



@ EAT.SURF.YOGA

M E N U

"let thy food be thy
medicine and thy medicine
be thy food"

HIPPOCRATES

HARMONIC MYCOLOGY
SUPERCHARGE WITH MEDICAL
MUSHROOMS FOR ONLY +5
Lion's Mane, Cordyceps, Reishi or Chaga

VEGAN 
GLUTEN FREE 
SEASONAL INGREDIENTS 

FRESH PRESSED JUICES

  500 ml

CLASSIC ORANGE 70

SUPER JUICE 78

beetroot, carrots, apple, lemon & ginger.

FLOO FIGHTER 80

carrot, pineapple, ginger & non-irradiated
cayenne pepper.

GREEN GODDESS 80

cucumber, kale, spinach, celery, lemon &
mint.

LEMON BREEZE 75

cucumber, lemon, celery & pineapple.

SUMMER SENSATION 85

dragon fruit, apple, ginger & celery.

CHARCOAL DETOX JUICE 78

activated charcoal, cucumber, lemon &
pineapple.

BUCHU LEMONADE 80

buchu leaves, cucumber, lemon, apple,
mint & sparkling water.

CELERY JUICE 85

MIX YOUR OWN ♥ 75

choose up to 4 ingredients to create
your own magic, a minimum of 3 ingredients.

SUMMER GLOW 80

orange, carrot, ginger, turmeric & lemon.

PINEAPPLE FLUSH 78

pineapple, cucumber, apple, lime & mint.

SHOTS

  60 ml

IMMUNE BOOSTER 40

ginger, lemon & turmeric or non-irradiated
cayenne pepper.

ENERGY BOOSTER 45

chaga powder, carrots, ginger & raw honey.

CELERY SHOT 35

BUCHU

The Buchu plant is native to South Africa. The Buchu Leaf can be used to help flush toxins from the body, bring relief from poor digestion & bloating as well as being a proven anti-inflammatory.
Not suitable for pregnant or breast feeding women.

ACTIVATED CHARCOAL

Activated Charcoal has multiple benefits including flushing toxins and cleansing the digestive system which is great for both your insides & your outsides :)

JUICES & SHOTS

HOT DRINKS

	regular	jumbo
SINGLE ESPRESSO	25	—
DOUBLE ESPRESSO	28	—
AFRICANO (dbl shot with hot water)	32	35
CAPPUCCINO	36	40
FLATWHITE (dbl shot)	38	42
LATTE	36	40
CBD (africano / latte / capp)	45	50
CBD FLAT WHITE	47	52
CHOCOCHINO	42	46
DIRTY CHAI	45	55
BULLETPROOF COFFEE (blended style)	45	50
HOT CHOCOLATE	40	45
CORTADO	36	—
MANNABREW AFRICANO	35	40
MANNABREW FLATWHITE 100% organic roasted mesquite turned into a delicious coffee alternative.	40	45
ACTIVATED CHARCOAL LATTE	40	45
MAGIC MATCHA LATTE	42	46
BEETROOT & GINGER LATTE	42	46
GOLDERN TUMERIC LATTE	42	46
ROOIBOS CAPPUCCINO	40	44
COCONUT CHAI LATTE	42	46
HEARTY CACAO LATTE organic cacao, organic coconut blossom, non-irradiated cinnamon, organic coconut oil & your choice of milk.	42	48
ADAPTOGEN LATTE ashwagandha, maca, mesquite, cinnamon, coconut oil & pure vanilla.	42	46
SWEET MINT DELIGHT fresh mint, grated ginger & raw honey.	30	35

DECAF OPTIONS AVAILABLE +5
EXTRA ESPRESSO +10

CHOOSE ONE OF OUR MILK
ALTERNATIVES:
almond, macadamia or oat +10



TEAS

ROOIBOS (loose leaf)	28
CEYLON	28
EARL GREY	28
GREEN TEA	25
ROOIBOS & MINT (loose leaf)	30
IMMUNI TEA (loose leaf) rooibos, ginger, olive leaf & lemon peel.	30
FOREST BERRY (loose leaf) apple, hibiscus, strawberry leaves & sunflower petals.	30
BUCHU & GINGER organic loose leaf buchu & fresh ginger.	30
BUCHU & MINT organic loose leaf buchu & fresh mint.	35

ADAPTOGENS

Help your body handle stress to ensure that your body - from your mind to your immune system to your energy levels - functions as it should.

ICED DRINKS

BLENDED ICED CACAO LATTE your choice of milk blended with ice, cacao powder, vanilla, coconut blossom & cinnamon.	68
BLENDED ICED COFFEE double shot espresso blended with ice, coconut sugar & your choice of milk.	62
ICED LATTE iced milk of your choice topped with a dbl shot espresso.	45
ICED MATCHA LATTE iced milk of your choice topped with matcha.	55

HOT DRINKS



ALLERGENS.
PLEASE NOTE OUR KITCHEN MAKES USE OF
GLUTEN PRODUCTS, NUTS & SEEDS.
PLEASE NOTIFY YOUR WAITER
OF ANY ALLERGIES.

VEGAN

GLUTEN FREE GF

SEASONAL INGREDIENTS *

SMOOTHIES 500 ml

CRAZY CACAO GF 90

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

VANILLA DREAM GF 90

wazoogles superfood vanilla mix: (madagascar 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.

NUT ME UP GF 90

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

BLUEBERRY DREAM GF 87

wazoogles superfood vanilla mix: (madagascar vanilla pod, maca root, protein rich hemp, chia seeds, wild harvested mesquite and french grown yellow pea protein), frozen blueberries, frozen banana, dates & our homemade almond milk.

NUTTY ME CHOC GF 90

frozen banana, non-irradiated cinnamon, dates, peanut butter, organic cacao powder, vanilla, cacao nibs.

RAVING RODDY GF 90

double shot espresso, dates, frozen banana, coconut milk & almond milk.

WATERMELON SLUSHY GF * 65

watermelon & mint.

PLANT POWER GF 85

wazoogles superfood plant powder mix: (mor-inga leaf, spirulina, maca root, protein rich hemp, chia seeds, wild harvested mesquite, lucuma and french grown yellow pea protein), frozen banana, macadamia milk, raw organic honey & coconut flakes.

Please note:
You may substitute the honey for
dates to make your smoothie
100% VEGAN

COCO LOCO GF 90

frozen organic coconut flesh (rich in fibre), frozen banana, sea salt, dates, almond butter, non-irradiated cinnamon & coconut water.

MATCHA ZEN GF 95

matcha, frozen organic coconut flesh (rich in fibre), vanilla, frozen banana, dates and almond milk.

VITAMIN SEA GF 85

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

STRAWBERRY QUICK GF 85

frozen dragon fruit, fresh mint, coconut milk, almond milk, dates & strawberries.

THE BERRIES GF 88

organic blueberries (great antioxidant), frozen banana, fresh mint, coconut water & raw hunny.

FRUIT BOOST GF 78

frozen strawberries, frozen banana & blueberries.

MANGO DELIGHT GF 80

carrot, pineapple, ginger & non-irradiated cayenne pepper and frozen mango.

BEACH DAZE GF 85

fresh watermelon, frozen banana, frozen strawberries & lime.

KIWI KICK GF 80

frozen kiwi, frozen mango, fresh ginger, fresh ginger, fresh pressed diluted apple juice & frozen spinach.

SMOOTHIES

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VEGAN

GLUTEN FREE GF

SEASONAL INGREDIENTS *

COCONUT MILKSHAKES

500 ml

VANILLA GF 85

vanilla coconut ice cream, non-irradiated cinnamon, coconut milk, coconut sugar.

CHOCOLATE GF 90

vanilla coconut ice cream, non-irradiated cinnamon, coconut milk, coconut sugar & organic cacao & organic cacao nibs.

BREAKFAST BOWLS

MANGO MAGIC GF * 95

seasonal fresh fruit salad (papaya, melon, mango, strawberries and apple) served with a 350ml thick mango, orange & chia smoothie with a side of our homemade cacao granola.

when in season

CHIA-TASTIC GF 90

organic chia seeds soaked in macadamia milk & non-irradiated cinnamon topped with coconut yoghurt, fresh apple, banana, strawberries, dessicated flakes, homemade cacao granola, a sprinkle of goji berries & a drizzle of raw honey.



SMOOTHIES BOWLS

BLUE VANILLA GF 98

wazoogles superfood vanilla mix: (madagascar vanilla pod, maca root, protein rich hemp, chia seeds, wild harvested mesquite and french grown yellow pea protein), frozen blueberries, dates & almond milk topped with our homemade golden granola, fresh strawberries, banana, coconut flakes & sprinkled with organic chia seeds.

COCO LOVIN' GF 105

frozen coconut flesh, sea salt, dates, almond milk & non-irradiated cinnamon topped with our homemade granola, fresh strawberries, organic cacao nibs, a drizzle of almond butter & a sprinkle of desiccated coconut.

THE BLAZIN' BERRIES GF 100

frozen organic berries, frozen banana, raw honey, fresh mint & coconut water topped with our homemade golden granola, frozen blueberries, fresh mint, fresh strawberries & fresh apple.

CACAO PEANUT BLISS GF 110

frozen banana, non-irradiated cinnamon, dates peanut butter, organic cacao powder, vanilla, cacao nibs topped with fresh banana, strawberry, homemade cacao granola & homemade strawberry and coconut drizzle.

CREATE YOUR OWN SMOOTHIE BOWL GF

choose one of our smoothies and add your favourite toppings below to create your own smoothie bowl:

goji berries, cacao nibs, seed mix, coconut flakes, almond flakes, hemp seeds, strawberries, pineapple, strawberry coconut drizzle.

homemade cacao granola 20

homemade golden granola 20

SMOOTHIE & BREAKFAST BOWLS

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VEGAN

GLUTEN FREE GF

SEASONAL INGREDIENTS *

BREAKFAST

full | half

SMASHED AVO *

98 | 85

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

LOVE ME HUNNY

102 | 85

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

EGG ME UP

115 | 95

garlic pan-fried mushrooms, light & fluffy scrambled egg, avocado, sundried tomato pesto, rocket, feta & served on a toast of your choice.

VEGAN EGG ME UP

115 | 95

garlic pan-fried mushrooms, spiced non-gmo organic tofu scramble, avocado, rocket, sprinkle of vegan cheese, sundried tomato pesto & served on a toast of your choice.

turn your breaki into a wrap +15
have your breaki on a vegan bagel +15
have your breaki on a vegan & GF bagel +15
swop your eggs for fried +10
swop your eggs for poached +15

BREAD OR TOAST OPTIONS:

traditional sourdough white,
farmstyle white, seeded OR 100% rye

we also offer real sliced sweet potato +10
gluten free sweet potato bread +10

EGGS BENEDICT

120

2 poached eggs, wilted spinach, garlic pan-fried mushrooms, grilled cherry tomatoes, homemade hollandaise sauce & basil pesto on sourdough toast.

BREAKFAST BAGEL

95

light & fluffy scrambled eggs, sliced tomato, melted mozzarella with your choice of sundried tomato pesto or basil pesto on a toasted vegan bagel.

MORNING CHEESE

125

three egg omelette filled with garlic pan-fried mushrooms, baby spinach, mozzarella, topped with spring onion & served with your toast of choice.

VEGAN OHM'LETTE GF

115

chickpea omelette with garlic pan-fried mushrooms, roasted mixed peppers & cherry tomatoes filled with avocado and baby spinach served on toast of your choice.

FLAP JACKS GF

115

three almond, banana & cinnamon flap jacks layered with banana & strawberries, topped with organic blueberries, strawberries & cacao nibs, drizzled with homemade chocolate sauce.

we use Eggcellent Eggs which are
Non-gmo, organic, pasture raised
& happy.

BREAKFAST

SNACKEROO'S & LUNCH

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VEGAN 

GLUTEN FREE 

SEASONAL INGREDIENTS 

SNACKEROOS:

a light snack for the not so hungry.

SERVED FROM 12 NOON.

CHILLI POPPERS   75 | —

2 jalapeno peppers stuffed with home-made herbed cashew 'cheese' **OR** mozzarella cheese tossed in a GF batter served with a dollop of zesty guacamole & salsa.

SIDE SALAD   65 | —

rocket, cucumber, cherry tomatoes, carrots, roasted seed mix & organic microgreens served with a drizzle of our homemade sweet mustard dressing.

ROSEMARY WEDGES   65 | 50

hand cut potato wedges with a sprinkle of dried rosemary.

BITCH'N BAGEL  85 | —

crunchy lettuce, tomato, our homemade hummus, smoked carrots (carrot salmun), cucumber & organic microgreens.

KIMCHI & AVO BAGEL  85 | —

fermented cashew 'cheese', crunchy lettuce, tomato, avocado, kimchi & organic microgreens.

SWOP FOR A VEGAN & GF BAGEL AVAILABLE +12

LUNCH BURGERS:

served with your choice of side salad or hand cut rosemary wedges.

HAVE YOUR BURGER ON A SWEET POTATO BUN OR GLUTEN FREE ROLL +15
BURGERS ARE GREAT BUNLESS!

THE CLASSIC  140

your choice of homemade falafel patty or beetroot falafel patty, on a bed of rocket topped with our homemade chilli cashew mayo, tomato, organic microgreens & our homemade basil pesto on a lightly toasted vegan sourdough bun.

MIGHTY MUSHROOM  145

Raphael's mushroom lentil patty, lettuce, tomato, caramelized onion topped with organic microgreens & drizzled with our homemade garlic baobab mayo on a lightly toasted vegan sourdough bun.

THE BASIC BAGEL 75 | —

cream cheese, carrot salmun & spring onion.

HOMEMADE VEGAN PIES  105 | 70

served with your choice of side salad or handcut rosemary wedges.

MUSHROOM & PEA

COCONUT & ROAST VEG



THE SWEET ZEKE 145

homemade sweet potato & lentil patty, mozzarella, shredded lettuce, sliced tomato, red onion, smashed avo & a spicy baobab mayo on a lightly toasted vegan sourdough bun.

VEGGIE DELUXE  145

homemade cauliflower, cabbage, spinach pattie (it's so yum) on a bed of rocket topped with tomato, caramelized onions, avocado, organic microgreens & our homemade garlic baobab mayo on a lightly toasted vegan sourdough bun.

SNACKEROO'S & LUNCH

SALAD:

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

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VEGAN 
GLUTEN FREE 
SEASONAL INGREDIENTS 

ROAST VEG SALAD 135

roasted butternut, baby marrow, cherry tomatoes & beetroot, baby spinach, quinoa & carrots tossed in our homemade sweet mustard dressing topped with feta & organic microgreens & a lemon wedge.

THE SUMMER SALAD 130

massaged kale, baby spinach & shredded lettuce tossed with cherry tomatoes, carrots, cucumber & broccoli, topped with avocado, roasted ultimate seed mix, organic microgreens & three mini beetroot falafel patties drizzled with homemade roasted red pepper vinaigrette. Served with a side of beetroot sauerkraut.

WRAP:

RAINBOW WRAP 130 | 98

homemade beetroot falafels, rocket, vegan tzatziki (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.*

FALAFEL FUSION WRAP 130 | 98

chickpea falafel balls, crunchy slaw, shredded lettuce, salsa, avocado, homemade hummus, feta, homemade chilli crunch & garlic boabab mayo in a coconut superfood wrap.

GOURMET TOASTIES: served with a side of your choice. HAVE YOUR TOASTIE ON A SWEET POTATO BUN OR GLUTEN FREE ROLL +15

THE CAPRESE 95

mozzarella, homemade basil pesto & tomato served on your choice of bread.

CHANGE TO VEGAN MOZZERLLA +8

THE BIRDY 95

homemade hummus, rocket, cucumber, tomato, butternut, avocado & homemade basil pesto served on your choice of bread.

BLISSFUL BASIL PASTA SALAD 140

gluten free pasta tossed in homemade basil pesto with avocado, cherry tomato, olives, feta, cucumber & parmesan topped with organic microgreens.

FA-LOVE-FEL BOWL 135

chickpea falafel balls, crunchy slaw, coriander, salsa, tzatziki in coconut yoghurt, olives, avocado, homemade hummus topped with feta & homemade chilli crunch.



CHIPOTLE CAULI WRAP 127 | 95

pan-fried cauliflower in a chipotle sauce, crunchy slaw, shredded lettuce, avocado, salsa & a garlic boabab mayo in a coconut superfood wrap.

ADD KIMCHI TO YOUR WRAP +20

SIDE OPTIONS:

hand cut rosemary wedges, side salad
or real sliced sweet potato

SNACKEROO'S & LUNCH

FOR THE LITTLE ONES

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VEGAN 
GLUTEN FREE 
SEASONAL INGREDIENTS 

MENU ONLY FOR KIDS UNDER THE AGE OF 12.

DRINKS: HOT DRINKS:

BABYCHINO 15
frothed milk with dusted chocolate powder.

HOT CHOCOLATE 35

TEA 30

your choice of ceylon, rooibos or have a look at our hot drinks page for more options.

MILK ALTERNATIVES AVAILABLE
HOMEMADE ALMOND & CASHEW MILK
OR OKJA OAT MILK +5

FRESH PRESSED JUICES: GF

ORANGE JUICE 45
freshly pressed oranges.

APPLE JUICE 45
freshly pressed apples.

KIDDIES JUICES 45
choose one of our yummy juices & ask for a kiddies size.

FOOD: BREAKFAST:

THE LITTLE RISER 45
2 fluffy scrambled eggs & 1 slice of toast.

THE BIG RISER 85
2 fluffy scrambled eggs, sliced avocado, mozzarella & 2 slices of toast.

THE SUNRISER TOASTIE 80
1 fried egg, melted mozzarella & our homemade tomato pesto on your choice of bread.

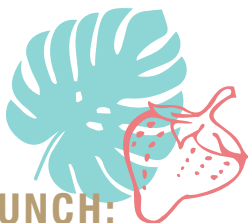
MINI JACKS  GF 75
3 mini almond, banana & cinnamon flap jacks layered with fresh banana & strawberries.

SMOOTHIES & MILKSHAKES: GF

KIDDIES SMOOTHIES & MILKSHAKES 65
choose one of our delicious smoothies or milkshakes & ask for a kiddies size.

SMOOTHIE BOWLS: GF

KIDDIE BOWLS 80
choose one of our tasty bowls & ask for a kiddies size.



LUNCH:

THE CLASSIC SLIDER  95
homemade falafel patty or beetroot falafel patty, lettuce, tomato, basil pesto, garlic mayo & microgreens on a sourdough bun served with hand cut rosemary wedges or a side salad.

THE JUNIOR CHEESE TOASTIE 85 | 65
mozzarella, sliced tomato on your choice of bread.
SERVED WITH OR WITHOUT SIDE OF YOUR CHOICE.

FOR THE LITTLE ONES

ALLERGENS.
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VEGAN 

GLUTEN FREE 

SEASONAL INGREDIENTS 

EXTRAS

PEANUT BUTTER  	15
HUMMUS  	15
BAO MAYO  	15
CHILLI BAO MAYO  	15
BASIL PESTO  	15
SWEET MUSTARD DRESSING  	15
RED PEPPER VINAIGRETTE  	15
CHILLI CASHEW MAYO  	15
AVOCADO  	25
BEETROOT FALAFELS (2)  	20
MUSHROOMS  	20
COOKED CHERRY TOMATOES  	20
SMOKED CARROT SALMUN  	20

MOZZARELLA 	20
VEGAN MOZZARELLA  	20
EGGS: 	10
fried	
scrambled or poached	15
SWEET POTATO BREAD  	15
1 slice	
SWEET POTATO BUN  	15
VEGAN BAGEL 	15
VEGAN & GF BAGEL  	18
SOURDOUGH TOAST	
1 slice (farmstyle white, seeded or 100% rye)	15
ROSEMARY POTATO WEDGES 	65 50

SOMETHING SWEET

NUTTY BAR  	20
CHOCOLATE BROWNIES  	40
HOMEMADE VEGAN CHOCOLATE TART  	80
served with fresh strawberries & coconut (sugar free)	
HOMEMADE CACAO & COCONUT DATE BLISS BALL (sugar free)  	15
JAMY'S VEGAN FROZEN CHEESECAKE IN A CUP  	45

- salted caramel
- rich chocolate
- creamy lemon
- blueberry vanilla

we also offer a wide variety of sweet & savory snacks.

ASK YOUR WAITER OR HAVE A LOOK IN OUR DELI.

OUR DELI

check out our deli to stock up on your pantry essentials.

EVERYTHING IS MADE WITH LOVE!



EXTRAS & SOMETHING SWEET

WHAT'S IN THE FRIDGE?

THEONISTA 40

ginger beer
sugar free ginger beer
light cola
creme soda

TEA OF LIFE KOMBUCHA 40

original
rose geranium
rooibos & lemongrass
ginger
skeletalium

CULTURE LAB KOMBUCHA 40

raw original
lemongrass
green rooibos & buchu
konfetibos

BREW KOMBUCHA 40

buchu
original
rose geranium

500ml WATER 20

omnia
still / sparkling

1L WATER 28

omnia
still / sparkling



**RICH IN
ANTIOXIDANTS**



**CAFFEINE
FREE**



**NATURAL
INGREDIENTS**



**NO
ADDITIVES**



**NO ADDED
SUGAR**



**WE WELCOME ANY SUGGESTIONS ON BEING
MORE ECO FRIENDLY AND SUPPORTING LOCAL FARMERS
AND SUPPLIERS.**

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

*We use extra virgin olive oil and coconut oil in our
homemade sauces and for cooking.*

WE CATER

we have a food trailer and cater for public,
private, film and corporate events.

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084 761 5380

[@blended_healthcafe](https://www.instagram.com/blended_healthcafe)
083 554 1323

WE CATER!



WHAT TO DO AT EAT.SURF.YOGA



THE STUDIO

GLENCAIRN

THE STUDIO

yoga, pilates, belly dancing, boxing, drumming,
workshops & events.
@eatsurfyogastudio



SOVEREIGN SPIRIT

beautiful locally made products for your body, mind & spirit.
sovereign healing - massage, energy work, shamanic constellations & psych-k.
@sovereignspiriteatsurfyoga / 073 425 0297



LEARN TO SURF

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