

ALL-DAY BREAKFAST

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 free range scrambled eggs, salsa, white cheddar, sautéed rosa tomatoes, baby spinach	GF LC	52
NEW TROPICAL YOGHURT CRUNCH yoghurt, dragon fruit, banana, chia seeds, gluten-free nut crumble, mint, hemp seeds, honey	GF	42	SUNRISE WRAP free range scrambled eggs, salsa, white cheddar, sautéed rosa tomatoes, baby spinach		62
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 free range scrambled eggs, free range beef sausage, cream cheese, chipotle chili, red pepper, baby spinach, rosa tomatoes		74
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			

MAKE IT YOUR OWN

· CHOOSE YOUR TOAST: LOW GI / 100% RYE

SANDWICHES

served on low gi bread

WHITE CHEDDAR white cheddar, rosa tomatoes, celery & onion mayo	39	CHICKEN MAYO DELUXE free range chicken, celery & onion mayo, peppadewsTM, basil pesto	66
AVO SALAD avo, rosa tomatoes, carrot, lettuce, celery & onion mayo	40	SMOKED TROUT franschhoek smoked trout, cream cheese, cucumber, rosa tomatoes, lettuce, lemon olive oil dressing	87
CHICKEN MAYO free range chicken, celery & onion mayo, rosa tomatoes,	59		

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	CHOCOLATE BLISS cacao, cacao nibs, frozen yoghurt, avo, dates, milk	53	60
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			

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.

WRAPS

HARVEST 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 free range chicken, pineapple, carrot, greens, thai peanut dressing	59	THAI CRUNCH free range chicken, cashews, broccoli, carrot, red pepper, cabbage, mint, sesame, pickled ginger, greens, thai peanut dressing	89
NEW MALAY CHICKEN (LOW CARB = 24g) free range chicken, cabbage, carrot, cucumber, greens, curry yoghurt, curried sunflower seeds, on low carb wrap	LC 69	TUNA PROTEIN tuna, free range boiled egg, green beans, carrot, rosa tomatoes, coriander, greens, celery & onion mayo, lemon caesar dressing	70
OLD STYLE CAESAR free range chicken, rosa tomatoes, pecorino, low gi croutons, greens, lemon caesar dressing	72	SMOKED TROUT franschhoek smoked trout, cream cheese, cucumber, rosa tomatoes, lettuce, lemon olive oil dressing	82
SPICY BURRITO free range chicken, salsa, jalapeno, chipotle chili, red pepper, cream cheese, rocket, carrot, coriander	75		
PRINCESS free range chicken, avo, feta, rosa tomatoes, carrot, celery & onion mayo, greens	76		

SALADS

SUPERFOOD avo, broccoli, cashews, red pepper, rosa tomatoes, carrot, cucumber, chia seeds, lettuce, lemon olive oil dressing	GF LC 69	THAI CRUNCH free range chicken, cashews, broccoli, carrot, red pepper, cabbage, mint, sesame, pickled ginger, greens, thai peanut dressing	LC 89
TUNA PROTEIN tuna, free range boiled egg, green beans, carrot, rosa tomatoes, coriander, spring onion, greens, lemon caesar dressing	GF LC 78		

MAKE IT YOUR OWN

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

HOT DRINKS

	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			

MAKE IT YOUR OWN

· SWAP FOR ALMOND MILK	+10
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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			

SNACKS

PROTEIN BAR	32	SEED SNACK	12
PROTEIN BALL	19	FREE RANGE BILTONG Sliced (40g)	35
RAW BAR	V 19	FREE RANGE BILTONG Snack Sticks (40g)	38
MIXED NUTS	V 19		

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.