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plant 

FOOD



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OUR STORY

From humble beginnings in February 2014 as a charming Bo-Kaap café – the first dedicated vegan kitchen of its kind, in Cape Town city – serving the ethically mindful scrumptious plant-based grab-n-go delights, Plant evolved into a full-service CBD restaurant and bar in December 2014, serving patrons healthy and hearty vegan fare all day.

Adien Aggenbach moved back to South Africa in 2009 after 18 years abroad and has championed Plant as a passion project. Plant is an extension of Adien's quest to educate meat-eaters and vegetarians alike about the implications of their meal choices. "It's a great way to get people interested in veganism," she enthuses. "Plant based eating lends itself to so many interesting recipes and creative replacements."

#plantstrong

Our aim is to provide Capetonians with readily available, convenient and affordable nutrition without sacrificing flavour.

Please visit **Plant Café** in Lower Main Road, Observatory.

We have a range of *Plantdeli* items available in both outlets for you to take home and enjoy.

plant deli
deliciously conscious

**Championing for the planet, for the environment,
and for the animals.**



GLUTEN
FREE



SOY
FREE



NO REFINED
SUGAR



SEASONAL



CONTAINS
NUTS

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**
options on selected meals and * indicates **seasonal items**.
Please look out for the symbols above.

BREAKFAST

(served 09:00 am to 14:00 pm)

Muffin Of The Day ^{NS} (available from 08:00 am)

Freshly baked muffins.

Muffin and Americano Special (available from 08:00 am)

Enjoy a hot coffee and fresh muffin to start your day.

Breakfast Scramble

Fragrant silken tofu scrambled with onion, garlic, celery, soy sauce and red pepper, served with our homemade vegan butter and preserve.

Breakfast Wrap - ^{GF} optional

Breakfast tofu scramble, tempeh rashers, caramelised onions and rocket in a flour tortilla with a homemade sour cream cheese.

Omelette ^{SF}

Chickpea omelette filled with caramelised onion, spinach, tomato, cheddar-style melt and mushrooms - *Add extras*

Plant Benedict

Fresh sourdough bread topped with fresh spinach, two vegan-style-eggs, coconut bacon and a creamy hollandaise sauce

Chia Seed Parfait ^N

Chia seeds soaked in soya milk, topped with fresh tropical fruits and raw nut granola

R25

R42

R65

R81

R79

R81

R61

Plant hot breakfast options are served with one of the following sides:

Sautéed mushrooms

Breakfast potatoes

Roasted tomatoes

Add any of the following to your breakfast: R20

Tempeh rashers, sautéed mushrooms, avocado*, mozzarella cheese, cashew cream cheese, rosemary breakfast potatoes, roasted tomatoes

LUNCH

(served 12:00 pm to 18:00 pm)

BLT – Vegan Tempeh rashers, lettuce and tomato open sandwich R79

Tempeh rashers, lettuce and tomato sandwich with caramelised onions and your choice of plain or spicy Plant mayo, served with sweet potato fries.

Cheese and Tomato Open Sandwich R69

Plant's delicious mix of cheddar-style cheese and vegan mozzarella melted with rosa tomato, caramelised onions and your choice of plain or spicy Plant mayo, served with sweet potato fries.

Spicy Mushroom Rice Paper Rolls * Avocado ^N R69

Two rice paper rolls filled with buckwheat noodles, spicy exotic mushrooms, avocado* and cucumber sprinkled with sweet and spicy cashews, sprouts and ginger all tucked in with greens. Served with greens, homemade sweet chilli sauce and a miso ginger dressing.

SALADS

(served 12:00 pm to 21:30 pm)

Grain Salad R74

Greens with vegetable infused grains mixed with fresh herbs, green olives, cucumber, sundried tomato, red onion, pickled red peppers and sweet mint sour cream.

Roasted Vegetable Salad ^{SF} ^N R79

Bed of greens served with slow roasted red onions, butternut, beetroot, baby marrows, peppers and sweet potatoes tossed with herb pesto dressing, all topped with a lightly toasted seed mix.

Falafel Salad ^N R87

Falafel balls, crispy greens, pickled red onions, sour cucumbers, tomato and parsley, sprinkled with toasted sesame seeds and served with a turmeric tahini dressing.

STREET FOOD

(served 12:00 pm to 21:30 pm)

Mexican Quesadilla - GF optional * Avocado

Hickory smoked re-fried beans, caramelised onions, roasted tomato chilli salsa smothered in our homemade cheddar-style cheese melt and served in a toasted tortilla. Served with homemade sour cream, guacamole*, tomato onion salsa and a smoked chipotle chilli.

R79

Nachos GF SF * Avocado

Organic corn tortilla chips layered and topped with melted cheese, sour cream, guacamole*, tomato onion salsa and a side of smoked chipotle chilli.

R75

Baja Vis Tacos

Organic corn tacos filled with grilled nori encrusted potato steak, served with crunchy coleslaw and lime mayo.

R88

Falafel Wrap - GF optional

Falafel balls tucked into a tortilla wrap filled with hummus, tomato onion salsa, vegan tzatziki, crispy greens and pickled cucumber.

R94

Beet Burger

Homemade baked beetroot patty on a bed of wilted spinach with caramelised onions and your choice of Plant mayo, layered on a fresh slice of toasted sourdough and served sweet potato fries.

R85

Bunless Mexican Tower GF * Avocado

Two black bean patties on a bed of fresh greens towered with sour cream, tomato onion salsa, roasted tomato chilli salsa and avocado* guacamole and sweet potato fries.

R85

Mushroom Burger

Open sandwich layered with mayo, lettuce, tomato, caramelised onion and topped with a large marinated mushroom grilled to perfection. Served with sweet potato fries.

R85

* Choice of spicy or plain mayo on burgers

SMALL PLATES

(served 12:00 pm to 21:30 pm)

Sweet Potato Fries GF

Delicious and crispy sweet potato fries served with garlic aioli

R35

Falafel Balls GF

Crispy falafel balls served with a minted tzatziki.

R43

Hummus GF SF

Smooth chickpea hummus made with fresh lemon, olive oil and sea salt.

R31

Mini Green Salad GF

Traditional green salad served with our homemade miso ginger dressing.

R33

Mini Slider GF

A mini bun-less bean burger topped with sour cream, salsa and guacamole plus one mini beetroot burger topped with caramelised onions and your choice of plain or spicy Plant mayo.

R52

Buffalo-style Cauliflower Wings GF

Plant's buffalo style cauliflower wings fried in a tempura batter served with creamy ranch dressing.

R55

DINNER

(served 12:00 pm to 21:30 pm)

Lasagne

Layers of pasta with roasted vegetables, mushrooms and spinach baked in a creamy cauliflower béchamel sauce, topped with our homemade cheese. Served with a side salad.

R91

Ramen Bowl ^{GF}

Crispy pan-fried tofu in a rich vegetable broth of carrot ribbons, bean sprouts, thin sliced mushrooms, spinach and green onion.

R98

Aubergine Tian Tower ^{GF} ^{SF}

Aubergine tower with roasted red pepper and cream cheese served with lentils and drizzled with a balsamic reduction.

R91

Mushroom Schnitzel ^{SF}

Giant black mushroom lightly fried in a tempura batter, served with a side salad and a tasty garlic aioli.

R89

DESSERT

(served 12:00 pm to 21:30 pm)

Raw Cake ^N

Our raw cakes are made with firm base of crushed pecan, almond and cashew nuts and dates, then topped with a cashew cream cheese layer of berries or chocolate.

R49

Raw Chocolate Bars ^N

The crust of mixed raw almonds, bananas and coconut is topped with a thin layer of dark chocolate and lightly sprinkled with chilli flakes.

R35

Raw Truffles ^N

Raw nut truffles made with apricots, dates, pecan nuts and coconut flakes rolled into delicate delicious balls.

R15

Raw Tiramisu ^N

Four layers of a date, pecan nut and cold pressed coffee crust, covered with a layer of cashew cream and topped with a layer of lady fingers made from almond meal, dates, cold pressed coffee and cocoa, finished off with a final layer of cashew cream with a sprinkle of cocoa .

R45

Florentines ^N

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

R42

Chocolate Brownies ^N ^{GF}

Delicious gluten free brownies topped with pecan nut and a coconut cream gnash.

R35

Cupcake of the day ^N

Selection of moist cupcakes topped with a creamy coconut or vegan butter icing.

R25

Muffin of the day ^N

Selection of fresh moist muffins.

R25

Milk Tart

Delicious delicate milk tart crust filled with creamy cinnamon milk filling.

R35

PLANT 101

Veganism

Veganism is the practice of abstaining from the use of animal products, particularly in one's diet, as well as following an associated philosophy that rejects the commodity status of sentient animals. It is important to note, veganism is not just a diet or a label, it is rather the principle that human-animals should live without exploiting other-animals. Animal exploitation is all around us and in almost every aspect of our lives, whether it be the clothes we wear, the personal cosmetics we use, or the "entertainment" we choose to frequent. Farmed animals are brought in to this world for consumption. These intelligent individuals account for 99% of all other-animals raised and exploited for human use. By denouncing animal products we make a commitment to align our lives with the principle of non-exploitation and non-violence.

Tempeh

Tempeh is fermented soy bean with many probiotic benefits. It contains a high amount of protein, vitamins and minerals and is a great meat substitute. There is zero cholesterol in tempeh. Per 100g of tempeh has approximately: 196 calories, 11g fat, 9g carbs, zero sugar, 18g protein.

Benefits of consuming tempeh include: tempeh contains probiotics, can reduce cholesterol, can increase bone density, can reduce menopausal symptoms, provides muscle building protein, contains diabetes fighting manganese and can treat cancer and inflammatory diseases.

Tofu

Tofu originated from China and is made from soy bean curd. It is naturally gluten free, low in calories, contains no cholesterol and is an excellent source of protein, iron and calcium. Per 100 grams of tofu contains approximately: 70 calories, 3.5g fat, 1.5g carbs, 8.2g protein and 0.9g fibre.

Benefits of consuming tofu include: decreases the risk of diabetes, decreases risk of heart diseases, promotes a healthy complexion, increased energy, and overall lower weight.

Soya Milk

Soya milk is made from soy beans.

Benefits of drinking soya milk include: soya milk contains only vegetable proteins which decreases the loss of calcium through kidneys (It is known that a rich diet of dairy creates higher risk of osteoporosis), soy milk contains no lactose, contains the probiotic sugars (Stachyose and Raffinose which boost immunity and help decrease toxic substances in the body), reduces cholesterol, contains no hormones (unlike cows milk that contains natural hormones as well as synthetic hormones to increase the milk production), is rich in isoflavones (each cup of soy milk contains 20mg of isoflavones) - health benefits include reduction of cholesterol, easing menopause symptoms, preventing osteoporosis and reducing the risk of certain cancers (prostate and breast cancer).

PLANT 101

Almond Milk

Almond milk is prepared from almonds and water. Almonds are low in fat but high in energy, protein, lipids and fibre. It contains minerals like calcium, Iron, magnesium, phosphorus, potassium, sodium and zinc.

Benefits of drinking almond milk include: reducing and maintaining blood pressure, strong and healthy heart, strong muscles, healthy kidneys and healthy skin from the vitamin E.

Miso Paste

Miso paste is a fermented soybean paste. It contains all essential amino acids, making it a complete protein and is a good vegetable-quality source of b vitamins (especially B12) Benefits of consuming miso paste include: stimulating the secretion of digestive fluids in the stomach, restoring beneficial probiotics to the intestines, aiding in the digestion and assimilation of other foods in the intestines, strengthens the quality of blood and lymph fluid, reduces risk for breast, prostate, lung and colon cancers, strengthens the immune system and helps to lower LDL cholesterol and miso paste is high in antioxidants that protect against free radicals.

Raw Foodism

Raw food refers to is food that uncooked or cooked at a low temperature (below 49°C). It also refers to consuming only unprocessed or simply processed food. The goal of eating more raw foods is to obtain plenty of nutrients in an easy to digest manner, one that our bodies are naturally suited for.

Benefits of eating raw foods include: lowering inflammation, improving digestion, providing more dietary fibre, improving heart health, helping with optimal liver function, preventing cancer, preventing constipation, giving you more energy, clearing up your skin, preventing nutrient deficiency and helping you maintain a healthy body weight.

General Products

Plant uses milk alternatives like soya milk to make our mayo and cheese. Plus other alternatives like Kala Namak, sunflower oil, coconut oil, tapioca flour, nutritional yeast, tofu. Dairy-free cheese, mayo and butter is a much healthier option than consuming products made from dairy, mostly because dairy is filled with hormones and contaminants, which may increase your risk of cancer and osteoporosis.

Baking Alternatives

There are many ways to replace eggs when baking. Some of the methods Plant uses include: ¼ cup of applesauce instead of one egg; ¼ cup mashed bananas instead of one egg; one tablespoon of ground flax seeds with three tablespoons of water instead of one egg. There are many milk alternatives as well when baking. Plant mostly uses soya milk, almond milk and coconut milk/cream when baking.

Plant also makes vegan butter using coconut oil and soya milk, we use this when making icing and we use the vegan butter as a substitute when cooking and baking.

#deliciouslyconscious