



Our vision is to build and grow a brand that promotes compassion and consciousness through a plant based diet, championing for the people, the animals and the planet.

We make our own dairy-free *cheese*, eggless mayo and smoke our own tempeh *bacon*. Tempeh is 100% organic and non-GMO certified, our soy is non-GMO (organic where possible).
We source local and organic produce where available.
Everything is vegan, 100% plant based and prepared with love.
Thank you for your patience as we prepare your meal, all this love takes a little longer.

THANK YOU FOR MAKING A COMPASSIONATE CHOICE.

GF

GLUTEN FREE

SF

SOY FREE

NS

NO REFINED SUGAR

*

SEASONAL

N

CONTAINS NUTS

SPICY

Please inform your server should you have severe allergies.
The utmost care has been taken to ensure your safety with our food.
We are pleased to offer **gluten-free**, **soy-free** and **sugar-free** (we use coconut blossom sugar and maple syrup in our raw items) options on selected meals and * indicates **seasonal items**. Please look out for the symbols.



Our menu is available online at www.plant.co.za
We offer catering for private functions and events.

BREAKFAST

(served 10:00 am to 14:00 pm)

Muffin Of The Day (available from 07:30 am)	R22
Freshly baked muffins.	
Muffin and Americano Special (available from 07:30 am)	R39
Enjoy a hot Tribe coffee and fresh muffin to start your day.	
Breakfast Wrap - <i>option available</i>	R55
Breakfast tofu scramble, tempeh <i>bacon</i> , caramelised onions and rocket, wrapped in a flour tortilla with a cream <i>cheese</i> spread.	
Breakfast Scramble - <i>option available</i>	R37
Fragrant Silken tofu scrambled with onion, soy sauce and red pepper; served with our home-made butter, preserve and toast on the side.	
French Toast	R44
Served with our homemade coconut butter and cinnamon maple syrup.	
Omelette	R53
Chickpea omelette with caramelised onion, spinach, tomato, <i>cheese</i> and mushrooms. - <i>Add extras</i>	
Traditional Vegan Breakfast - <i>option available</i>	R69
Tofu breakfast scramble served with two rashes of tempeh <i>bacon</i> , grilled mushrooms, tomato and sautéed potato, plus our home-made butter, preserve and toast on the side.	

LUNCH

(served from 12:00 pm)

Avocado is seasonal

Wraps (served until 18:00 pm)	
Gluten Free wraps available on request	R15
Health Wrap - <i>option available</i>	R55
Wrap filled with hummus, marinated tofu, *avocado, cucumber, carrots, sprouts, onion and rocket.	
Vegetable Thai Wraps with Peanut Dressing	R65
Two rice paper rolls filled with red pepper, carrots, cucumber, *avocado, cabbage, coriander, bean sprouts and spinach, served with spicy peanut dipping sauce.	
Quesadilla - <i>option available</i>	R65
Hickory-smoked refried black beans, caramelised onions, roasted salsa and chilli, smothered in our homemade <i>cheese</i> sauce in toasted tortilla. Served with our homemade sour <i>cream</i> , guacamole and raw salsa.	
Spicy Mushroom Rice Paper Rolls	R65
Two delicate rice paper rolls filled with buckwheat noodles, spicy exotic mushrooms, *avocado, cucumber, sprinkled with sweet and spicy cashews, sprouts and ginger. Served with greens, homemade sweet chilli sauce and ginger miso dressing.	

Sandwiches (served until 18:00 pm)	
Served on your choice of Ciabatta , Sourdough or Rye . We also have gluten free options. No bread? Enjoy it on a bed of greens with miso ginger dressing.	
BLT - <i>option available</i>	R52
Tempeh <i>bacon</i> , lettuce and tomato sandwich with onion and mayo (spicy or plain).	
Cheese & Tomato Toastie - <i>option available</i>	R45
Our special mix of cheddar <i>cheese</i> melt, tomato, fried onion, and mayo (spicy or plain).	
Eggless Egg Salad - <i>option available</i>	R55
Blended firm tofu combined with mayo, nutritional yeast, mustard & turmeric on a bed of lettuce, topped with onion and sprouts.	

Extras / Add-Ons	R15
Gluten-Free Bread / Gluten-Free Wrap / Essene Bread / Breakfast Potatoes / Tempeh <i>bacon</i> / Mushrooms / Cashew Cream <i>Cheese</i> / <i>Mozzarella</i> / *Avocado	
Mayo (spicy or plain)	R5

Burgers (served from 12:00 pm until close)	
Served on your choice of Ciabatta , Sourdough or Rye . We also have gluten free options. No bread? Enjoy it on a bed of greens with miso ginger dressing.	

Mushroom Burger - <i>option available</i>	R59
Large marinated black mushroom, grilled and placed on a bed of lettuce, topped with tomato, caramelised onions and our delicious homemade mayo (garlic, spicy or plain), served on a ciabatta roll with a side salad.	
Beet Burger - <i>option available</i>	R62
Baked beetroot patty on a bed of wilted spinach with caramelised onions & homemade mayo (spicy or plain), served on a ciabatta roll with a side salad.	
Vish Burger - <i>option available</i>	R65
Nori encrusted potato steak, grilled and placed on a bed of rocket, topped with tomato, raw onion and our delicious tartar sauce, served on a ciabatta roll, with a side salad.	
Bunless Mexican Tower	R65
Two black bean patties, towered with homemade sour <i>cream</i> , salsa, *avocado and coriander. Enjoy this bean tower spicy or non-spicy.	

Raw (served from 12:00 pm until close)	
Raw Pasta	R65
Spiralised veggies with your choice of: Spicy Thai peanut dressing with coriander, coconut & sesame seeds or *Avocado, basil & cucumber dressing with baby tomatoes and sunflower seeds.	
Raw Curry	R65
Raw seasonal veggies served on cauliflower rice with a cashew curry sauce.	

Salads (served from 12:00 pm until close)	
Protein Salad	R69
A bed of greens topped with quinoa, marinated crumbed tempeh <i>bacon</i> , chickpeas, sundried tomatoes, cucumber, rocket and sprouts, plus a sprinkle of nuts and seeds. Served with a ginger miso dressing on the side.	
Spicy Mushroom Salad	R75
A bed of greens topped with baby salad leaves, spicy exotic mushrooms, *avocado and caramelised cashews. Served with a ginger miso dressing on the side.	
Green Salad	R55
A bed of mixed greens topped with cucumber, tomato, red onions, *avocado and toasted seeds, served with our homemade vinaigrette.	
Caprese Salad	R65
Rocket, tomatoes, homemade mozzarella and basil-pecan pesto served with a balsamic reduction.	
Ask your server about our daily special.	

Appetisers (served from 12:00 pm until close)	
Miso Soup	R35
Light miso soup with tofu, seaweed and a sprinkle of gomashio.	
Olive Trio	R35
Selection of flavoured olives from the Riebeek Kasteel valley.	
Nachos	R51
Tortilla chips topped with melted <i>cheese</i> , sour <i>cream</i> , guacamole and salsa plus a side of chilli.	
Crostini	R51
Truffle infused crostini fingers served with olive tapenade and basil-pecan pesto.	

DINNER

(served from 18:00 pm to 22:00 pm)

Avocado is seasonal

Lasagne	R65
Layers of pasta, mushroom and spinach baked in a creamy butternut white sauce and topped with our homemade <i>cheese</i> . Served with a small side salad.	
Sweet and Sour Tofu	R65
Crispy sweet & sour tofu served on a bed of brown rice, topped with broccoli, toasted almonds and sesame seeds.	
Aubergine Tian Tower	R65
Aubergine tower with lentils, roasted red pepper, cream <i>cheese</i> & hoisin sauce.	
Chickpea, Spinach & Butternut Marsala	R68
Chickpea, spinach and butternut with a fruit, celery and ginger salsa on sticky rice, topped with toasted coconut.	
Stir-fry Veg	R59
Blanched broccoli, spinach, julienne carrots and cabbage. Tossed in a hot pan with fresh chilli, garlic, ginger and soy sauce, served with buckwheat noodles.	
Claire's Mole Beans & Rice	R65
Traditional Mexican beans prepared with a dark chocolate sauce, served on a bed of rice, topped with *guacamole and fresh salsa.	

DESSERTS

Please view our display fridge for availability and specials.
Our desserts are made without cane sugar.
We use coconut blossom sugar and maple syrup in our raw deserts.

Raw Cake	R41
Raw cake of the day.	
Raw Choc Bars	R35
Raw almond and banana crust topped with a layer of chocolate ganache.	
Raw Truffles	R12
Selection of truffles made with apricots, dates and pecan nuts, coconut flakes, almonds and cashews rolled into delicious balls.	
Florentines	R21
Shaved almonds in a chewy mix painted with decadent dark chocolate.	
Fudge Brownies	R31
Decadent gluten-free brownies with pecan nuts, topped with peanut butter fudge.	
Cupcake Of The Day	R23
Selection of moist cupcakes with a creamy icing.	
Milk Tart	R32
Delicious and creamy vegan milk tart.	
Ice Cream (<i>per scoop</i>)	R25
Homemade vegan ice cream. Ask for available flavours.	



Plant Mayonnaise	R41
Plant Mozzarella <i>Cheese</i>	R58
Plant <i>Cheese</i> Melt	R41
Plant Tempeh <i>Bacon</i>	R63
Plant Miso Ginger Dressing	R65

Please view our display wall for more vegan products.

COLD PRESSED JUICES

All our juices are slow pressed to retain their nutrients.
Nothing but 100% pure juice.

Green Juice - Apples, Celery, Cucumber, Mint	R35
Red Juice - Beet, Ginger, Apples	R35
Yellow Juice - Carrots, Apples, Ginger	R35
Seasonal Juice - Juice of Seasonal Fruit 🍓	R35
Ginger Shot / Wheatgrass Shot - Get your immune boost on	R20

SMOOTHIES

Super healthy breakfast, meal-replacer or snack.
Made fresh to order.

Breakfast Boost	R45	
Spinach, Blueberries, Banana, Plant Protein Mix, Spirulina and Green Powder Mix, Ice		
Mint-Choc Chip	R45	
Rice Milk, Mint, Spinach, Banana, Cacao Nibs, Plant Protein Mix, Ice		
Natural Viagra 🌿 <i>Avocado is seasonal</i>	R45	
*Avocado, Blueberries, Maca Powder, Goji Berries, Cacao Powder, Ice		
Superhuman Green 🌿	R45	
Spinach, Banana, Peanut Butter, Coconut Oil, Green Powder, Cocoa Powder, Rice Milk, Ice		
Moringa	R45	
Banana, Kale/Spinach, Blueberries, Moringa Powder, Goji Berries, Ice		
Build Your Own Smoothie	R30	
1. Choose 2 bases 🌿	2. Choose your liquid	3. Choose your spice
Banana, Apple, Pineapple, *Avocado, Blueberries, Strawberries	Water, Ice, Soy Milk Add R10: Coconut Water, Almond Milk, Rice Milk	(optional) Cayenne Pepper, Cinnamon
Add Extra Greens R5: Kale, Spinach, Collards		
<hr/>		
Add a Superfood Booster to your Smoothie		
R20 for 1 or R30 for 2		
Spirulina, Cacao Powder, Hemp Powder, Goji Berries, Chia Seeds, Maca Powder, Boabab Powder, Camu Camu, Lucuma		

Superfoods are the most vibrant and nutritionally dense foods on the planet and have been found to contain profound healing and dietary effect.
Spirulina: This blue-green algae is a complete protein rich in B vitamins and has been reported to help correct anemia, reduce radioactive damage and lower cholesterol.
Cacao: The purest raw form of chocolate known as the “food of the Gods.” This powerhouse of a bean is one of the highest natural sources of magnesium and antioxidants while being rich in manganese, iron and chromium (great for blood sugar control).
Hemp: Contains all the essential fatty acids and amino acids necessary for basic well-being. This power food contains more omega-3s and omega-6s than any other nut or seed source, and is abundant in Vitamin E.
Goji Berry: These tiny berries are a complete protein, contain 21 trace minerals and contain more iron than spinach or vitamin C than an orange. They also contain vitamin A, E, and some B while being extremely rich in zeaxanthin.
Chia Seed: They are rich in omega 3 fatty acids, protein, fiber, calcium, magnesium, iron, zinc and antioxidants.
Maca: Is a powerful adaptogen that works with the body to stabilise hormones and increase libido. Rich in Vitamins B1, B2, C and E, it is great for increased energy, endurance and strength.
Baobab: The African Baobab is an enormous tree bearing fruit that contains many essential nutrients including minerals and Vitamin C. It is rich in antioxidants, calcium, potassium, magnesium as well as fiber.
Camu Camu: This small berry-like fruit has the highest Vitamin C content of any plant in the world. Along with its immune boosting properties, it is ideal for adrenal health and promotes energy, healthy hormone production and adaptability under stress
Lucuma: Lucuma is a delicious fruit that contains healthy doses of fiber, vitamins and minerals and is especially high in beta carotene, iron and niacin.

TEA

Proudly serving Lady Bonin's Fine Loose Leaf Teas. Price per Pot.

Ceylon	R22
Our black tea, produced in Sri Lanka; may assist with blood pressure, cholesterol, plaque, blood circulation and contains antioxidants.	
Rooibos	R20
Used by indigenous communities for thousands of years due to its health benefits. Caffeine and tannin free, high in amino acids. May assist with nervous tension, stomach problems, digestion, allergies, blood pressure & cholesterol.	
Bush Doctor	R22
This Honeybush, Buchu & Star Anise Blend is an interwoven Malaysian and Khoisan medicine. Both Buchu & Honeybush are part of the Fynbos family, indigenous to the Western Cape and grown nowhere else in the world. Buchu is a diuretic, antiseptic, anti-fungal & anti-bacterial. Honeybush is high in antioxidants, vitamin C, iron and potassium, boosting immune function. This tea is fresh and sweet with a minty undertone and liquorice aroma.	
Gunpowder Green Tea	R22
Named so because the leaves are rolled into small pellet-like balls to protect from breakage and preserve flavour. It is high in antioxidants and amino acids, which assist with detoxification, lowering cholesterol, free radicals, increasing metabolism and aiding digestion.	
Matcha	R22
A high quality shade grown green tea from Japan that is ground into a fine talc-like powder. It is like 10 cups of green tea in one, with a high chlorophyll level that regulates the release of the caffeine. High concentrates of amino acids boosts energy, metabolise, immune system, physical endurance and eliminates free radicals. Complex, bitter, sweet and earthy. It can be compared to dark chocolate.	
Yerba Mate	R22
Originating in Argentina, it is part of the holly family. It contains the stimulant Mateine which provides a clean, jitter-less energy boost that affects mental clarity and physical alertness. It is high in vitamin B, calcium and assists in appetite control and weight loss.	
Rooibos Chai	R22
Rooibos with some added spice.	

COFFEE

We pride ourselves on using ethically sourced Tribe coffee.

Americano		R19
Espresso	single R16	double R20
Flat White		R22
Caffe Latte		R25
Mocha Latte		R26
Caffe Macchiato		R21
Red Latte		R26
Lady Bonin Rooibos Spiced Chai Latte		R25
Real Hot Chocolate		R30
All milky drinks made with soya milk.		
Add Rice or Almond Milk		R5

COLD DRINKS

Kombucha	R35	
Scheckters Organic Energy Drink	R25	
BOS Ice Tea – various flavours	R25	
Coconut Water	R27	
Mountain Falls Still	750ml R29	300ml R16
Mountain Falls Sparkling	750ml R29	300ml R16

WINE

Our wines are vegan. They have been specially selected from Organic or BWI (Biodiversity Wine Initiative) farms embracing sustainable farming practices.

Chenin	<i>Bottle</i>	<i>Glass</i>
Jordan Chenin (Stellenbosch)	R165	
Secateurs Chenin (Swartland)	R115	R32
Stellar Organics Chenin Blanc (Olifants Rivier)	R125	

Sauvignon Blanc	<i>Bottle</i>	<i>Glass</i>
Elgin Ridge 282 (Elgin)	R225	
Springfield Life from Stone 2014 (Stellenbosch)	R165	R42
Springfield Special Cuvee 2014 (Stellenbosch)	R160	
Ondine Sauvignon Blanc (Darling)	R156	R39

Chardonnay	<i>Bottle</i>	<i>Glass</i>
Jordan Chardonnay 2013 (Stellenbosch)	R215	
Paul Cluver Chardonnay 2013 (Elgin)	R280	
De Wetshof Limestone Hill Chardonnay 2014 (Robertson)	R130	
Vondeling Chardonnay (Paarl)	R170	R42
Corder CC Chardonnay (Elgin)	R180	

White Blends	<i>Bottle</i>	<i>Glass</i>
Vondeling Babiana 2012 - Chenin blend (Paarl)	R220	
Jordan Chameleon Sauvignon Blanc Chardonnay 2013 (Stellenbosch)	R115	
Vondeling Petit Blanc 2014 (Paarl)	R95	R30
Laibach Ladybird White 2013 (Stellenbosch)	R140	
Reyneke Organic White (Stellenbosch)	R110	

Rosé	<i>Bottle</i>	<i>Glass</i>
Paardebosch Rosé (Swartland)	R215	

Bubbly	<i>Bottle</i>	
Steenberg 1682 Chardonnay 2013 (Constantia)	R250	
Haute Cabriere Pierre Jourdan Brut (Franschhoek)	R195	
Haute Cabriere Pierre Jourdan Belle Rose (Franschhoek)	R230	
Krone Borealis MCC (Tulbagh)	R205	

Pinotage	<i>Bottle</i>	<i>Glass</i>
Hidden Valley Pinotage 2013 (Stellenbosch)	R165	
Laibach Pinotage (Stellenbosch)	R240	
Doran Pinotage (Paardeberg)	R135	R35

Merlot	<i>Bottle</i>	<i>Glass</i>
Jordan Cameleon Merlot (Stellenbosch)	R125	
- no sulphur added		
Laibach Merlot (Stellenbosch)	R195	
Ondine Merlot (Darling)	R175	R45

Cabernet Sauvignon	<i>Bottle</i>	<i>Glass</i>
Jordan Cabernet Sauvignon 2011 (Stellenbosch)	R215	
Stellar Organics Reserve Cabernet Sauvignon 2014 (Olifants Rivier)	R125	R35

Shiraz	<i>Bottle</i>	<i>Glass</i>
Waverley Hills CW Reserve Shiraz 2011 (Tulbagh)	R155	
Vondeling Balrick Shiraz 2013 (Paarl)	R130	R35

Red Blends	<i>Bottle</i>	<i>Glass</i>
Waverley Hills Shiraz Mourvedre Vignier 2011 (Tulbagh)	R170	
Laibach Ladybird Red 2012 (Stellenbosch)	R190	
Vondeling Petit Rouge 2013 (Paarl)	R95	R30
Reyneke Organic Red (Stellenbosch)	R115	
Secateurs Red Blend (Swartland)	R140	

Our preferred wine and most wines offered by the glass, are from Vondeling Wines. The working wine farm set in the tranquil atmosphere of the Paardeberg mountain area, rich in indigenous fynbos. Vondeling follows a ‘biological’ and holistic approach to farming which includes strict vineyard management and practices like suckering and green harvesting in the younger vineyards.

CRAFT BEERS

We support independent craft breweries so you can enjoy their authenticity and flavour.

Darling Brew Slow Beer 550ml	R44
Darling Brew Native Ale 550ml	R44
Darling Brew Bone Crusher 550ml	R48
Darling Brew Black Mist 550ml	R48
Darling Brew Silverback 550ml	R45
Devil's Peak King's Blockhouse IPA	R46
Devil's Peak First Light Golden Ale 440ml	R40
Devil's Peak American Pale Ale 440ml	R44
Striped Horse Lager 330ml	R38
Striped Horse Pilsner 330ml	R38
Dragon Fiery Ginger Beer 440ml	R40

Craft Cider	
Cluver & Jack (SA – Elgin Valley)	R26

COCKTAILS

R45

Pina Colada	Bacardi & Malibu with pineapple & coconut juice
Margarita	Tequila & Triple Sec with lemon & lime
Cosmopolitan	Vodka & Triple Sec with cranberry juice
Daiquiri	Bacardi with blended fruit & ice

SPIRITS

Jameson Irish Whisky	R24
Viva Vodka (SA)	R20
Grey Goose Vodka	R31
Inverroche Fynbos Gin (SA)	R27
Bombay Sapphire Gin	R24
El Jimador Reposado	R22
Patron XO Café	R35
Bacardi Carta Blanca	R22