · 30K
LATTE · 30K
PICCOLO LATTE · 28K
HOT CHOCOLATE · 30K
AFFOGATO · 35K
MATCHA LATTE · 30K
CHAI LATTE · 30K
regular, golden, charcoal
TEA PRESS · 30K
english breakfast, jasmine green, chai,
chamomile, fresh mint, ginger lemon honey
MAKE YOUR OWN TEA · 30K/50K
choose size: 200ml/400ml
choose base: mint tea, black tea, hibiscus tea
choose properties: immunity (ginger), detox
(lemon), calming (turmeric)
FRENCH PRESS COFFEE · 30k
V60 · 35K
COLD BREW · 35K
ESPRESSO ICE CUBES · 35K
choice of almond, coconut, or house milk
BULLET PROOF COFFEE · 40K
espresso, mct oil, grass fed butter, hint of
cinnamon and cacao
BULLET PROOF MATCHA · 40K
matcha, mct oil, grass fed butter, hint of
cinnamon

+ house milk · 10K
+ coconut milk · 10K
+ homemade almond milk · 10K
+ extra shot · 10K
+ make it iced · free

OTHER.

STILL WATER SMALL · 30K
SPARKLING WATER · 30K
STILL WATER LARGE · 50K
SPARKLING WATER LARGE · 50K
WHOLE COCONUT · 25K
KOMBUCHI · 45K
original, orange, turmeric, applebeet,
ginger
HAPPY KOMBUCHA · 45K
pink chia lemonade, hibiscus ginger, mixed
berries, mojito, apple, sour ginger
DA-CHA KOMBUCHA · 45K
red/rejuvenate, gold/energise
COCO LAVKA COCOBIOTIC · 50K

SOMETHING FRUITY.

ORANGE TURMERIC JUICE · 45K/70K
local orange, turmeric, carrot, ginger

GREEN JUICE · 45K/70K
green apple, mint, kale, cucumber, lemon

PASSION FRUIT JUICE · 45K/70K
fresh yellow passion fruit

APPLE BEETROOT JUICE · 45K/70K
apple, beetroot, carrot, ginger

WATERMELON JUICE · 35K/60K
watermelon, mint

PINEAPPLE BASIL JUICE · 35K/60K
pineapple, basil, lemon

MAKE YOUR OWN JUICE · 45K/70K
choose any 3 ingredients

PEANUT BUTTER SMOOTHIE · 45K/70K
peanut butter, banana, raw cacao, almond milk,
cinnamon, dates

BERRY YOGHURT SMOOTHIE · 45K/70K
mixed berries blended with yoghurt
+ change for vegan coconut yoghurt (10K)

ACAI SMOOTHIE · 95K (large only)
acai, banana, almond milk

AVOCADO SMOOTHIE · 45K/70K
avocado and mango

MAKE YOUR OWN SMOOTHIE · 45K/70K
choose any 3 ingredients

HONEY LEMONADE · 30K/50K
lemon juice, honey

HEALTHY SHOTS.

GINGER · 30K
APPLE CIDER VINEGAR · 30K
TURMERIC · 30K
BEETROOT · 30K
ALL THE GOOD STUFF · 100K
all four health shots

FROZEN SMOOTHIES.

FROZEN STRAWBERRY SMOOTHIE · 50K
strawberries, passion fruit, honey

FROZEN MANGO SMOOTHIE · 50K
mango, basil, lime, honey

FROZEN DRAGON FRUIT SMOOTHIE · 50K
dragon fruit, banana, honey

SMOOTHIE BOWLS.

ACAI BOWL · 105K
blend of pure brazilian acai and frozen
banana, topped with cacao nibs, banana
slices, and homemade honey granola
+ almond butter · 35K

MANGO PINEAPPLE BOWL · 65K
blend of frozen mango, pineapple and
banana, topped with chia seeds, banana
slices, and homemade honey granola
+ cashew butter · 30K

BERRY BOWL · 65K
blend of frozen banana and mixed
berries, topped with strawberries,
beepollen, and homemade honey
granola

PEANUT BUTTER BOWL · 65K
blend of frozen banana, all-natural peanut
butter, and cinnamon, topped with raw
cacao nibs, banana slices, and
homemade honey granola

DRAGONFRUIT BOWL · 65K
blend of frozen dragonfruit and banana,
topped with bee pollen, banana slices,
and homemade honey granola

+ change for GF & vegan granola · 20K

DESSERTS.

CHOCOLATE LAVA CAKE · 55K · GF
rich dark chocolate lava cake served with
warm mixed berries
(note: 15 minute baking time)
+ scoop of vanilla ice cream · 10K

HONEY ALMOND CAKE · 55K · GF
almond flour cake with a touch of lemon,
topped with honey whipped ricotta

BERRY CHEESECAKE · 55K
creamy cheesecake, homemade honey
granola crust, topped with warm berries

CHOCOLATE TAHINI DATES · 45K · GF, V
dates filled with creamy tahini, dipped in
dark chocolate and sprinkled with sesame
seeds

GELATO CUPS · 25K
chocolate hazelnut & nuts, pistacchio,
mango & mint, salted caramel &
honeycomb, strawberry, coconut, lemon,
dark chocolate, hazelnut, stracciatella,
vanilla, coffee.