

SMOOTHIES

Breakfast Boost	R47
Spinach, Blueberries, Banana, Plant Protein Mix, Spirulina/Green Blend, Ice	
Mint-Choc Chip	R47
Rice Milk, Mint, Spinach, Banana, Cacao Nibs, Plant Protein Mix, Ice	
Natural Viagra	R47
Avocado, Blueberries, Maca Powder, Goji Berries, Cacao Powder, Ice	
Superhuman Green	R47
Spinach, Banana, Peanut Butter, Coconut Oil, Green Powder, Cocoa Powder, Rice Milk, Ice	
Moringa	R47
Banana, Kale/Spinach, Blueberries, Moringa Powder, Goji berries, Ice	
Superfood Milkshake – Vanilla or Cocoa	R48
Superfood mix (V or C) frozen bananas, frozen almond milk, coconut milk	
Add a Superfood Booster to your Smoothie	R25 for 1 or R30 for 2
Spirulina, Cacao Powder, Hemp Powder, Goji Berries, Chia Seeds, Maca Powder, Boabab Powder, Camu Camu, Lucuma	
<u>BREAKFAST</u> (10:00 to 15:00)	
Muffin of the day (NS) (available from 7:30am)	R25
Muffin &Americano Special (available from 7:30am)	R42
Breakfast Wrap *(G/F optional)	R58
Breakfast tofu scramble, tempeh bacon, caramelised onions and rocket, wrapped in a flour tortilla with a cream-cheese spread.	
Breakfast Scramble *(G/F optional)	R42
Fragrant silken tofu scrambled with onion, soy sauce and red pepper; served with our home-made butter and preserve. * Add extras for traditional breakfast	
French Toast	R48
Served with our homemade coconut butter and cinnamon maple syrup	
Omelette	R56
Chickpea omelette with caramelised onion, spinach, tomato, cheese and mushrooms. * Add extras	
Extras / Add-Ons	R18
Gluten-Free Bread / Gluten-Free Wrap / Essene Bread / Breakfast Potatoes / Tempeh ‘bacon’ / Mushrooms / Cashew Cream Cheese / Mozzarella / Avocado (seasonal)	
Mayo (spicy or plain)	R7

COLD PRESSED JUICES

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

Green Juice - Apples/Celery/Cucumber, Mint	R38
Red Juice - Beet, Ginger, Apples	R38
Yellow Juice - Carrots, Apples, Ginger	R38
Seasonal Juice - Juice of *Seasonal Fruit	R38
Shots - Ginger or Wheatgrass - <i>get your immune boost on</i>	R19

LUNCH (from 12:00)

Wraps (served until 18:00 pm) *Gluten Free wraps available on request	R18
Health Wrap	R58
Wrap filled with hummus, marinated tofu, avocado, cucumber, carrots, sprouts, onion and rocket.	
Vegetable Thai Wraps with Peanut Dressing	R68
Two rice paper rolls filled with red pepper, carrots, cucumber, avocado, cabbage, coriander, bean sprouts and spinach, served with spicy peanut dipping sauce	
Quesadilla *(G/F optional)	R69
Hickory-smoked refried black beans, caramelised onions, roasted salsa and chilli smothered in our homemade cheese sauce and served in toasted tortilla. Served with our homemade sour cream, guacamole and raw salsa	
Spicy Mushroom Rice Paper Rolls	R68
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)	
Sandwiches served on your choice of ciabatta, sourdough, rye bread or gluten free. No bread? No problem! Enjoy it on a bed of greens with miso ginger dressing.	
BLT *(G/F optional)	R58
Tempeh bacon, lettuce and tomato sandwich with onion and mayo (spicy or plain)	
Cheese & Tomato Toastie *(G/F optional)	R47
Our special mix of cheddar cheese melt, tomato, fried onion and mayo (spicy or plain)	
Extras / Add-Ons	R18
Gluten-Free Wrap / Gluten-Free Bread / Essene Bread / Mushrooms / Tempeh ‘Bacon’ / Cashew Cream Cheese / Cheddar Melt / Mozzarella / Sundried Tomatoes / Avocado(seasonal)	
Mayo (Spicy or plain)	R7

LUNCH (from 12:00)

Burgers (served from 12:00 pm until close)

Burgers served on your choice of ciabatta, sourdough or rye bread. We also have gluten free options. No bread? No problem! Enjoy it on a bed of greens

Mushroom Burger *(G/F optional) **R68**

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 *(G/F optional) **R68**

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.

Vis burger (contains wheat) **R68**

Grilled nori encrusted potato steak 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 (G/F) **R68**

Two black bean patties, towered with homemade sour cream, salsa, avocado and coriander. Enjoy this bean tower spicy or non spicy.

Raw (served from 12:00 pm until close)

Raw Pasta (GF/SF) **R67**

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

Salads (served from 12:00 pm until close)

Protein Salad (GF) **R72**

A bed of greens topped with quinoa, marinated crumbed tempeh 'bacon', 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 (GF) **R75**

A bed of greens topped with baby salad leaves, spicy exotic mushrooms, avocado and caramelized cashews. Served with a ginger miso dressing on the side.

Bar Food (served from 12:00 pm until close)

Miso Soup (S/F) **R35**

Light miso soup with tofu, seaweed and a sprinkle of gomashio

Nachos (G/F) **R59**

Tortilla chips topped with melted cheese, sour cream, guacamole and salsa plus a side of chilli

DESSERTS

Please view our display fridge. We use raw coconut blossom sugar.

Raw Cake (GF / NS) **R47**

Raw Choc Bars (GF / NS) **R35**

Raw almond and banana crust topped with a layer of chocolate ganache.

Raw Truffles (GF /NS) **R15**

Selection of truffles made with apricots, dates and pecan nuts, coconut flakes, almonds and cashews rolled into delicious balls

Florentines (GF) **R25**

Shaved almonds in a chewy mix painted with decadent dark chocolate.

Fudge Brownies (GF / NS) **R35**

Decadent gluten-free brownies with pecan nuts and topped with peanut butter fudge.

Cupcake of the day (No refined sugar) **R25**

Selection of moist cupcakes with a creamy icing

Milk Tart (No refined sugar) **R35**

Delicious and creamy vegan milk tarts

COLD DRINKS

Kombucha **R35**

Scheckters Organic Energy Drink **R25**

BOS Ice Tea – various flavours **R25**

Coconut Water **R27**

Mountain Falls 750ml / 300ml Still **R29/R16**

Mountain Falls 750ml / 300ml Sparkling **R29/R16**

COFFEE

Americano **R19**

Espresso **R16**

Flat White **R22**

Cafe Latte **R25**

Mocha Latte **R26**

Cafe Macchiato **R21**

Red Latte **R26**

Lady Bonin Rooibos Spiced Chai Latte **R25**

Real Hot chocolate **R30**

Frappe **R35**

All milky drinks made with soya milk. Add Rice or Almond Milk **R8**

TEA

Proudly serving a selection of Lady Bonin's Fine Loose Leaf Teas – R22 per Pot



DINNER (from 18:00)

- Miso Soup (S/F)** R35
Light miso soup with tofu, seaweed and a sprinkle of gomashio
- Nachos (G/F)** R59
Tortilla chips topped with melted cheese, sour cream, guacamole and salsa plus a side of chilli
- Lasagne** R70
Layers of pasta, mushroom and spinach baked in a creamy butternut white sauce And topped with our homemade cheese. Served with a small side salad
- Sweet and Sour Tofu (GF)** R68
Crispy sweet & sour tofu served on a bed of brown rice, topped with broccoli, Toasted almonds and sesame seeds
- Aubergine Tian Tower (GF)** R68
Aubergine tower with lentils, roasted red pepper, cream cheese & hoisin sauce
- Chickpea, Spinach & Butternut Marsala (GF/SF)** R68
Chickpea, spinach and butternut with a fruit, celery and ginger salsa on sticky rice, topped with toasted coconut
- Stir-fry Veg** R62
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 (GF/SF)** R65
Traditional Mexican beans prepared with a dark chocolate sauce, served on a bed of rice, topped with *guacamole and fresh salsa
- Burgers**
Burgers served on your choice of ciabatta, sourdough, rye bread or bed of greens.
- Mushroom Burger** *(G/F optional) R68
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** *(G/F optional) R68
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.
- Vis burger (contains wheat)** R68
Nori encrusted potato steak grilled and placed on a bed of rocket, topped with tomato, raw onion and tartar sauce, served on a ciabatta roll, with a side salad.

DINNER (from 18:00)

- Bunless Mexican Tower (G/F)** R68
Two black bean patties, towered with homemade sour cream, salsa, avocado and coriander. Enjoy this bean tower spicy or non spicy.
- Quesadilla** *(G/F optional) R69
Hickory-smoked refried black beans, caramelised onions, roasted salsa and chilli smothered in our homemade cheese sauce and served in toasted tortilla. Served with our homemade sour cream, guacamole and raw salsa
- Protein Salad (GF)** R72
A bed of greens topped with quinoa, marinated crumbed tempeh 'bacon', 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 (GF)** R75
A bed of greens topped with baby salad leaves, spicy exotic mushrooms, avocado and caramelized cashews. Served with a ginger miso dressing on the side.

See our Speciality Board for more dinner options

DESSERTS

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- Raw Cake (GF / NS)** R47
- Raw Choc Bars (GF / NS)** R35
Raw almond and banana crust topped with a layer of chocolate ganache.
- Raw Truffles (GF /NS)** R15
Selection of truffles made with apricots, dates and pecan nuts, coconut flakes, almonds and cashews rolled into delicious balls
- Florentines (GF)** R25
Shaved almonds in a chewy mix painted with decadent dark chocolate.
- Fudge Brownies (GF / NS)** R35
Decadent gluten-free brownies with pecan nuts and topped with peanut butter fudge.
- Cupcake of the day (No refined sugar)** R25
Selection of moist cupcakes with a creamy icing
- Milk Tart (No refined sugar)** R35
Delicious and creamy vegan milk tarts

SMOOTHIES

Breakfast Boost	R47
Spinach, Blueberries, Banana, Plant Protein Mix, Spirulina/Green Blend, ice	
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Moringa	R47
Banana, Kale/Spinach, Blueberries, Moringa Powder, Goji berries, Ice	
Superfood Milkshake – Vanilla or Cacao	R48
Superfood mix (V or C) frozen bananas, frozen almond milk, coconut milk	
Add a Superfood Booster to your Smoothie	R25 for 1 or R30 for 2
Spirulina, Cacao Powder, Hemp Powder, Goji Berries, Chia Seeds, Maca Powder, Boabab Powder, Camu Camu, Lucuma	

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Yellow Juice - Carrots, Apples, Ginger	R38
Seasonal Juice - Juice of *Seasonal Fruit	R38
Shots - Ginger or Wheatgrass - <i>get your immune boost on</i>	R19

COLD DRINKS

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

COFFEE

Americano	R19
Espresso	R16
Flat White	R22
Cafe Latte	R25
Mocha Latte	R26
Cafe Macchiato	R21
Red Latte	R26
Real Hot chocolate	R30
Frappe	R35

TEA

Proudly serving a selection of 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. May assist with nervous tension, stomach problems, digestion, allergies, blood pressure & cholesterol. (*may induce anaemia in young children)	
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 has 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	
Lady Bonin Rooibos Spiced Chai Latte	R25
*All milky drinks made with soya milk. Add Rice or Almond Milk	R8

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



CRAFT BEERS & CIDERS

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 (Ginger & Apple)	R40
Cluver & Jack Cider	R29
Woodstock Brewery Hazy Daze	R42
Woodstock Brewery Happy Pills	R42
Sxollie	R36
Erdinger (non-alcoholic)	R26

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

BUBBLY / MCC

Steenberg 1682 Chardonnay 2013	R250
Haute Cabriere Pierre Jourdan Brut	R195
Haute Cabriere Pierre Jourdan Belle Rose	R230
Krone Borealis MCC	R205

WINE

Our wines are vegan & have been selected from Organic or BWI farms.

Chenin	Bottle	Glass
Jordan Chenin	R165	
Secateurs Chenin	R115	R32
Stellar Organics Chenin Blanc	R125	

Sauvignon Blanc

Elgin Ridge 282 Sauvignon Blanc	R225	
Springfield Life from Stone 2014	R165	R42
Ondine Sauvignon Blanc	R156	R39

Chardonnay

Jordan Chardonnay	R215	
Paul Cluver Chardonnay	R280	
Vondeling Chardonnay	R170	R42
Corder CC Chardonnay	R180	

Blends

Vondeling Babiana (chenin blend)	R220	
Jordan Chameleon Sauvignon Blanc Chardonnay	R115	
Vondeling Petit Blanc	R 95	R30
Laibach Ladybird White	R140	
Reyneke Organic White	R110	

Rose

Paardebosch Rose	R215	
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Pinotage

Laibach Pinotage	R240	
Doran Pinotage	R135	R35

Merlot

Jordan Cameleon Merlot (no sulphur added)	R125	
Laibach Merlot	R195	
Ondine Merlot	R175	R45

Cabernet Sauvignon

Jordan Cabernet Sauvignon	R215	
Stellar Organics Reserve Cabernet Sauvignon	R125	R35

Shiraz

Vondeling Balrick Shiraz Stony Brook Shiraz	R130	
Stony Brook Shiraz	R240	

Blends

Waverley Hills Shiraz Mourvedre Viognier 2011	R170	
Laibach Ladybird Red 2012	R190	
Vondeling Petit Rouge 2013	R 95	
Reyneke Organic Red	R115	R30
Secateurs Red Blend	R140	




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