

Leafy greens

WHOLE
FOOD
CAFE

Organic, real, raw whole foods that are as close to their natural state as possible.

BREAKFAST Served until 11:00

'Shroom Benedict (V+) R110

Herbed potato rosti, mushroom & spinach stack topped with avocado, crispy croutons & vegan hollandaise sauce.

Add egg R12

Nutty French Toast (V) R64

Sourdough french toast, fresh banana, almond butter, honey & toasted almond flakes.

"Not So Basic" Avo Toast (V+) R95

Sourdough toast, homemade herb pesto, avocado, tomato, toasted seeds & a balsamic reduction.

Add egg R12

Shakshuka Stack (V) / (V+) R98

Sauteed peppers in a homemade Napoli sauce on sourdough toast, herbed pesto, avocado & your choice of grilled halloumi or tofu.

Caprese Croissant (V) R58

Balsamic fried cherry tomatoes, herbed pesto, Mozzarella, rocket.

DELI

*ask your waiter about availability

| SIDES | (V+) |
|---|-------------|
| Garden salad | R28 |
| Kale Salad | R45 |
| Spinach croquettes (2) | R20 |
| Falafels with hummus <i>(beetroot hummus optional)</i> | R56 |

MAINS

Falafel Wrap (V+)(GF) R95

Homemade falafels, cucumber, carrots, hummus, guacamole, salsa and our special house dressing, served in a cauliflower kale wrap.

Rice Paper Rolls (V+) R64

Pan tossed soy and ginger marinated veggies, rice noodles and avocado wrapped in rice paper, served with our creamy nut dipping sauce.

Butternut and Beet Salad (V) R75

Honey & cinnamon roasted butternut, zesty pearl cous-cous, beetroot hummus, rocket, topped with crispy chickpeas, feta & toasted seeds.

Plant-Based Burger (V) R125

Hearty homemade burger patty topped with sliced pickles, balsamic fried onions, vegan bao mayo, tomatoes, guacamole, cashew cheese sauce.
Served with potato fries.

Mexican Enchiladas (V+) R115

Paprika and cumin fried beans, Napoli sauce, vegan cheddar cheese, tomato salsa, cashew sour cream, guacamole, cilantro, chopped spring onion.

Roasted Tomato Soup & Cheese Toastie R85

Creamy homemade tomato soup served with a fresh toasted cheese on sourdough. *(vegan option available).* (V) / (V+)

Hearty Cottage Pie (V+)(GF) R105

Oven baked farm vegetable and lentils with our Napoli sauce covered in a coconut infused sweet potato and tofu mash. Served with side salad.

Balance Bowl (V+) R70

Seasonal roasted vegetables, pearl cous-cous, fresh chopped cabbage, garden greens, crispy chickpeas, avo topped with a tasty tahini dressing.

SMOOTHIES

All smoothies are made with Almond Milk

PROTEIN KICK R65

Almond butter, banana, dates, maca, vegan protein powder, mesquite and lemon.

LEAFY GREEN R58

Greens from our garden, almonds, dates, banana, baobab, moringa and pineapple.

ALOE BERRY R58

Mixed berries, goji berries, dates and aloe.

CHOCOLATE BLISS R58

Cacao, banana, dates, maca

BLACK CAT R58

Peanut Butter, dates and banana

WARM DRINKS

Americano R25

Cappuccino R40

Flat White R42

Latte R45

Red Cappuccino R40

Creamy Vegan Hot Choc R48

Assorted Teas R22

Decaf / Extra shot R8

*All drinks made with almond milk.
Substitute for dairy milk for less R8*

DESSERTS

Strawberry Cheesecake (V+) (GF) R70

Choc Orange Cheesecake (V+) (GF) R70

Almond Rocher (V+) (GF) R32

FRESH JUICES

BOOST R55

Orange, carrot, pineapple and ginger

RENEW R55

Kale, spinach, apple, ginger and lemon

BUILD R55

Beetroot, carrot, pineapple, ginger and lemon

REFRESH R55

Apple, cucumber, celery, lemon, parsley and aloe

BURN R55

Tomato, beetroot, carrot, pepper and lemon

APPLE SHERBET R55

Apple, lemon, lemon zest.

SPECIALITY DRINKS

Kombucha R38

Ice Tea Homemade R32

Still / Sparkling Water R15

EXTRAS

Fried Egg R12

Avocado R24

Halloumi / Tofu R26

Sourdough Toast R19

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greens**
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WED-SUN 8:30-17:00 (kitchen closes 15:30)
Share your pictures with us  @leafygreenscafe
mytable@leafygreens.co.za
www.leafygreens.co.za

EAT WHOLE LIVE WHOLE

DRINKS MENU

BUBBLES

VALDO FLORAL ROSÉ R385

Fruity aroma and raspberry notes

PONGRÁCZ BRUT R350

Crunchy green apple, baked bread, rich nuttiness, lemon and lime flavours

DURBANVILLE HILLS DEMI-SEC R205

Peaches, apricot, sweet melon, lime and citrus finish

WHITE WINE

PAINTED WOLF CHENIN BLANC R155

Tropical fruits, honey, melon, pineapple

DURBANVILLE HILLS SAUVIGNON BLANC R155

Papaya, grapefruit, lime, winter melon, green fig

DURBANVILLE HILLS CHARDONNAY R155

Citrus aroma, finely balanced by vanilla subtly

RED WINE

PROTEA BY ANTHONIJ RUPERT (MERLOT) R150

Tropical fruits, honey, melon, pineapple

PAINTED WOLF (PINOTAGE) R185

Bright red and black summer berries, savoury spice and toasty wood flavours

DEMORGENZON GARDEN VINEYARDS ROSÉ R185

Fruity mulberry and rose petals

BEER

WINDHOEK DRAUGHT R32

BLACK LABEL R26

CASTLE LIGHT R26

SOFT DRINKS

COKE R25

COKE ZERO R25

SPRITE R25

SPRITE ZERO R25

APPLETIZER R28

GRAPETIZER R28

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