

ALL-DAY BREAKFAST

TOAST: LOW GI / 100% RYE

EGG HOT POT free range poached egg, sautéed mushrooms, rosa tomatoes, kale, pesto, feta, parmesan	GF LC 29	NEW BERRY DAIRY SMOOTHIE BOWL raspberries, blueberries, banana, milk, topped with fresh strawberries, apple, gluten-free nut crumble, mint, honey	GF 49
NEW PROTEIN EGG HOT POT free range poached egg, sautéed free range beef sausage, red pepper, rosa tomatoes, kale, feta, chipotle chili, spring onion	GF LC 39	CHOC PROTEIN SMOOTHIE BOWL whey protein (grass-fed), cacao, nut butter, frozen yoghurt, avo, topped with banana, coconut, cacao nibs, almonds, hemp seeds	GF 65
BREAKFAST BOWL yoghurt, pineapple, strawberries, banana, almonds, honey, chia seeds	GF 39	SUNRISE UNWRAPPED/WRAP free range scrambled eggs, salsa, white cheddar, sautéed rosa tomatoes, baby spinach	52 / 62
NEW TROPICAL YOGHURT CRUNCH yoghurt, dragon fruit, banana, chia seeds, gluten-free nut crumble, mint, hemp seeds, honey	GF 42	SPINACH & FETA OMELETTE free range scrambled eggs, feta, baby spinach, red pepper, spring onion	59
POWER OATS rolled oats, almonds, banana, chia seeds, goji berries, honey, milk	39	BALANCED BREAKFAST free range poached / scrambled eggs, sautéed free range beef sausage & mushrooms, rosa tomatoes, toast	70
SMASHED AVO TOAST	V 39	PROTEIN BREAKFAST WRAP OR OMELETTE free range scrambled eggs, free range beef sausage, cream cheese, chipotle chili, red pepper, baby spinach, rosa tomatoes	74 / 77
SMASHED AVO, POACHED EGGS & TOAST	49	SMOKED TROUT SCRAMBLED EGGS free range scrambled eggs, franschhoek smoked trout, cream cheese, toast	89
POACHED / SCRAMBLED EGGS & TOAST	42		
PESTO MUSHROOM TOAST sautéed mushrooms, pesto, rosa tomatoes, feta, cream cheese	LC 46		

HOT DRINKS

ALMOND MILK +10

	SHORT	TALL		SHORT	TALL
AMERICANO	22	26	RED CAPPUCCINO	26	31
CAPPUCCINO	25	30	HOT CHOCOLATE	25	30
CAFFÉ LATTE / CHAI LATTE	26	31	FLOO FIGHTER mint tea, lemon, ginger, cayenne pepper, honey	25	
FLAT WHITE double espresso, steamed milk	27		TEA rooibos, ceylon, green, mint, chai	19	
ESPRESSO	19	23			

RAW JUICES & SHOTS

	350ML S	500ML L		350ML S	500ML L
HEART BEET apple, beetroot, cucumber, lemon, mint	V 39	47	DRAGON FIRE dragon fruit, ginger, apple, cucumber, celery	V 45	53
FLOO JUICE orange, carrot, lemon, ginger, cayenne pepper	V 40	48	FLOO SHOT (50ML) ginger, honey, lemon, cayenne pepper		20
NEW LEMON CUCUMBER COOLER cucumber, lemon, pineapple, celery, apple, mint	V 42	50	GINGER SHOT (25ML / 50ML)	V 15	30
DAILY GREENS apple, kale, spinach, cucumber, celery, chia seeds	V 45	53			

WRAPS, SALADS & WARM BOWLS

HARVEST WRAP feta, avo, cucumber, carrot, greens, celery & onion mayo, lemon olive oil vinaigrette	55	NEW SALSA QUESADILLA white cheddar, red pepper, salsa, jalapeno, spring onion, coriander ADD avo +14 ADD free range chicken +24	49
TROPICAL CHICKEN WRAP free range chicken, pineapple, carrot, greens, thai peanut dressing	59	TUNA PROTEIN WRAP OR SALAD tuna, free range boiled egg, green beans, carrot, rosa tomatoes, coriander, greens, celery & onion mayo, lemon caesar dressing SALAD served without celery & onion mayo, tuna made with lemon olive oil dressing	70 / 78
NEW MALAY CHICKEN WRAP (LOW CARB = 24g) free range chicken, cabbage, carrot, cucumber, greens, curry yoghurt, curried sunflower seeds, on low carb wrap	LC 69	AVO KALE CAESAR SALAD avo, parmesan shavings, parmesan crisps, rosa tomatoes, kale, greens, lemon caesar dressing	69
CHIPOTLE STEAK WRAP OR SALAD grilled steak, smoked chipotle chili mayo, cabbage, carrot, baby spinach, rosa tomatoes SALAD served with coriander	69	PLANT POWER SALAD lentils, avo, cashews, orange, green beans, cabbage, rocket, kale, greens, curried sunflower seeds, vegan almond butter dressing	V 85
OLD STYLE CAESAR WRAP free range chicken, rosa tomatoes, pecorino, low gi croutons, greens, lemon caesar dressing	72	COBB SALAD free range boiled egg, white cheddar, avo, parmesan crisps, red pepper, rosa tomatoes, greens, lemon caesar dressing	86
SPICY BURRITO WRAP free range chicken, salsa, jalapeno, chipotle chili, red pepper, cream cheese, rocket, carrot, coriander	75	EASTERN SPICE BOWL free range chicken, brown rice & quinoa, roast cauliflower, cabbage, carrot pickle, rocket, curried sunflower seeds, chili yoghurt dressing	76
NEW PLANT POWER WRAP lentils, avo, cashews, orange, green beans, cabbage, kale, greens, curried sunflower seeds, vegan almond butter dressing	V 75	BUTTA CHICKEN BOWL free range chicken & butternut curry, brown rice & quinoa, roast cauliflower, baby spinach, curried sunflower seeds, carrot pickle	89
MOROCCAN WRAP free range chicken, brown rice & quinoa, feta, avo, carrot, rosa tomatoes, coriander, spring onion, moroccan sauce	76	MEXI BOWL free range chicken, brown rice & quinoa, avo, salsa, rocket, red pepper, jalapeno, coriander, tortilla chips, lemon olive oil vinaigrette, sriracha	89
PRINCESS WRAP free range chicken, avo, feta, rosa tomatoes, carrot, celery & onion mayo, greens	76	ASIAN RAINBOW BOWL free range chicken, brown rice & quinoa, broccoli, carrot, cabbage, baby spinach, cashews, pickled ginger, mint, sesame dressing, soy glaze	89
PRINCE WRAP grilled steak, avo, feta, rosa tomatoes, carrot, celery & onion mayo, greens	79		
THAI CRUNCH WRAP OR SALAD free range chicken, cashews, broccoli, carrot, red pepper, cabbage, mint, sesame, pickled ginger, greens, thai peanut dressing	89		

LC All of our salads are low carb except the plant power.
GF Selected salads & bowls are gluten-free. Please see the **NUTRITIONAL GUIDE** for more info.

MAKE IT YOUR OWN

· SWAP FOR LOW CARB OR GLUTEN-FREE WRAP	+12
· ADD MUSHROOMS	+24
· ADD CHICKEN	+24
· REMOVE CHICKEN	-24
· SWAP CHICKEN FOR GRILLED STEAK	+5

DESIGN YOUR OWN WRAP, SALAD, BOWL OR OMELETTE

includes base, 3 harvest fillings, 1 deli topping & dressing

59

1. CHOOSE YOUR BASE

- **WRAP** (for low carb or gluten-free wrap +12)
- **SALAD** (choose: kale, baby spinach, rocket, cos or lettuce)
- **BOWL** warm grain - quinoa & brown rice (gluten-free)
- **OMELETTE** three free range eggs, toast

2. PICK ANY 3 HARVEST FILLINGS

rosa tomatoes	mint	green beans
roast butternut	coriander	sesame seeds
roast cauliflower	jalapeno	cashews
lentils	fresh salsa	almonds
red pepper	orange	tortilla chips
carrot	broccoli	rocket
red onion	pickled ginger	curried sunflower seeds
cucumber	carrot pickle	
spring onion	red cabbage	

ADD an extra harvest filling +7

3. SELECT 1 DELI TOPPING

free range boiled egg	shaved parmesan
avo 1/4	white cheddar
feta	parmesan crisps

ADD an extra deli topping +11

4. DRESS IT

thai peanut dressing	vegan almond butter dressing	squeeze of lemon
olive oil	balsamic vinegar	mayo (free range egg)
chili yoghurt dressing	chipotle chili dressing	curry yoghurt dressing
lemon caesar dressing	lemon & olive oil vinaigrette	
sesame dressing	sriracha	

5. THROW IN A PROTEIN

free range chicken	+24	franschhoek	+49
sautéed mushrooms		smoked trout	
tuna			
grilled steak			

Frozen Yoghurt
AVAILABLE IN SELECTED STORES.

SMOOTHIES

	350ML S	500ML L		350ML S	500ML L
STRAWBERRY STINGER strawberries, banana, frozen yoghurt, pressed apple juice	36	42	MANGO BERRY mango, raspberries, coconut milk, honey, coconut-infused water	42	48
NEW PEANUT BUTTER BERRY sugar-free peanut butter, blueberries, banana, dates, almond milk, purified water	V 38	44	GEM banana, almonds, frozen yoghurt, milk, honey	42	48
BERRY DAIRY blueberries, raspberries, strawberries, banana, frozen yoghurt, honey, milk	40	46	NEW MILK TART milk, frozen yoghurt, coconut milk, cinnamon, gluten-free nut crumble	42	48
PEANUT BUTTER BLISS sugar-free peanut butter, banana, cacao, frozen yoghurt, milk	40	46	NEW CAPPUCCINO FREEZE espresso, frozen yoghurt, coconut milk, cacao, milk	42	48

PROTEIN SMOOTHIES

	350ML S	500ML L		350ML S	500ML L
NATURE'S PROTEIN vegan protein, hemp seeds, spirulina blend, banana, pineapple, coconut milk, pressed apple juice	V 48	56	PEANUT BUTTER BOMB whey protein (grass-fed), sugar-free peanut butter, banana, cacao, yoghurt, milk	50	59
CINNABOMB whey protein (grass-fed), banana, almond / macadamia nut butter, coconut-infused water, cinnamon, honey	50	59	SALTED CARAMEL whey protein (grass-fed), dates, banana, almond / macadamia nut butter, himalayan salt, coconut-infused water	50	59

SUPERFOOD SMOOTHIES

	350ML S	500ML L		350ML S	500ML L
VITAMIN SEE mango, pineapple, freshly squeezed carrot & orange juice, vitamin C (500mg)	V 40	46	THE ANTI-OXIDANT acai berries, goji berries, raspberries, banana, pineapple, coconut-infused water, almond / macadamia nut butter, honey	56	63
TROPICAL GREENS mango, pineapple, kale, spinach, ginger, pressed apple juice	V 42	48	NUT MILK almond / macadamia nut butter, cashews, cacao nibs, banana, coconut milk, coconut-infused water, honey	56	63
CITRUS GLO orange juice, mango, frozen yoghurt, chia seeds, collagen, citrus-spiced honey	48	55			
CHOCOLATE BLISS cacao, cacao nibs, frozen yoghurt, avo, dates, milk	53	60			

NUTRI KNOW-HOW:

Use these handy icons to help you find meals that fit your lifestyle:

GF GLUTEN-FREE **LC** LOW CARB (<25g carb per serving) **V** VEGAN

All of our smoothies are gluten-free.

NEED MORE INFO?

Please ask for our in store **NUTRITIONAL GUIDE** to help you choose suitable menu items.

ADVICE ON ALLERGENS:

Our kitchens use ingredients containing gluten, milk, celery, fish, soya, nuts, and eggs which may accidentally come into contact with your meal. We have strict food safety practices in place to avoid this but there is a small risk of contact with these allergens.