

## BREAKFAST BOWLS

<b>NEW CHOC CHIA PROTEIN PUDDING</b>	<b>45</b>
chocolate whey protein, sugar-free peanut butter, low fat yoghurt, granola, berry compote, honey	
<b>NEW PASSION FRUIT &amp; GRANOLA YOGHURT CUP*</b>	<b>52</b>
low fat yoghurt, banana, passion fruit, coconut syrup	
<b>SWAP FOR</b> coconut yoghurt	<b>72</b>
<b>NEW MANGO OVERNIGHT OATS CUP</b>	<b>58</b>
mango puree, coconut milk, chia seeds	
<b>CINNAMON OATS BOWL*</b>	<b>68</b>
<b>1/2 PORTION</b>	<b>42</b>
hot rolled oats, banana, flaked almonds, cinnamon, honey, low fat milk	
<b>PEANUT BUTTER OVERNIGHT OATS CUP</b>	<b>62</b>
chia seeds, coconut milk, peanut butter drizzle, strawberries, granola, coconut syrup, whipped coconut cream	
<b>NEW BORA BORA SMOOTHIE BOWL</b>	<b>78</b>
mango, pineapple, coconut milk, sea moss, lime, honey, with frozen raspberries & hemp seeds	
<b>ACTIVE CHOC OATS BOWL*</b>	<b>84</b>
<b>1/2 PORTION</b>	<b>59</b>
hot rolled oats, cacao, chocolate whey protein, oat milk, coconut syrup, banana, sugar-free peanut butter, berry compote, hemp seeds, mint	

## SANDWICHES

<b>AVO TOAST CLASSIC</b>	<b>61 / 76</b>
coriander, lime, chilli flakes	
<b>ONE SLICE / TWO SLICES</b>	
<b>AVO TOAST WITH KIMCHI &amp; SHIMEJI MUSHROOMS</b>	<b>68</b>
with sesame	
<b>SRIRACHA CHICKEN MAYO</b>	<b>86</b>
avo, coriander, smoky coconut shavings	
<b>NEW VEGAN PRESS</b>	<b>88</b>
toasted sandwich with vegan cheese, rosa tomatoes, avo, baby spinach, chipotle adobo dressing	
<b>NEW PULLED CHICKEN / BEEF PRESS</b>	<b>104 / 115</b>
toasted sandwich with white cheddar, avo, baby spinach, chipotle adobo dressing	

**V** VEGAN **GF** GLUTEN-FREE **U** KID-FRIENDLY

\*MAKE IT VEGAN

**PLEASE SEE DIGITAL MENU SCREENS FOR FULL LIST OF INGREDIENTS.**

## FLAPJACKS & WAFFLES

ALL OUR FLAPJACKS & WAFFLES ARE **GF**

### FLAPJACKS

<b>PEANUT BUTTER</b>	<b>85</b>
3 vegan flapjacks, peanut butter drizzle, strawberries, whipped coconut cream	
<b>THE ORIGINAL</b>	<b>95</b>
3 whey protein blueberry flapjacks, banana, walnuts, honey, cinnamon	
<b>PROTEIN CHOCOLATE PEANUT BUTTER</b>	<b>108</b>
3 whey protein blueberry flapjacks, peanut butter drizzle, banana, strawberries, dark chocolate sauce, candied walnuts	
WAFFLES	
<b>BANANA NUT</b>	<b>68</b>
Belgian-style waffle, peanut butter drizzle, banana, flaked almonds	
<b>STRAWBERRIES &amp; CREAM</b>	<b>88</b>
Belgian-style waffle served with your choice of: -fresh strawberries & coconut cream -fresh strawberries & froyo*	
<b>CHOCOLATE PEANUT BUTTER</b>	<b>98</b>
Belgian-style waffle, peanut butter drizzle, banana, strawberries, dark chocolate sauce, candied walnuts	

## WRAPS

<b>ASIAN CHICKEN</b>	<b>98</b>
avo, lettuce, carrot, cucumber, cabbage, coriander, chilli ginger dressing	
<b>BBQ CHICKEN</b>	<b>116</b>
avo, lettuce, rosa tomatoes, chipotle mayo	
<b>IMNANDI</b>	<b>116</b>
free range beef mince, Mexi beans, white cheddar, lettuce	
<b>MEXI CHICKEN</b>	<b>118</b>
spiced red kidney beans, avo, white cheddar, lettuce, corn salsa, coriander, yoghurt dressing	
<b>STEAK QUESADILLA</b>	<b>118</b>
avo, white cheddar, salsa, coriander, coriander lime dressing	
<b>NEW PULLED BEEF</b>	<b>128</b>
pulled beef, feta & corn mix, baby spinach, cucumber, lemon & olive oil dressing	
<b>SPICY STEAK</b>	<b>135</b>
turmeric rice, lettuce, cabbage, coriander, spring onion, sesame, chilli ginger dressing, sriracha mayo dressing	
<b>IMNANDI VEGAN</b>	<b>136</b>
Mexi beans, vegan cheese, lettuce	

## WRAPS & SALADS

<b>RAINBOW PAD THAI</b>	<b>88</b>
carrot, kale, cabbage, edamame beans, spring onion, cashews, sesame, hemp seeds, coriander, lime, Korean peanut butter dressing (contains gluten)	
<b>IRON KICK</b>	<b>106</b>
chickpeas, lentils, avo, feta, cucumber, rosa tomatoes, celery, coriander, curry mint low fat yoghurt dressing	
<b>NEW CALI SALAD</b>	<b>110</b>
quinoa, chipotle corn, feta, chickpeas, avo, pumpkin seeds, mint, parsley, sriracha lime dressing (contains gluten)	
<b>PLANT POWERED COBB</b>	<b>98</b>
marinated chickpeas, avo, peppers, smoky coconut shavings, sweetcorn, radish, carrot, rosa tomatoes, lettuce, spring onion, creamy cashew dressing	
<b>KAROLINA'S SALAD</b>	<b>98</b>
shredded chicken, cabbage, carrot, radish, pickled ginger, cashews, coriander, spring onion, sesame, miso dressing (contains gluten)	
<b>CRUNCHY TACO CHICKEN</b>	<b>114</b>
crunchy taco strips, avo, edamame beans, cabbage, carrot, cucumber, pumpkin seeds, coriander lime dressing	
<b>CHICKEN CASHEW CAESAR</b>	<b>118</b>
avo, rosa tomatoes, kale, lettuce, smoky coconut shavings, parmesan shavings, creamy cashew dressing	
<b>DOUBLE PROTEIN</b>	<b>129</b>
2 poached eggs, grilled chicken, avo, baby spinach, edamame beans, cucumber, soy seed sprinkle, creamy cashew dressing, Worcestershire sauce	
<b>SANTA FE CHICKEN</b>	<b>129</b>
crunchy taco strips, avo, feta, jalapeno, rosa tomatoes, quinoa, lettuce, raw corn, black beans, red pepper, spring onion, chipotle adobo dressing (contains gluten)	
<b>NEW THE STEAKHOUSE SALAD</b>	<b>138</b>
sliced steak, chickpeas, feta, lettuce, croutons, rosa tomatoes, cucumber & herb low fat yoghurt, lemon & olive oil dressing (contains gluten)	
<b>STEAK BURRITO</b>	<b>138</b>
Mexi beans, avo, white cheddar, lettuce, rosa tomatoes, lemon & olive oil dressing	

## ALLERGENS

We've taken all the necessary precautions, but there is a possibility that our food may contain traces of nuts, tree nuts, wheat, dairy, eggs, soy, fish, shellfish or other allergens. See website for more details.

## MEALS

<b>MINI BURRITO BOWL</b>	<b>72</b>
free range beef mince, black beans, poached egg, turmeric rice, pickled onion, spring onion, sesame, chilli ginger dressing	
<b>NEW MEXI PULLED CHICKEN / BEEF TACOS</b>	<b>U</b>
tomato salsa, avo, chipotle corn, lettuce, spring onion, jalapeno cilantro dressing	
<b>PULLED CHICKEN</b> sgl / dbl	<b>65 / 100</b>
<b>PULLED BEEF</b> with white cheddar sgl / dbl	<b>80 / 120</b>
<b>LOLA'S VEGAN BURRITO BOWL / WRAP</b>	<b>98</b>
Mexi beans, guacamole, turmeric rice, lettuce, tomato salsa, coriander, spring onion, vegan chipotle mayo	
<b>PROTEIN BALANCE PLATE</b>	<b>104</b>
grilled chicken, quinoa, roasted balsamic beetroot, roasted butternut, side salad	
<b>PROTEIN PLUS PLATE</b>	<b>112</b>
lemon grilled chicken, roasted butternut, raw corn, rosa tomatoes, red pepper, onion, cumin, avo, yoghurt salsa	
<b>KOREAN BBQ BURGER</b>	<b>108</b>
Korean spiced black bean & mushroom patty, vegan mayo, slaw, cucumber, coriander, spring onion, sesame	
<b>KETO BURGER</b>	<b>118</b>
free range beef patty, keto bun, avo, white cheddar, tomato, sriracha mayo, with choice of: pickled cabbage & sesame or lettuce	
<b>KOREAN KIMCHI BOWL</b>	<b>99</b>
spiced broccoli, shimeji mushrooms, baby marrow, baby spinach, kimchi, turmeric rice, avo, coriander, sesame, miso dressing	
<b>NEW FIESTA BOWL</b>	<b>100</b>
chickpea burrito mix, lettuce, turmeric rice, avo, crunchy taco strips, rosa tomatoes, mixed peppers, white cheddar, coriander, jalapeno cilantro dressing, lemon & olive oil dressing	
<b>SWAP FOR</b> free range beef mince	<b>120</b>
<b>CHICKEN TERIYAKI BOWL</b>	<b>130</b>
teriyaki chicken, turmeric rice, avo, carrot, cucumber, edamame beans, lettuce, pickled onion, pickled cabbage, sesame, coriander, miso dressing	
<b>SEOUL STEAK BOWL</b>	<b>138</b>
Korean spiced beef steak, kimchi, carrot, rosa tomatoes, pickled ginger, radish, baby spinach, coriander, spring onion, turmeric rice, sesame, miso dressing	
<b>ASIAN TROUT BOWL</b>	<b>150</b>
trout fillet, avo, turmeric rice, cabbage, cucumber, carrot, baby spinach, pickled ginger, sesame, chilli ginger dressing	

## HOT DRINKS

SWAP FOR ALMOND MILK / OAT MILK **v**

<b>ESPRESSO</b>	<b>S24 L28</b>
<b>AMERICANO</b>	<b>S34 L38</b>
<b>CAPPUCCINO</b>	<b>S38 L42</b>
<b>LATTE</b>	<b>S38 L42</b>
<b>FLAT WHITE</b>	<b>S38</b>
<b>NEW CORTADO</b>	<b>S36</b>
<b>NEW MOCHA</b>	<b>S36</b>
<b>TEA</b>	<b>S22</b>
ceylon, rooibos, green tea	
<b>TURMERIC LATTE</b>	<b>L45</b>
<b>HOT CHOCOLATE</b>	<b>L45</b>
<b>CHAI LATTE</b>	<b>L45</b>
<b>MATCHA LATTE</b>	<b>L45</b>
<b>HOT LOZENGER</b>	<b>L45</b>
apple juice, lemon, ginger, honey	
<b>ADD citrus C plus 15</b>	

## ICED DRINKS

<b>ICED AMERICANO</b>	<b>S34 L38</b>
<b>ICED CAPPUCCINO</b>	<b>S38 L42</b>
<b>ICED CHAI LATTE / MATCHA / LOZENGER</b>	<b>S45 L49</b>
<b>NEW AFFOGATO</b>	<b>S38</b>
low fat frozen yoghurt with a shot of espresso	

## POWER JUICES

<b>CREATE YOUR OWN</b>	<b>S68 L78</b>
orange, apple, carrot, beetroot	
<b>ADD cucumber 18 ginger 14</b>	
<b>IKAPA GLOW</b>	<b>S60 L70</b>
pineapple, apple, lemon, mint	
<b>NEW ACV ELIXIR</b>	<b>S68 L78</b>
apple cider vinegar, apple juice, orange juice, coriander	
<b>SUPER 7</b>	<b>S70 L80</b>
carrot, orange, pineapple, apple, lemon, beetroot, ginger	
<b>FLORA RESTORER</b>	<b>S70 L80</b>
apple, pineapple, carrot, turmeric, ginger, lemon, probiotic	

## SMOOTHIES

<b>NEW-ME*</b> <b>U</b>	<b>S66 L78</b>
blueberries, strawberries, raspberries, low fat frozen yoghurt	
<b>STRAWBERRY SWIRL*</b> <b>U</b>	<b>S62 L74</b>
strawberries, mango, low fat frozen yoghurt, strawberry puree	
<b>STRAWBERRY-B*</b> <b>U</b>	<b>S74 L87</b>
strawberries, apple juice, mint, low fat frozen yoghurt	
<b>BLU LEMONADE*</b>	<b>S82 L94</b>
lemon juice, pineapple, blue spirulina, low fat frozen yoghurt	
<b>MANGO-C*</b> <b>U</b>	<b>S82 L94</b>
mango, apple juice, low fat frozen yoghurt	
<b>NEW STRAWBERRIES &amp; DREAM</b>	<b>L92</b>
strawberries, cacao, coconut cream, collagen, honey	
<b>NEW SUN CREAM</b>	<b>S80 L92</b>
mango, pineapple, banana, orange, collagen, whipped coconut cream	
<b>PEANUT BUTTER BLU</b> <b>v U</b>	<b>S66 L78</b>
sugar-free peanut butter, blueberries, banana, dates, almond milk	
<b>RAW CHOCOLATE</b> <b>v</b>	<b>S66 L78</b>
cacao, hemp seeds, banana, cinnamon, almond milk, dates	
<b>ZOSIA'S GREENS</b> <b>v U</b>	<b>S66 L78</b>
baby spinach, avo, kale, banana, ginger, lemon, dates, oat milk	
<b>COFFEE DREAM</b> <b>v</b>	<b>S82 L94</b>
espresso, cacao, almond macadamia nut butter, banana, dates, coconut milk	
<b>NEW GRANÜDILLA</b> <b>v U</b>	<b>S80 L92</b>
mango, pineapple, passion fruit, banana, coconut cream	
<b>SALTED CARAMEL CRUNCH</b> <b>v U</b>	<b>S84 L96</b>
sugar-free peanut butter, banana, dates, vanilla powder, cinnamon, coconut syrup, granola, whipped coconut cream	

## GREEN JUICES

<b>D-TOX</b>	<b>S72 L82</b>
spinach, celery, cucumber, apple, lemon, ginger	
<b>THANDA GREENS</b>	<b>S72 L82</b>
spinach, celery, cucumber, kale, parsley, lemon, ginger, cayenne pepper	
<b>GLOW DIGGER</b>	<b>S76 L86</b>
apple, lemon, celery, baby spinach, swiss chard, mint	

## FUNCTIONAL BLENDS

<b>PB BHOZA</b>	<b>S72 L84</b>
whey protein, banana, sugar-free peanut butter, cacao, honey, flax seeds	
<b>O MEGA ALMOND</b> <b>v</b>	<b>S74 L86</b>
almond macadamia nut butter, banana, dates, lucuma, almond milk, activated chia seeds	
<b>BETTER THAN BOTOX</b> <b>v</b>	<b>S76 L88</b>
almond macadamia nut butter, strawberries, raspberries, banana, flax seeds, dates, oat milk	
<b>TIGA'S POWER</b>	<b>S82 L94</b>
whey protein, almond macadamia nut butter, banana, blue spirulina, honey, cinnamon, oat milk	
<b>THE NUTTER*</b>	<b>S78 L90</b>
whey protein, sugar-free peanut butter, banana, chia seeds, coconut shavings, honey	
<b>THE BOSS*</b>	<b>S84 L96</b>
whey protein, almond macadamia nut butter, banana, cacao, dates, honey	
<b>OREYO</b>	<b>S84 L96</b>
chocolate whey protein, banana, cacao, oat milk, whipped coconut cream	
<b>GREEN GODDESS</b>	<b>S84 L96</b>
whey protein, baby spinach, mango, pineapple, dates, coconut milk	
<b>PINK PROTEIN</b>	<b>S84 L96</b>
whey protein, banana, strawberries, avo, dates, sea moss, almond milk, coconut milk	
<b>POTEM PROTEIN</b>	<b>S87 L99</b>
vanilla whey protein, banana, dates, avo, organic green superfood powder, barley grass, almond macadamia nut butter, oat milk	

SUPERBOOST YOUR SMOOTHIE - ASK IN-STORE FOR DETAILS

## SHOTS

<b>NEW THE ACV</b> <b>v</b>	<b>10</b>
apple cider vinegar, filtered water	
<b>GUT HEALER</b> <b>v</b>	<b>30</b>
apple juice, apple cider vinegar, ginger	
<b>GINGER</b> <b>v</b>	<b>36</b>
<b>GINGER PLUS</b> <b>v</b>	<b>40</b>
ginger with added vitamin C, zinc, selenium, fulvic acid, vitamin D3, vitamin K2	
<b>GINGER NINJA</b>	<b>40</b>
ginger, lemon, cayenne pepper, honey	



## BREAKFAST

<b>FREE RANGE EGGS ON TOAST</b> <b>U</b>	<b>61</b>
2 poached or scrambled eggs	
<b>POACHED EGGS ON GREENS</b> <b>GF</b>	<b>65</b>
2 poached eggs on a bed of kale & baby spinach, broccoli, green beans, mint, cashews, sriracha dressing	
<b>NEW SCRAMBLED EGGS, AVO &amp; CHIPOTLE CHILLI</b>	<b>70</b>
scrambled eggs, white cheddar, chipotle adobo chilli, avo, baby spinach, seeded bread or wrap	
<b>SCRAMBLED EGGS, AVO &amp; FETA ON TOAST</b> <b>U</b>	<b>78</b>
scrambled eggs, avo, feta, rocket, soy seed sprinkle	
<b>ADD portobellini &amp; shimeji mushrooms 18</b>	
<b>POACHED EGGS &amp; SMASHED AVO ON TOAST</b>	<b>98</b>
2 poached eggs, avo, sautéed rosa tomatoes, roasted peppers, chipotle dressing, lime	
<b>BREAKFAST WRAP</b> <b>U</b>	<b>105</b>
2 poached eggs, avo, white cheddar, rocket, sautéed rosa tomatoes, soy glaze & olive oil dressing	
<b>KIMCHI OMELETTE</b>	<b>72</b>
open kimchi omelette with baby spinach, coriander, avo, spring onion, sesame, chilli ginger dressing	
<b>SPICY BEAN OMELETTE</b>	<b>110</b>
closed omelette with spiced red kidney beans, coriander, feta, baby spinach, avo & corn salsa, toast	
<b>UMAMI BREAKFAST WRAP</b>	<b>115</b>
scrambled eggs, portobellini & shimeji mushrooms, white cheddar, coriander, baby spinach, pickled jalapeno, spring onion, sesame	
<b>NEW PULLED BEEF BREAKFAST WRAP</b>	<b>125</b>
pulled beef, scrambled eggs, baby spinach, white cheddar, chipotle adobo chilli	
<b>BREAKFAST STEAK WRAP</b>	<b>138</b>
beef steak, scrambled eggs, white cheddar, mixed peppers, coriander, spring onion, sriracha lime dressing, spinach wrap	
<b>AVO, FETA &amp; TROUT OMELETTE</b>	<b>150</b>
closed omelette with hot smoked trout fillet, avo, feta, baby spinach, dill, sesame, coriander, chilli ginger dressing	

PLEASE SEE DIGITAL MENU SCREENS FOR FULL LIST OF INGREDIENTS.