

CAPE TOWN

Nourish'd

CAFÉ & JUICERY

WINTER MENU



SMOOTHIES (500ML)

Extra Peanut Butter + R25
Extra Almond/Macadamia Butter + R30
Swap from either butter + R10

	350ML	500ML
 ACAI MAGIC	90	125
Acai puree, Blueberries, Strawberries, Coconut Water with Coconut yogurt.		
NAUGHTY NUTTER	79	95
Banana, cinnamon powder, almond & macadamia butter, cacao powder, homemade almond mylk.		
BLADDY BLAZZIN'BERRY	75	90
Banana, blueberries, strawberries, dates, chia seeds, homemade almond mylk. Add extra peanut butter + R25		
BOOBALICIOUS	75	90
Banana, peanut butter, chia seeds, cinnamon and homemade almond mylk with a choice of whey protein or hemp seeds.		
GONE GREEN	79	95
Banana, avocado, spinach, hemp seeds, ginger and homemade almond mylk.		
TROPICAL SUMMER	75	90
Pineapple, orange, goji berries with passion fruit.		
	250ML	
 GINGERBREAD WOMXN	70	
Banana, sweet potato, almond & macadamia butter, ginger, cinnamon, cardamom, dates, homemade almond mylk, topped with cinnamon, desiccated coconut and chia seeds.		

LOW CALORIE



NAUGHTY NUTTER	95	125
Almond & macadamia butter, cacao paste, cacao powder, cauliflower, homemade almond mylk.		
BLADDY BLAZZIN'BERRY	90	120
Blueberries, strawberries, dates, cauliflower, chia seeds, homemade almond mylk.		



SMOOTHIE BOWLS

Extra Peanut Butter + R25
Extra Almond/Macadamia Butter + R30
Swap from either butter + R10

 ACAI MAGIC	185
Acai puree, Blueberries, Strawberries, Coconut Water topped with gluten free granola, apple slices, strawberries, coconut flakes, desiccated coconut and chia seeds.	
NAUGHTY NUTTER	125
Banana, cinnamon powder, almond & macadamia butter, cacao powder, homemade almond mylk topped with gluten free granola, banana slices, desiccated coconut, strawberries and more drizzles of almond & macadamia butter.	
BOOBALICIOUS	120
Banana, peanut butter, chia seeds, cinnamon and homemade almond mylk with a choice of Whey protein or Hemp seeds, topped with gluten free granola, banana slices, desiccated coconut and more peanut butter drizzle. Add extra peanut butter + R25	
BLADDY BLAZZIN'BERRY	120
Banana, blueberries, strawberries, dates, chia seeds, homemade almond mylk topped with gluten free granola, banana slices, desiccated coconut and chia seeds.	
GONE GREEN	120
Banana, avocado, spinach, hemp seeds, ginger, homemade almond mylk topped with gluten free granola, banana slices, goji berries and toasted coconut flakes.	
TROPICAL SUMMER	115
Pineapple, orange, goji berries, passion fruit topped with strawberries, apple slices, roasted coconut flakes, chia seeds and gluten free granola.	



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BREAK THE FAST



FLAP JACKS

Three fluffy gluten free flapjacks layered with blueberry compote, coconut cream, fresh strawberries and a cacao rich chocolate sauce.

105

WARMING APPLE CRUMBLE OATS

Gluten free oats cooked with apples, grated baby marrow, raisins, dates, cinnamon and almond mylk topped with our almond/walnut crumble, caramelized apples, almond/macadamia butter, thin slices of fresh apple that is lightly coated with cinnamon.

95

HOMEMADE GRANOLA & FRUIT BOWL

Gluten-free oats tossed with a selection of mixed nuts, cacao powder, cinnamon, dates, coconut oil, sea salt that is oven roasted to perfection to make golden clusters. Served with seasonal fruits, toasted coconut flakes, goji berries and almond mylk.

Add Coconut yogurt +18

85



RAINBOW BOWLS

MOONSHINE BOWL..... 130

Crispy falafel balls, avocado, homemade hummus, curried kimchi (lacto-fermented vegetables), baby marrow and carrots, baby spinach, roasted almonds, roasted mixed seeds, a wedge of lemon. Served with homemade green goddess dressing garnished with mixed sesame seeds and a drizzle of olive oil.

GALAXY POKE BOWL..... 135

Marinated tofu, pickled ginger, brown rice, fresh pineapple cubes, blanched broccoli, edamame beans, grated carrots, baby spinach, thinly sliced purple cabbage drizzled with our sesame miso ginger dressing, garnished with mixed sesame seeds.

FILL ME UPS

Swap to Gluten Free bun or wrap + R10

HEART HEALING & WARMING CURRY 145

A fragrant chickpea, potato and broccoli mild green curry topped with baby spinach, garlic roasted pumpkin, microgreens, coriander and toasted pumpkin seeds. Served with caramelized onion cumin brown rice and a homemade gluten-free garlic and sea salt naan bread.

THAI GREEN CURRY..... 145

A soul-warming vibrant Thai green coconut curry layered with tofu and seasonal vegetables served with fluffy extra long grain basmati rice.

BROCCOLI PESTO PASTA..... 115

Homemade basil broccoli creamy pesto with roasted baby marrow, roasted cherry tomato and rocket served with gluten free penne pasta.

I FALAFEL IN LOVE WITH YOU WRAP..... 135

Crispy herby falafel balls, avocado, slow roasted cherry tomatoes, homemade beetroot hummus, crunchy red cabbage, sauteed kale and a drizzle of our homemade chili mint sauce.

MARRY ME BUTTER BEAN..... 150

A comforting and aromatic creamy butterbean and tomato stew sprinkled with vegan parmesan and served with a slice of sourdough bread to ensure not a drop is left behind.

ZESTY ZEUS WRAP..... 135

A toasted wheat wrap filled with our fabulous falafel's, a coconut Greek style tzatziki, hummus, tomato salsa with jalapeño! A mix of red cabbage, lettuce, deep fried eggplant and a sprinkle of sunflower seeds for that perfect crunch in every bite!

BAGELS & BUNS

Please specify if you would like your bagel toasted.

Gluten-Free bagel at additional charge + R8

TOFU BREAKFAST BAGEL (TOFU)) 105

An "Eggy" scrambled tofu with avocado, roasted cherry tomatoes, rocket, lemon basil pesto and a vegan mayo.

THE REAL EGG BAGEL (EGG) 105

Real egg scrambled with avocado, roasted cherry tomatoes, rocket, lemon basil pesto and a vegan mayo.

CHICKPEA NOT 'TUNA' BAGEL..... 70

Toasted bagel with thick layer of our not 'tuna' chickpea hummus, wild rocket and our homemade creamy gherkin chickpea mayo. Be ready to ask if this is really not tuna!

WARMING SOUPS (375ML)

TOMATO SOUP

With tomatoes kissed by fire, coaxing out their natural sweetness and infusing them with a hint of smoky depth, this vibrant soup is then balanced with a touch of coconut milk for a luxuriously smooth texture.

85

PUMPKIN SOUP

A brightly shiny fragrant and creamy Thai pumpkin soup with turmeric, lemongrass, and garlic oil croutons.

85

BROCCOLI & POTATO SOUP

Hearty potatoes, broccoli florets and spinach blended with our collagen broth made with loads of veggies, herbs and spices such as ginger, star anise, thyme and parsley. Topped with a nutty cream cheese and micro greens.

85





TOASTIES & SANDWICHES

Please choose your bread of choice:

Sourdough, 70% Rye or **Gluten-Free at additional charge + R8**

GOLDEN GRILLED CHEESY SANDWICH..... 89

Sourdough toasted filled with our own homemade vegan mozzarella 'cheese', mushrooms, baby spinach, caramelized onions, roasted cherry tomatoes and an avocado aioli.

CAPRESE TOASTIE..... 89

A sourdough toastie served with Mozzarella, tomato, basil pesto and thinly sliced onion.

NOURISHD B.L.T SANDWICH..... 125

Smokey Tempeh "Bacon", thick layers of our homemade cashew nut cream cheese, creamy avocado aioli, crunchy lettuce, juicy slices of tomato, thinly sliced red onion.

SCRAMBLE FETA MUSHROOM..... 85 & EGG ON TOAST

Scrambled eggs, roasted cherry tomatoes, garlic fried mushrooms, feta served on a toasted Sourdough topped with microgreens.

SMOOSHY AVO TOAST..... 95

Smooshy avo topped with wild rocket, ground pepper and salt served with lemon wedge.

LIGHT MEALS

SWEET POTATO FRIES..... 75

Sweet potato fries served with homemade vegan aioli.

FALAFEL BALLS & HUMMUS..... 65

3 falafel balls with our homemade hummus and mixed seeds.

SUPERFOODS

Cacao powder..... +25

Whey Protein..... +35

Extra Pea Protein..... +35

Goji berries..... +25

Chia seeds..... +25

Hemp seeds..... +25

Spirulina..... +25

DISCLAIMER & ALLERGIES

- All our food and drinks are prepared in a kitchen that handles nuts, soy, dairy, wheat, gluten, legumes, and other allergens. Cross-contamination may occur. Please inform our team of any allergies or dietary requirements before ordering from us. Nourish'd Café and Juicery cannot and will not be held responsible for allergic reactions.

TREATS. MUFFINS & CROISSANTS

DATE BALLS..... 30

A super chocolatey and ultra-moist date ball rolled in shredded coconut.

LOVE BALLS..... 40

Indulge in a velvety blend of Almond and Macadamia butter, enriched with cacao, and the natural sweetness of agave. Elevated with coconut oil, a touch of fine karoo salt, dark chocolate, and crunchy hazelnuts.

PLAIN CROISSANTS..... 45

ALMOND OR CHOCOLATE CROISSANTS..... 50

VEGAN GLUTEN FREE CHOC CHIP..... 45 COFFEE BISCUIT

Buckwheat Choc-Chip "Palets Bretons" are made from 100% home-milled buckwheat flour. They are gluten-free and vegan.

THANK GOODNESS

MILLIONAIRE SHORTBREAD..... 55

BANANA CACAO QUINOA MUFFIN..... 65

OMEGA SEED MUFFIN..... 55

CHOCOLATE CHIP COOKIE..... 45

SNICKERS BAR..... 55

TWIXX..... 45

PEANUT BUTTER CUPS..... 55



At Nourish'd cafe, we are committed to **SUSTAINABILITY** through composting, recycling, and eco-friendly practices to help nourish the people of Cape Town and the Planet.

DID YOU KNOW? NOURISH'D CAFE OFFERS CATERING!

Bring our delicious, plant based fresh flavours to your next event.
Head to our website for more info!



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COLD PRESSED JUICE (375ML)

All of our juices are made from local fruit and veg, using a cold-press method which limits exposure to oxygen and reserves nutritional integrity.

HAPPY HIPPIY.....72 (DETOXIFIER AND ALKALIZER)

Kale, spinach, celery, cucumber, apple, lemon, ginger.

FEELING-DA-BEET OF HEART.....72 (STAMINA AND ENDURANCE)

Beetroot, apple, cucumber, carrot, ginger, mint, lemon.

GLOW & FLOW.....72 (IMMUNE BOOSTING AND FLU FIGHTING)

Orange, apple, ginger, lemon, cayenne pepper.

BLACK BUCHU.....72 (INFLAMMATION AND INFECTION)

Activated charcoal, buchu leaves, cucumber, buchu, water, apple, ginger, lemon.

*Not suitable for pregnant or breastfeeding mamas

CARROT. ORANGE. GINGER.....72

Carrot, Orange, Ginger

ORANGE JUICE.....72

Pure orange juice pressed

☀️ SOUL SHINE.....72

Pineapple, Apple, Ginger, mint

☀️ GREEN HARMONY.....72

Pineapple, spinach, cucumber



SHOTS (100ML)

HOT SHOT.....45

Ginger, lemon, turmeric, black pepper (Feeling flu-ish and muggy? Hot Shot! It's hectic but you'll thank us later)

IMMUNE BOOSTER.....45

Apple, lemon, ginger. A much more palatable shot than the intense Hot Shot with the same benefits is just sweeter.

ALOE VERA.....45

100% pure aloe vera plant extract (Stimulates digestion, speeds healing, detoxifies) increases hydration, soothes the skin and relieves heartburn.

THE ULTIMATE SHOT.....45

Garlic, ginger, raw apple cider vinegar, lemon (This is definitely the shot for you if you are sick. Don't worry about the garlic breath. It will keep the vampires away :) Trust me and take it!)

THE GUT RESTORE.....45

Probiotics, raw apple cider vinegar, spirulina, aloe vera, apple. (A blend to balance your gut bacteria for optimal gut health)

BOOTLEGGER.

COFFEE

AT NOURISH'D WE
ONLY USE THE BEST

Decaf option available. We have double shot as standard.
Option for almond mylk or oat mylk + R8

ESPRESSO.....35

CORTADO.....38

Mini flat white

ICED
350ML

AMERICANO.....36 40

FLAT WHITE.....42

Espresso with micro-foam

ICED
350ML

CAFFE LATTE.....46 50

Espresso with 2 part steamed milk and a layer of foam

ICED
350ML

MOCHA.....50 53

Caffe latte with cacao

UNICORN LATTE (350ML) 50

Coffee based - Try it..... We dare you :)

HOT DRINKS

MAGIC MESQUITE.....48

Roasted mesquite bean powder - a coffee alternative without the caffeine or acidity

HOT CACAOLATE.....58

RED CAPPUCCINO.....45

Red espresso with foamed milk

CHAI LATTE.....48

DIRTY CHAI LATTE.....52

Shot of espresso and chai spice.

TURMERIC LATTE.....58

BABY CHINO.....20

TEA

Rooibos Tea.....32

English Breakfast Tea.....32

Green Tea.....32

Peppermint Tea.....32

NUT MYLKS (375ML) COLD

CACAO MYLK.....72

Almond mylk, raw cacao, dates

GOLDEN MYLK.....72

Turmeric, cinnamon, coconut milk & homemade almond mylk

MATCHA (350ML)

Option for almond mylk or oat mylk + R8

ICED

MATCHA LATTE.....65 70

STRAWBERRY SWIRL MATCHA.....80

Strawberry puree, Ceremonial Matcha, Oat Milk

BLUEBERRY MATCHA.....80

Blueberry puree, Ceremonial Matcha, Oat milk



SEA SALT CARAMEL VANILLA MATCHA.....90

Caramel, Vanilla, Sea Salt, Ceremonial Matcha, Oat milk