

Breakfast 7am-11am

Chocolate Almond Croissant R30

Chocolate heaven! Fresh pastry filled with melt in your mouth dark chocolate, sprinkled with almonds.

Cheesy Not Bacon Croissant R38

Super cheesy fresh pastry with crispy friendly bacon.

Cheesy Kicker Croissant R30

Cheese explosion! Fresh pastry filled with cheese & a sprinkle of cayenne pepper.

Choccy-Chip Muffin R30 gf

Delicious refined sugar free choc-chip muffin with GF flour & almond milk.

Banana Whole-Wheat Muffin R25 lg

Scrumptious guilt free banana muffin.

Add Cheese & Jam R15

Let's Avocuddle R48 lc gf

Fresh Sourdough/Multi seed with yummy ripe avocado slices topped with roasted cumin chickpeas, red onion, sprouts and tahini dressing.

Add friendly bacon R25

Add hummus R15

Add GF sourdough R10

Chocolate Peanut Butter Smoothie Bowl R65 gf

Creamy sugar-free peanut butter & cacao smoothie bowl, topped with banana, coconut & chia seeds.

Berry-Licious Smoothie Bowl R65 gf

A healthy smoothie bowl with mixed berries, creamy coconut yoghurt, almond milk, topped with blueberries, bananas, & coconut flakes.

Strawberries & Cream Chia Cup R45 gf

Delicious fresh strawberries and creamy coconut date milk topped with chia seeds.

Heavenly GF PB & Banana Choc-Chip Pancakes R80

Peanut butter & banana choc-chip pancakes topped with choc almond sauce & sliced banana.

Add nice-cream R25

Fresh Berries & Maple Pancakes R65

Fluffy pancakes topped with fresh berries & maple syrup.

Add nice-cream R25

Big Bro R79

A full, vegan brekkie, scrambled tofu on sourdough with roasted cherry tomatoes, baked beans, crispy bacon, and a traditional voerie loaded with relish.

Faithful Frenchie R65

French toast topped with fried banana, cinnamon sugar & maple syrup.

Add friendly bacon R25

Add nice-cream R25

Lunch Vibes 11am

Cheese, Tomato & Basil Toastie R50

Sourdough/Multi-seed filled with cheese & fresh tomato topped with basil pesto.

GF Sourdough R15

Chickless Mayo Toastie R58

Sourdough/Multi-seed with tender chick likes, chopped chives & tangymayo.

GF Sourdough R15

Thaitastic Crunch Lettuce Cups R70 GF

Crunchy veg with a tangy peanut dressing topped with cashews served in lettuce cups or a low-GI wrap.

LG wrap R75

Add grilled Licken R20

Add avo R15

Grilled Licken Wrap R75 LG

Famous lemon and herb grilled licken with fresh salad leaves, crunchy veg tossed in tahini dressing in a low-GI wrap.

Add avo R15

Fully Loaded Sweet Potatoes R65 gf

Baked sweet potato with a broccoli basil pesto, red cabbage, spinach, creamy tahini dressing and sprinkled with cumin roasted chickpeas.

Add avo R15

Add grilled Licken breast R20

Add friendly bacon R25

Buddha Bowl R85 GF

Roasted sweet potato & butternut, red onion, cumin chickpeas, crunchy broccoli, spinach, drizzled in a tangy tahini dressing topped with pumpkin seeds.

Add avo R15

Add grilled Licken breast R20

Soul Salads

Fully Loaded Veggie Salad R75 GF

A delicious healthy salad, loaded with black beans, chickpeas, corn, peppers, tomato, red onion, green chillies, jalapenos, fresh cilantro, juicy lime and topped with sliced avo.

Add avo R15

Add friendly biltong R15

Add grilled Licken breast R20

Thaitastic Crunch Salad R75 GF

A crunchy combination of carrots, assorted peppers, cashews, cucumber, snap peas, broccoli, spring onions, avo, red & white cabbage, complimented by a tamarai thai peanut dressing.

Add avo R15

Add grilled licken breast R20

Add extra dressing R20

Burgers

Flower Power R69

A zesty mexi style plant-based burger packed with flavour! Loaded with smashed avo and mouth-watering cheese.

Add our chilli mayo for some extra power! R10

Add cheese slice R10

Add friendly bacon R25

Hippie Chick R69

A super chilled Hawaiian barbeque & pine licken burger garnished with lettuce, red onion and jalapenos.

Add a slice of cheese to make it extra cool! R10

Add friendly bacon R25

Add avo R15

Peace Out R65

Pig out on our cheesy bean burger flavoured with sundried tomatoes, spring onions and basil topped with our tomato relish & garlic mayo.

Add friendly bacon R25

Add avo R15

Add pine R10

The Wanderer R65

Keep up with our beet! Chickpea, chimichurri burger loaded with beet hummus on a bed of rocket and melting cashew cheese.

Add friendly bacon R25

Add avo R15

The Wild Child R65

Taking up the temperature with this hot green chilli burger, loaded with guac and chilli mayo packed with a punch!

Add a slice of cheese if you please R10

Add friendly bacon R25

King Kong R95

Burger fit for a king! Double up on the fun and enjoy this spicy, tasty burger loaded with a double patty, melting cheese, yummy relish, fresh Guac, and a tangy chilli mayo.

Voerie Roll R40

Vegan boerewors roll, topped with onion relish, tomato & mustard.

Sides

Vegan Slaw R30

Potato Fries

Small R25

Large R35

Sweet Potato Fries

Small R30

Large R40

Everyday I'm WAFLING

Plain, Maple + Nice Cream R55

Fluffy waffle with creamy vanilla nice-cream and maple syrup.

Dark Aero Fudge + Nice Cream R65

Get chocolate wasted with our dark aero waffle & nice-cream, drizzled in decadent hot chocolate fudge sauce.

Banoffee + Nice Cream R69

A classic! Sliced bananas with sticky toffee sauce and creamy nice cream.

Strawberries + Cream R58

A royal treat! Fresh strawberries and yummy cream drizzled in maple & dusted with icing sugar.

Gluten free R15

The Hippie Hippie Shakes

Cheeky Choc Oreo Shake R50

Frozen banana, maple, oreo, cacao, coconut milk, chocolate sprinkles.

Very Vanilla Shake R50

Frozen banana, maple, vanilla bean, coconut milk, with unicorn sprinkles.

Sassy Strawberry Shake R50

Frozen banana, maple, strawberries, coconut milk, and coconut sprinkles.

SWEET TOOTH

To die for desserts! Check out our daily boards to see what tickles your fancy. Or grab one from our fridges to indulge in later when you don't have to share!

For Kids

Fury ice-cream R25

Sugar free peanut butter, banana & coconut milk

Fresh Stop

Fresh 100% orange juice R30

Caring carrot, ginger & orange R40

Unbelievable beet & orange R40

Cool cucumber, apple & spinach R40

Smoothie Woothie

Triple Berry R45

A rich anti-oxidant smoothie packed with fresh strawberries, raspberries, blueberries, frozen banana & almond milk.

Pb & Banana Cacao R55

Protein packed smoothie perfect for a post workout! Frozen banana, sugar-free peanut butter, dates, cacao & almond milk.

Avocado Superfood Smoothie R60

Feed your soul with super powers to keep you going the whole day! Avo, blueberries, strawberries, raspberries, mint leaves, orange juice, coconut yoghurt, agave & nature's fuel powder.

Dairy is Scary

A Hindkick Espresso R20

Single shot organic Beaver Creek organic espresso

Extra Shot R5

The Almighty Americano R25

Organic espresso with filtered water

Almond Milk R10

Almazing Cappuccino S R32 L R38

Organic Beaver Creek espresso with foamed almond milk

Radiant Red Cappuccino S R32 L R38

Organic Beaver Creek Rooibos Espresso with foamed almond milk

Soy-delicious Cappuccino S R30 L R35

Organic Beaver Creek espresso with foamed soy milk

Caring Coconut Cappuccino S R32 L R38

Organic Beaver Creek espresso with foamed coconut milk

Outrageous Oattie S R30 L R35

Organic Beaver Creek espresso with foamed oat milk

Baboonish Babychino R25

Hottie choc with foamed coconut milk

Nice Ice baby R45

Ice coffee made with, frozen banana, almond butter, espresso, coconut milk.

A Fab Flattie S R32 L R38

Organic espresso with steamed almond milk

Soy-Delicious Latte R35

Single shot organic espresso with soy steamed milk

Coconut Chai Latte R38

Warm, creamy coconut spicy chai

A Golden Goose Turmeric Latte R38

Healing turmeric superfood with coconut milk

Holy Hottie Chocolate R38

Cacao and coconut milk

A Rustic Red Velvet Coconut Latte R38

Beet & cacao, coconut milk

Tea Time

Good Morning Organic Moringa Tea R30

Natures Organic Green Tea R25

Natures Rooibos R25

Lemon & Ginger R25

English Classic R25

Chai Tea R25

Teapot R40