



cold menu

healthy fresh food fast

coffee & tea

	sngl	dbl
espresso	16	18
americano	17.5	22.5
cappuccino	19.5	23.5
flat white	19.5	23.5
latte	24	
chai latte	22	
hot chocolate	20	
rooibos tea	11	
earl grey	11.5	
english breakfast	11	
chamomile	16	
premium teas	18	

** decaf coffee options available

all items are freshly made every day. served either eat-in or to-go. prices and availability subject to change. please confirm with the stores.

breakfast pots

yoghurt pots	12
muesli, bulgarian yoghurt & honey	19.5
muesli, strawberry yoghurt & berry	19.5
large muesli pots :: berry / honey	25.5

muffins & pastries

muffins :: chocolate / cappuccino / bran lemon & poppy / orange	16.5
plain croissant	18.5
almond croissant	19
pistachio danish	19.5
pain au chocolat	19.5

ciabattas

croque monsieur	47.5
chicken, bacon & avo	52
BBQ chicken, pesto, tomato & spinach	47.5
chicken cheddarmelt	49
(v) mature cheddar, tomato & chutney	43.5
peri-peri chicken, bacon & cheddar	52.5
bacon, avo & feta	47

sandwiches

egg mayo & watercress	29
(v) mature cheddar, basil & chutney	36
chicken, avo & bacon	43.5
chicken club	46.5
classic chicken mayo	35.5
gypsy ham & cheddar	37.5
classic BLT	38.5
indian chicken & coriander	42
spicy sriracha chicken mayo	40
bacon, cheddar & honey mayo	42.5

wraps

chicken, avo, lemon & mixed leaves	38.5
classic chicken mayo & bacon	47.5
morrocan chicken, feta & coriander mayo	38.5
thai chicken, mango & coconut	38.5
peri-peri chicken & pineapple	39.5
roasted butternut, spinach, beetroot & (v) feta	44
hawaiian BBQ chicken & pineapple	44.5
BBQ steak, mozzarella & onions	49

salads

(v) butternut, feta & pesto pasta	60
BBQ chicken & pesto pasta	64.5
thai chicken & mango	57
asian chicken	57
honey-mustard chicken & bacon	60
oriental steak & sriracha noodles	67.5
(v) classic greek	40

salads

egg, rocket & tomato	39.5
classic chicken mayo	38.5
salami & avo	43.5
peri-peri chicken	43.5
BBQ steak, wholegrain mustard & rocket	49.5

baguettes

all day breakfast	46.5
gypsy ham & cheddar	49.5
(v) avo, cheddar & pesto mayo	46.5
honey-mustard chicken, bacon & avo	52.5

crave



... drinks & snacks

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smoothies

melon, ginger & mixed berries	22.5
banana, yoghurt & oats	22.5
mixed berries & yoghurt	22.5
kiwi, mint & apple	26.5
mango blast	26.5
chocolate & peanut butter	26.5
iced coffee	28.5
iced mocha	28.5

drinks & juices

still & sparkling water	13.5
glaceau vitamn water :: assorted flavours	22.5
redbull :: regular / sugar free	22
28 black energy :: classic / acai / zero / sour cherry / sour apple	20
classic sodas :: coke / coke light / coke zero / sprite / sprite zero / fanta orange	13
tizers :: apple / red grape / strawberry / peach	17.5
just juice :: litchi / passion & pear / mango & peach / strawberry & cherry / breakfast punch	13.5
banting shakes :: chocolate / cappuccino / strawberry	24
banting meal replacements :: chocolate / vanilla & choc / strawberry	28
coconut water	22.5
aquelle sparkling :: litchi / marula / honeymelon / strawberry / naartjie / lemon	10.5
aquelle still :: orange / apple / raspberry	10.5
aloe juices :: peach honeybush / boabab / pomegranate / mango / cranberry rooibos	17
cold pressed raw juices :: assorted flavours	24.5
sir fruit :: apple / fruit cocktail / orange / naartjie	14.5
sir fruit :: strawberry / mango	16.5
sir fruit smoothie :: mango & passion fruit / apple, oats & cinnamon	27.5

snack packs

cashew nuts :: raw / roasted & salted	39.5
almond nuts	29.5
pistachio nuts	35
redskin peanuts	11.5
wasabi peanuts	13.5
caramel sesame peanuts	19.5
roasted corn	10
chevro nibbles	11
mango strips	39.5
raw earth bars :: cranberry / coffee cocoa / cinnamon rooibos	21

popcorn :: sour cream & chives / cheddar / salt & vinegar / low GI / butter	8
lays chips :: lightly salted / balsamic vinger / thai sweet chilli / sour cream & chives	6

something sweet

fudge packs :: caramel / chocolate	29
fudge bars :: caramel / chocolate	12
zang caffeinated chocolate bars :: milk / dark	16.5
	36g
	14g
	7.5

biscuits

giant smartie biscuit	15
farm style rusks	50
buttermilk rusks	36.5
crunchies	43.5
chocolate muesli brownies	26.5
pinwheels	23
triple chocolate biscuits	23
meringues :: strawberry / biscotti	31.5
ginger biscuits	31
shortbread biscuits	25



prices and availability subject to change. please confirm with the stores.

crave



..... hot menu **Crave**

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breakfast

- french toast almond bread with crispy bacon, cheddar, avo, sour cream & rocket 51
- (v) filled croissant :: scrambled egg 45.5
- scrambled egg & bacon 56
- french toast croissant :: yoghurt, berries & honey 45
- scrambled egg & bacon 56
- breakfast roll :: crispy bacon & tomato salsa 45
- pork banger & tomato salsa 45
- scrambled egg & bacon 48.5
- full english breakfast 62.5

build your own breakfast

- base :: 3 eggs - scrambled / poached / fried 15
- 3 eggs & cheddar omelette 31
- add :: egg / grilled tomato / 2 slices low GI bread 5
- avo / ham / grilled mushrooms / cheddar 12.5
- 2 rashers bacon / pork banger 15

lunch

- butter chicken with rice 68
- red thai chicken curry with rice 68
- extra roti 8

burritos :: soft tortillas with rice, mexican sauce, sour cream, cheddar & lettuce

- beef 68.5
- chicken 66.5
- (v) veggie 60

crave club sandwich :: chicken, bacon & cheddar with sweet chilli sauce 65.5

gourmet wraps

- warm chicken breast in a honey-mustard marinade, streaky bacon, avo, 63
- (v) mixed leave & tomato 58
- toasted halloumi, feta, salad & hoisin dressing 58
- coconut crusted chicken, avo, green beans, lime & coriander yoghurt dressing 58

- burgers** :: served with fries
- beef with cheddar tomato, rocket, mayo & salsa 68.5
- chicken breast with tomato, rocket, mayo & salsa 64

- (v) veggie patty with cheddar tomato, rocket, mayo & salsa 63
- ostrichwith halloumi, tomato, rocket & mayo 76
- peri-peri chicken, bacon with pineapple **OR** cheddar 72.5
- beef with bacon, brie & caramelised onions 79

gourmet burger ::

- beef burger with bacon & egg and a packet of lays 75
- rump steak roll with butternut & feta salad **OR** fries 79.5
- carb free :: rump steak with sauteed pesto mushroom & fried egg 77.5

pizza

- crave :: bacon, feta, olives, avo & rocket 69.5
- (v) feta, olives, avo & rocket 65
- BBQ chicken, tomato & basil 75

build your own pizza

- base :: margarita 45
- add :: butternut / rocket / pineapple / tomato / caramelised onion / pumpkin seeds 7
- ham / avo / feta / mushrooms / cheddar 12.5
- salami / bacon / chicken / park sausage / halloumi 15

nachos :: cheddar, tomato salsa, sour cream, guacamole & jalapeños

- (v) plain 55
- beef 76.5

warm salads

- asian chicken :: marinated chicken breast, egg, green beans, butternut, roasted cherry tomatoes & cashew nuts 69.5
- (v) winter veg :: veg with feta, cashew nuts & caramelised pumpkin seeds 66.5
- coconut chicken :: coconut crusted chicken, avo, green beans, rocket with lime & coriander yoghurt dressing 69.5

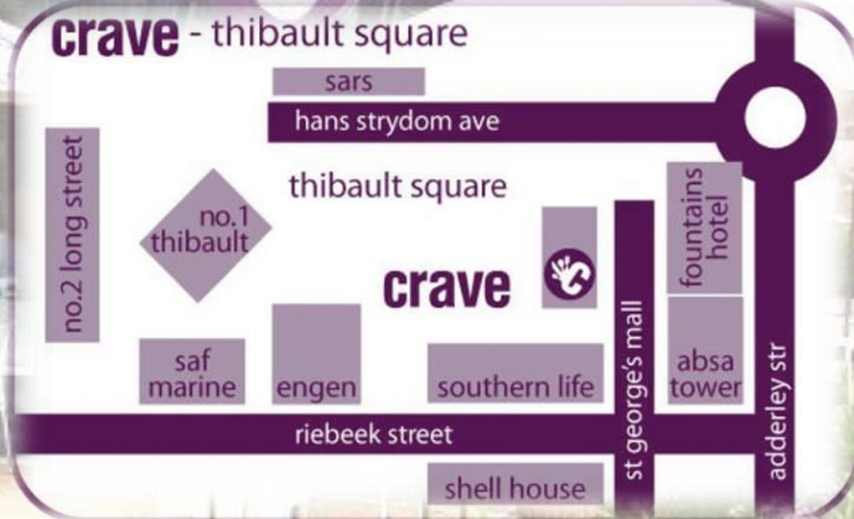


..... store details

healthy **fresh** food fast

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