



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

muffins & pastries

muffins :: chocolate / cappuccino /	16.5
bran / lemon & poppy	
plain croissant	18.5
chocolate croissant	19.5
almond croissant	19.5
cheese croissant	19.5
custard croissant	21.5
morello cherry danish	21.5
appl, raisin, cinnamon danish	21.5

**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

health rolls

(v) egg mayo, rocket & tomato	39.5
salami & avo	43.5
chicken mayo & tomato	38.5
peri-peri chicken & tomato	48.5
bbq steak, mustard & rocket	49.5

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



... 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		
	36g	16.5
	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.