

honest

food



THE REGULAR MENU

COFFEE MENU

Short Black*	R25
Long Black	R25
Batch Brew*	R27
Macchiato	R27
Piccolo	R27
Gibraltar	R27
Flat White	R30 / R32
Cappuccino	R30 / R32
Latte	R32
Magic Grind*	R28
Mocha	R36
Monate Hot Chocolate	R35
Spiced Chai Latte	R45
Matcha Latte	R35
Turmeric Latte	R30
Beet Latte	R30
Rooibos Latte	R30

Extra Shot | Extra Single Origin R5

*Served with Single-origin bean of the day.

TEA

Rooibos Earl Grey Ceylon Mint Chamomile Jasmin Chai Tea	R25
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For orders and bookings **010 594 5152**



SOMETHING SWEET

Sweet Potato Brownies	R35
Carrot & Date Muffins	R35
Orange & Chia Muffins	R35
Banana Bread	R40

ALL SUGAR & GLUTEN FREE



Visit us on social media
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IMPRESSED JUICE

Pressed Green

spinach, cucumber, celery, lemon, apple

R40

Pressed Yellow

yellow pepper, pineapple, lemon, apple

Pressed Orange

carrot, ginger, celery, apple

Pressed Red

beetroot, spinach, lemon, apple

Pressed Scarlet

red pepper, orange, mint, apple

Only Orange

plain pressed orange juice

Only Pineapple

plain pressed pineapple juice

3 Day Juice Cleanse

ask for more information

R899

HEALTH SHOTS (50ML)

Ginger, Lemon & Cayenne Pepper

R25

Turmeric, Ginger & Coconut Milk

R25

Wheatgrass, Mint & Cucumber

R25

Plain Celery

R15

Plain Ginger

R15

ICED SMOOTHIES

Salted caramel | Açai |

R45

Berry & Basil | Watermelon

& Mint | Pineapple & Rosemary

SUPER SMOOTHIES

Chia Charge

natural peanut butter, soya milk, banana, *chia seeds*, cinnamon

R55

Morning Moringa

pineapple, melon, yoghurt, *moringa*, honey

Feel-Good Flaxseed

strawberries, banana, yoghurt, *flaxseed*, honey

Cool Coconut

papaya, banana, *coconut water*, *coconut shaving*

Berry Baobab

mixed berries, rooibos, *baobab*, maple syrup

Avant-Garde Avo

pressed Green, *avo*

BOTTLED WATER

San Pellegrino 500ml | 750ml

R28 | R60

Aqua Panna 500ml | 750ml

R28 | R60

Antidote 500ml

R25

Water-In-A Box 500ml

R20

Caz Kombucha 250ml

R35

BREAKFAST WITH BREAD

Served on two slices of Rye, Wholegrain or Sourdough bread

Gluten-Free add R25

Whole Wheat Tortilla	R5
Sweet Potato Rosti	R15
Scrambled Eggs (v) three scrambled eggs, basil pesto and a super-food crumble	R55
Creamy Mushrooms (v) basil pesto & creamy mushrooms	R75
Smoked Salmon & Poached Eggs smoked salmon, sour cream and two poached eggs	R85
Smashed Avo (v) avo smash, danish feta, strawberries / pomegranate seeds and a super-food crumble	R85
Smoked Salmon & Scrambled Eggs smoked salmon, scrambled eggs and beetroot infused cream cheese	R85
Poached Eggs (v) two poached eggs, spinach, mushrooms and salsa	R90
Shakshuka two eggs & <i>Beyond Meat</i> ® sausage in a rich tomato sauce	R120

BREAKFAST WITHOUT BREAD

Pawpaw Boat with yoghurt, granola and honey	R50
Gluten-Free Banana Flapjacks with whipped cream, sliced banana, mixed berry compote and honey	R75
Rolled Oats organic rolled oats cooked with milk and topped with: cocoa & grilled banana or cinnamon, apple, strawberries & mixed nuts	R75
Vietnamese 3 Egg Omelette exotic mushrooms, carrots, peppers, spring onion and a sweet chili sauce	R90

ADD EXTRA

Fresh chili	R5
Homemade jam / marmalade	R10
1 x Egg (scrambled or poached)	R10
Avocado	R20

BREAKFAST BOWLS

Beans & Lentils Breakfast Bowl (v) 🌱 poached eggs, beans, lentils, tomato and onion salsa, corn, avo & sour cream	R85
Sweet Potato & Greens Breakfast Bowl (v) poached eggs, baby spinach, broccoli, sweet potato, cucumber and spring onion	R85
Salsa Verde Breakfast Bowl (v) poached eggs, salsa verde, avo and caramelised onions	R75
Quinoa & Fritters Breakfast Bowl (v) poached eggs, quinoa and baby marrow fritters and sautéed vegetables	R95
Quinoa & Avo Breakfast Bowl (v) poached eggs, quinoa, avo, roasted cocktail tomatoes and a herbed greek yoghurt	R80



TOASTED WHOLEGRAIN WRAPS

Sincere (v) grilled asian style aubergine, caramelised onion danish feta, mixed nuts, baby spinach and cream cheese	R80
Truthful (v) honey glazed butternut, pumpkin seeds, grilled peppers, rocket, cream cheese and basil pesto	R85
Genuine (v) roasted tomato, sweet potato, caramelised onion, rocket & cream cheese	R90
Straightforward smoked salmon, pickled red onion, avo, baby spinach & cream cheese	R90
Incorruptible grilled chicken, smashed avo, danish feta, caramelised onion, rocket & cream cheese	R90

TOASTED SANDWICHES

Served on Rye, Wholegrain
or Sourdough bread

Gluten-Free add R25

Righteous (v) mozzarella, tomato, basil pesto, cream cheese and a balsamic reduction	R75
Trustworthy (v) brie cheese, apple slices, rocket, cream cheese and cranberry sauce	R85
Incorruptible grilled chicken, smashed avo, danish feta, caramelized onions, rocket & cream cheese	R85
Reputable smoked salmon, pickled red onion, baby spinach and cream cheese	R90

LUNCH MEALS

Sweet Potato Chips & Tzatziki (v)	R45
Quinoa and Baby Marrow Fritters (v) with avo salsa	R85
Oven Baked Melanzane alla Parmigiana (v) layers of grilled aubergine, cheese sauce, homemade tomato sauce & parmesan	R95
Veg Stack (v) layers of grilled aubergine, grilled peppers, sweet potato crisps, baby spinach chips, stuffed mushrooms, caramelized onions, salsa and basil pesto	R85
Deconstructed Sushi Bowl (v) smoked salmon avo cucumber nori mayo ginger served with black rice	R85
Sweet Potato Hash and Chicken Prego with a melon and feta side	R110
Chicken Roulade chicken breast stuffed with baby spinach and pomegranate seeds served with sweet potato au-gratin side salad and red wine sauce	R115

LUNCH / SALAD BOWLS

Choose a Base

Couscous – R10 | Quinoa – R20 | Black Rice – R25 |
Chopped Green Salad - R30

Beetroot & Butternut (v) pickled beetroot, butternut, danish feta & tzatziki	R55
Citrus Chicken orange glazed chicken, baby spinach, orange segments and vinaigrette	R70
Brie (v) baked brie, apple, pecan nuts, baby spinach and a citrus vinaigrette	R70

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PLANT-BASED MENU

COFFEE MENU

LAB® - Almond | Macadamia | Soy | Coconut

Short Black*	R25
Long Black	R25
Batch Brew*	R27
Macchiato	R34
Piccolo	R34
Gibraltar	R34
Flat White	R35 / R37
Cappuccino	R35 / R37
Latte	R37
Magic Grind*	R36
Mocha	R46
Monate Vegan Hot Chocolate	R45
Spiced Chai Latte	R55
Matcha Latte	R45
Turmeric Latte	R45
Beet Latte	R45
Rooibos Latte	R40

Extra Shot | Extra Single Origin | R5

*Served with Single-origin bean of the day.

TEA

Rooibos | Earl Grey | Ceylon | Mint | R25
Chamomile | Jasmin | Chai Tea

PLANT-BASED SWEETS

Chia, oat and date power ball	R20
Avo and cocoa power ball	R20
Vegan choc-chip cookie	R21
Vegan chocolate brownie	R25
Trio of sorbet with citrus and chocolate sand	R75
Sweet rice paper rolls filled with coconut cream, fruit & nuts	R75

ALL GLUTEN FREE

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IMPRESSED JUICE

Pressed Green spinach, cucumber, celery, lemon, apple	R40
Pressed Yellow yellow pepper, pineapple, lemon, apple	
Pressed Orange carrot, ginger, celery, apple	
Pressed Red beetroot, spinach, lemon, apple	
Pressed Scarlet red pepper, orange, mint, apple	
Only Orange plain pressed orange juice	
Only Pineapple plain pressed pineapple juice	
3 Day Juice Cleanse <i>ask for more information</i>	R899

HEALTH SHOTS (50ML)

Ginger, Lemon & Cayenne Pepper	R25
Turmeric, Ginger & Coconut Milk	R25
Wheatgrass, Mint & Cucumber	R25
Plain Celery	R15
Plain Ginger	R15

ICED SMOOTHIES

Salted caramel Acai Berry & Basil Watermelon & Mint Pineapple & Rosemary	R45
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SUPER SMOOTHIES

Chia Charge natural peanut butter, soya milk, banana, <i>chia seeds</i> , cinnamon	R55
Cool Coconut papaya, banana, <i>coconut water</i> , <i>coconut shaving</i>	
Berry Baobab mixed berries, rooibos, <i>baobab</i> , maple syrup	
Avant-Garde Avo pressed Green, <i>avo</i>	

BOTTLED WATER

San Pellegrino 500ml 750ml	R28 R60
Aqua Panna 500ml 750ml	R28 R60
Antidote 500ml	R25
Water-In-A Box 500ml	R20
Caz Kombucha 250ml	R35



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BREAKFAST WITH BREAD

Served on 2 x slices Rye, Wholegrain or Sourdough bread

Gluten-Free add R25

Whole Wheat Tortilla	- add -	R5
Sweet Potato Rosti	- add -	R15
Smashed Avo		R75
avo smash with strawberries / pomegranate seeds and super-food crumble		
Tofu Scramble		R85
tofu scramble, butter beans, baby spinach, peppers, onions and tomato		
Vegan Shakshuka & Tofu		R105
<i>Beyond Meat</i> ® sausage and tofu in a rich tomato sauce		

BREAKFAST WITHOUT BREAD

Pawpaw Boat		R70
with coconut yoghurt, granola and maple syrup		
Amaranth Porridge		R70
baobab or cocoa amaranth porridge served with fresh fruit		
Fruit Salad		R75
fruit salad and sorbet		
Savoury Pancake		R75
savoury pancake with butternut purée and sautéed vegetables		
Sweet Pancake		R75
sweet pancake with coconut cream, fresh fruit and stewed berries		
Quinoa Porridge		R80
quinoa, orange and cinnamon		
Rolled Oats		R85
organic rolled oats cooked with almond milk and topped with: cocoa & grilled banana or cinnamon, apple, strawberries & mixed nuts		
Smoothie Bowls		R85
acai choc peanut green detox blue spirulina activated charcoal		

ADD EXTRA

Fresh chili	R5
Homemade jam / marmalade	R10
Avocado	R20

VEGAN TOAST

Served on a slice of Rye, Wholegrain or Sourdough bread

Gluten-Free add R12.50

Green Toast		R50
hummus, avo, baby spinach, kale chips & fresh chili		
Red Toast		R50
hummus, cocktail tomatoes, vegan ricotta, red pepper & chili oil		
Purple Toast		R50
almond butter, fresh berries, chia seeds & maple syrup		
Chickpea-mayo Toast		R50
chickpea and vegan mayo		



GRAIN & PROTEIN BOWLS

Black Rice Bowl black rice & peanut - with mushrooms, butternut, baby marrow, baby spinach, sweet potato, sprouts & peanut sauce	R85
Black Rice & Tofu black rice & tofu - with, edamame beans, broccoli, roasted tomatoes, avo and hoisin sauce	R85
Quinoa & Hummus quinoa & hummus - with lentils, sweet potato wedges, baby spinach, coleslaw, and avo	R85

LIGHT MEALS

Sweet Potato Chips & Tzatziki	R45
Spiced Potato Wedges 🌿 spiced rubbed potato wedges with a avo dip	R50
Cauliflower Wings with a tahini dipping sauce	R55
Deconstructed Sushi Bowl (v) smoked "salmon" avo cucumber nori vegan mayo ginger served with black rice	R65

BURGERS

Tofu Sesame Burger with a coleslaw side	R95
Portobello Mushroom & Avo Burger with a coleslaw side	R105
Beyond Meat® Vegan Cheese Burger with sweet potato fries & cheese dipping sauce	R130



For orders and bookings **010 594 5152**

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