

m e n u

"Let thy food be thy
medicine and thy medicine
be thy food"
HIPPOCRATES

 Vegan

 Gluten Free

★ Seasonal Ingredients

HOT DRINKS 280 ml

Espresso	18
Africano	24
Cappuccino	26
Activated Charcoal Latte	35
Latte	26
Rainbow Nation Latte	35
CBD (Africano / Latte / Capp)	40
Flat White (DBLshot)	28
CBD Flat White	43
Chocochino	30
Bulletproof coffee, Blended style	35
Hot Chocolate	28
Teas:	20
Rooibos, Five Roses, Earl Grey, Green Mint, Spicy Chai	
Magic Matcha Latte	35
Beetroot & Ginger Latte	35
Golden Tumeric Latte	35
Red Cappuccino	30
Coconut Chai Latte	35
Hearty Cacao Latte	40
Organic cacao , organic coconut blossom , non-irradiated cinnamon, organic coconut oil with your choice of milk	

CHOOSE ONE OF OUR HOMEMADE NUT MILKS:

Cashew or Almond Milk + R5
Oat Milk + R8

FRESH PRESS JUICES 500 ml

Classical Orange	35
Super Juice	40
Beetroot , carrot , apple , lemon & ginger	
Floo Fighter	45
Carrots , pineapple , ginger & non-irradiated cayenne pepper	
Green Goddess	45
Cucumber , kale , spinach , celery , lemon & mint	
Lemon Breeze	45
Cucumber , Lemon , Celery , Pineapple	
Summer Sensation	45
Dragon Fruit , Apple , Ginger , Celery	
Mix your own	45
Choose up to 4 ingredients to create your own magic 	



SHOTS 60 ml

Immune Booster	25
Ginger , lemon & tumeric or non-irradiated cayenne pepper	
Celery Shot	22

HOT DRINKS & JUICES



SMOOTHIES 500 ml

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CRAZY CACAO 65

Organic cacao powder , organic hemp powder , soaked cashew nuts , raw organic honey , non-irradiated cinnamon & frozen banana

PLANT POWER 65

Wazoogles superfood plant powder mix: (moringa leaf, spirulina, maca root, protein rich hemp, chia seeds, wild harvested mesquite, lucuma and french grown yellow pea protein), frozen banana , soaked cashew nuts , raw organic honey & coconut flakes

VANILLA DREAM 65

Wazoogles superfood vanilla powder mix (Madagascan vanilla pod, maca root, protein rich hemp, chia seeds, wild harvested mesquite and French grown yellow pea protein), frozen banana , dates , organic nut butter & non-irradiated cinnamon

HAPPY HEART* 60

Avocado , kale , frozen pineapple , organic hemp powder & coconut flakes

VITAMIN SEA 60

Frozen mango , fresh orange , organic chia seeds & frozen banana

FRUIT BOOST 55

Frozen strawberry , frozen banana & apple

NUT ME UP 65

Natural peanut butter , frozen banana , organic maca powder , raw organic honey & homemade almond milk

BLUEBERRY DREAM 65

Frozen blueberries , frozen banana , wazoogles superfood vanilla mix , dates & homemade almond milk

THE PINK DRAGON 65

Dragon fruit , frozen banana , mint , organic chia seeds & coconut flakes

WATERMELON SLUSHY* 40

Watermelon & mint

RAVING RODDY 75

Double shot espresso , dates , frozen Banana , coconut milk & homemade almond milk

COCO LOCO 85

Frozen organic coconut flesh (rich in fibres) , frozen banana sea salt , dates , almond butter , non – irradiated cinnamon & coconut water

THE BERRIES 80

Frozen organic acai (great antioxidant) , organic blueberries, frozen banana, fresh mint & coconut water, fresh mint & vegan hunny

COCONUT MILKSHAKES 500 ml

VANILLA 80

Vanilla coconut ice cream , non-irradiated cinnamon , coconut milk , organic coconut blossom & organic mesquite

CHOCOLATE 85

Vanilla coconut ice cream , non-irradiated cinnamon , coconut milk , organic coconut blossom & organic mesquite , organic cacao & organic cacao nibs

Please note:
you may substitute the honey for
dates to make your smoothie
100% Vegan

SMOOTHIE BOWLS

BLUE VANILLA

Frozen blueberries , frozen banana , wazoogles superfood vanilla mix , dates & homemade almond milk topped with fresh strawberries , coconut flakes & chia seeds

CACAO MOON

Organic cacao powder , organic hemp powder, soaked cashew nuts , raw organic honey , non-irradiated cinnamon & frozen banana topped with homemade granola , strawberry coconut drizzle , fresh banana & organic cacao nibs

STRAWBERRY CHIA

Frozen strawberry , frozen banana & apple topped with fresh pineapple , almond flakes, goji berries & organic chia seeds

COCO LOVIN'

Frozen coconut flesh, sea salt , dates , homemade almond milk & non - irradiated cinnamon topped with our homemade granola , fresh strawberry & coconut flakes

THE BLAZIN' BERRIES


Frozen organic blueberries , frozen banana , fresh mint & coconut water topped with our homemade white chocolate granola , frozen blueberries , fresh mint, vegan hunny, fresh strawberry & fresh apple

CREATE YOUR OWN SMOOTHIE BOWL

by choosing one of our delicious smoothies and your choice of toppings below:

Goji Berries	10
Cacao Nibs	10
Seed Mix	10
Coconut Flakes	10
Almond Flakes	10
Hemp Seeds	10
Strawberry	10
Pineapple	10
Strawberry Coconut Drizzle	10
Homemade Cacao Granola	15

Homemade White chocolate granola 20

 Vegan
 Gluten Free

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BREAKFAST

BREAKFAST SERVED ALL DAY FULL | HALF

SMASHED AVO 65 | 48

Smashed avocado with homemade vegan sundried tomato pesto & rocket topped with organic hemp seeds and served on your choice of toast

LOVE ME HUNNY 75 | 62

Honey glazed pan fried cherry tomatoes , garlic pan fried mushrooms on a bed of homemade vegan hummus & wild rocket drizzled with homemade vegan basil pesto served on your choice of toast

EGG ME UP 80 | 65

Garlic pan fried mushrooms , light & fluffy scrambled egg , avocado , rocket & feta served on your choice of toast with homemade sundried tomato pesto


MORNING CHEESE 85


3 Egg omelette filled with pan fried garlic mushrooms , baby spinach , mozzarella & organic sprouts topped with spring onion and served with your choice of toast

TURN YOUR BREAKFAST INTO A WRAP + R15

You have a choice of:

Farmstyle , Seeded or 100% Rye.

 We also offer real sliced sweet potato toast + R5

 Have your breakfast on an organic vegan croissant +R15



 Gluten Free Seed Bread +R10

FLAP JACKS 90

3 almond, banana & cinnamon flap jacks layered with banana & strawberry , topped with organic blueberries , strawberry & cacao nibs, drizzled with chocolate cacao coconut sauce

CHIA-TASTIC 70

Organic chia seeds soaked in our homemade cinnamon hemp milk, topped with our homemade strawberry coconut cream , topped with our homemade cacao granola, apple, strawberry, coconut flakes & a sprinkle of organic goji berries

 All breads are sourdough base using high quality eureka stone ground flours 

SMOOTHIE BOWLS & BREAKFAST

LUNCH

SERVED FROM 12

BURGERS:

THE CLASSIC 95

Homemade chickpea, beetroot & coriander pattie, on a bed of rocket topped with homemade chilli cashew mayo, fresh tomato, organic sprouts & homemade basil pesto on a lightly toasted vegan bun served with your choice of a side salad or rosemary potato wedges

VEGGIE DELUXE 95

Homemade cauliflower, cabbage, spinach pattie (it's so yum) on a bed of rocket topped with fresh tomato, caramelized onions, avocado, organic micro-greens & homemade superfood baobab mayo on a lightly toasted bun served with your choice of a side salad or rosemary potato wedges

BURGERS ARE GREAT BUNLESS!

ROAST VEG SALAD 90

Roasted butternut, baby marrow & mixed peppers, baby spinach, quinoa, cucumber, & carrot tossed in homemade sweet mustard dressing topped with organic micro-greens & a lemon wedge

THE SUMMER SALAD 90

Massaged kale & baby spinach tossed with cherry tomato, carrot, cucumber & broccoli topped with avocado, roasted ultimate seed mix, organic spouts & 3 mini chickpea falafel balls drizzled with homemade roasted red pepper vinegarette. Served with a side of purple sauerkraut

TURN YOUR SALAD INTO A WRAP + R8 (INCLUDES CHOICE OF SIDE)

RAINBOW WRAP 95

Homemade chickpea falafels, rocket, vegan tatziki (coconut yoghurt), fermented beetroot, homemade hummus, tomato, carrots & avocado wrapped in a coconut superfood wrap. Ask your waiter to add chilli for an extra kick. Served with your choice of side salad or rosemary wedges.

GOURMET TOASTIES:

HAVE YOUR TOASTIE ON A BUCKWHEAT BUN +R12

THE CAPRESE 80

Mozzarella, homemade basil pesto & tomato on your choice of bread served with a side salad or rosemary potato wedges

CHANGE TO VEGAN MOZZERELLA + R8

LOVE ME VEG 85

Roast veg, rocket, cucumber, tomato & superfood baobab mayo on your choice of bread served with your choice of side salad or rosemary wedges



THE BIRDY 80

Homemade tumeric hummus, rocket, cucumber, tomato, butternut, avocado & homemade basil pesto served on your choice of bread (toasted or untoasted) served with your choice of side salad or rosemary potato wedges.

 Vegan

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* Seasonal Ingredients

 All breads are sourdough base using high quality eureka stone ground flours you have a choice of farm style, rye or seeded 






We also offer real sliced sweet potato toast (2 slices)
extra **R5**


EXTRAS

* Avo	15
 Rosemary Potato Wedges	25
 Bao Mayo	8
 Chilli Boa Mayo	8
 Basil Pesto	10
 Hummus	7
 Sweet Mustard Dressing	8
 Red Pepper Vinegarette	10
 Mushrooms	15
 Cherry Tomatoes	15
 Mozzarella	16
 Vegan mozzarella	16

Eggs:

Scrambled or fried	7
Poached	10

 Choc Croissant	22
 Plain Croissant	20
 Gluten Free Bread	10

 Side Salad:	25
Rocket, carrots, roasted seeds, cherry tomato, cucumber & organic micro-greens	

LUNCH

WHAT'S IN THE FRIDGE?

THEONISTA 38
Ginger Beer

ZOOKAH KOMBUCHA 35
Original
Ginger
Sencha Green Tea

TEA OF LIFE KOMBUCHA 35
Original
Rose Geranium
Rooibos & Lemongrass
Hemp
Buchu & Lemon
Ginger

CULTURE LAB KOMBUCHA 35
Raw Original
Wild Dagga
Hibiscus & Cinnamon

UBER FLAVOR ICE TEA 35
Apple & Cinnamon
Honey & Lemon
Berry & Buchu
CBD infused apple & ginger

STILL/SPARKLING WATER 18

SOMETHING SWEET

Ask your waitress what we have in our deli fridge or have a look while you wait for your meal ;)



No Added Sugar



Caffeine Free



Natural Ingredients



No Additives



Rich In Antioxidants





WE WELCOME ANY SUGGESTIONS FOR SOME
INFO ON BEING ECO FRIENDLY AND SUPPORTING
LOCAL FARMERS AND SUPPLIERS.

WE CATER!

We have a food caravan and cater for public,
private, film and corporate events.

Our kitchen is small and our food is made with love, enjoy
good conversation and the view while we prepare your meal ❤️

blendedbar@gmail.com
@blended_healthcafe



WE CATER