

BREAKFAST

POACHED EGGS (DF)

5.5

Two free range poached eggs & avocado on toast. Gluten free toast available upon request

SCRAMBLED EGGS

5.25

Completely dairy free - Choice of:

1. *Sweet potato & onion crackling, avocado (DF)*
2. *Crumbled feta, coriander & pumpkin seeds (GF)*

Add toast or gluten free toast + 1.

PORRIDGE (GF, VE, DF)

4.75

Creamy gluten free oats made with almond milk. Your choice of:

1. *Raspberry, maple & almond (SF)*
2. *Banana, chocolate chip & walnut*

AVOCADO TOAST

3.9

Gluten free toast available

KALE & SWEET POTATO BREAKFAST HASH (VE, GF)

7.5

Sautéed in coconut oil with organic scrambled tofu, turmeric & spices

PANCAKES (GF)

5.5

Light & fluffy pancakes.

Your choice of toppings:

1. *Blueberry & Greek yoghurt (SF)*
2. *Banana, chocolate chip & walnut*

Pancakes take min 8-10 minutes

OMELETTES (GF, VE, DF)

6

1. *Sun-dried tomato, avocado & Cheddar*
2. *Truffle, spinach, mushroom*

Egg white omelette on request + 1

HOMEMADE GRANOLA, GREEK YOGHURT & BERRY COMPOTE

4.5

Soy yoghurt available

ON THE SIDE: Avocado, mushroom, poached egg 2

GRAB & GO SELECTION

Granola w. Greek (or soy + 0.5) yoghurt & berry compote (GF, SF, VE option)	3 /4.5
Egg & spinach protein pots (GF)	3
Coconut Yoghurt with Strawberry, Blueberry, Mango Passion	2.4

SUPERFOOD SMOOTHIES

“Detox” superfood green smoothie <i>Spinach, kale, apple, pineapple, lemon, ginger, spirulina, chlorella, wheatgrass, barleygrass</i>	4.9
“Energy” superfood berry smoothie <i>Strawberry, spinach, banana, raspberry, blueberry, blackcurrant, guarana, maca, flax, cacao</i>	4.9
“Defense” superfood tropical smoothie <i>Pineapple, mango, papaya, banana ginger, goji, baobab, flax, sunflower & pumpkin seeds</i>	4.9

JUICES

COLD PRESSED - PRESS

Strawberry Zest	4.9
Fiery Apple	4.9
Sweet Citrus	4.9

CLASSIC TEA

English breakfast	2
Earl grey	2
Fresh mint	2.8
Green	2.5
Chamomile	2.5
Peppermint	2.5
Lemongrass & ginger	2.5

COFFEE

Flat white : Latte : Cappuccino	
Espresso : Americano : Macchiato	
From	2.2
Matcha latte	3
Bullet proof coffee	3.9
Real hot chocolate	3.5
Chai latte	3.5

POSITIVI-TEA 2.5

Root
Hibiscus, strawberry & Cinnamon
Throat
Peppermint, cornflowers, sage
Solar Plexus
Yerba mate, lemongrass, fennel
Heart
Chinese jasmine, green tea & rose
Crown
Honeybush, rooibos & chamomile