Leafy greens

WHOLE FOOD CAFE

WINTER MENU

EAT WHOLE LIVE WHOLE

BOOKINGS/EVENTS

mytable@leafygreens.co.za

087 941 1223

www.leafygreens.co.za

@leafygreenscafe

Leafy Greens Cafe

Breakfast

Served until 11:00

'SHROOM BENEDICT — 110
Herbed potato rösti, mushroom & spinach stack topped with avocado, crispy croutons & vegan hollandaise sauce

BANANA BREAD FRENCH TOAST — 75
Homemade vegan banana bread French toast, topped with almond butter, honey and toasted almond flakes
(ask your waiter for vegan option)

"NOT SO BASIC" AVO TOAST — 95
Sourdough toast, homemade herb pesto, avocado, tomato, toasted seeds & a balsamic reduction (add egg 12)

SHAKSHUKA STACK — 110
Sautéed peppers in a homemade Napoli sauce on sourdough toast, herbed pesto, avocado & your choice of grilled halloumi OR tofu

SEASONAL YOGHURT BOWL — 125
Fresh coconut yogurt, toasted almond butter and mango granola, served with seasonal fruits and homemade berry coulis

APPLE PIE OATS — 95
Creamy gluten free oats and apple pieces cooked in almond milk and cinnamon, topped with fresh apple slices, almond butter and granola

Tapas

GARDEN SALAD — Single 30 / Table (serves 4) 115

WHIPPED FETA — 45
topped with blistered balsamic cherry tomatoes, lemon zest, herbs and olive oil

LOADED HUMMUS — 80
lemon and garlic hummus, topped with roasted baby carrots, freshly chopped herbs, toasted walnuts and pomegranate seeds

CRUMBED MUSHROOMS — 45
crispy crumbed oyster mushrooms served with vegan garlic aioli

SESAME CRUSTED TOFU — 55

VEGAN CH*CKEN NUGGETS — 65

CHEESE TOASTIE — 45
Swap for vegan cheese

CRISPY FALAFEL BALLS — 45

SPINACH CROQUETTES — 45

SOURDOUGH FLATBREAD — 20

HAND CUT POTATO CHIPS — 25

HAND CUT SWEET POTATO CHIPS — 30

Contains Gluten	Vegetarian
Contains Dairy	Vegan
Contains Nuts	New

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

Mains



FALAFEL WRAP — 120
Homemade falafel, cucumber, carrots, hummus, guacamole, salsa & our special house dressing, served in a cauliflower kale wrap

RICE PAPER ROLLS — 95
Pan tossed tamari & ginger marinated veggies, rice noodles & avocado wrapped in rice paper, served with our creamy nut dipping sauce

BUTTERNUT & BEET SALAD — 120
Honey & cinnamon roasted butternut, zesty pearl couscous, beetroot hummus, rocket, topped with crispy chickpeas, feta, toasted seeds & basil pesto dressing

GLOW BOWL — 120
Pan fried marrows & tender-stem broccoli, pickled ginger, cucumber ribbons, sesame crusted tofu & herby green goddess dressing

VEGETARIAN BURGER — 125
Hearty homemade veggie patty topped with sliced pickles, balsamic fried onions, vegan bao mayo, tomatoes, guacamole, cashew cheese sauce.
Served with potato fries.*

THE BEET BURGER — 150
Spicy black bean & sweet potato patty topped with vegan cheddar, tomatoes, rainbow slaw & tangy vegan cheese sauce, served on a beetroot sourdough sesame bun.
Served with potato fries.*
*Burger Option: Substitute bun with gluten free bread

PEANUT BUTTER CHILLI STIR FRY — 145
Crisp and colorful mixed vegetables sautéed in a peanut butter and chili sauce, rice noodles and crispy tofu, topped with toasted peanuts and fresh spring onion

CREAMY EXOTIC MUSHROOM PASTA — 95
Exotic mushrooms pan tossed in a cashew coconut cream and thyme sauce, gluten free spaghetti, topped with fresh lemon zest and a vegan parmesan crumble

HEARTY VEGETABLE CURRY — 110
Roasted chunky seasonal vegetables and chickpeas cooked in a warm homemade coconut curry sauce, served with brown basmati coconut rice and crispypopa-dom, topped with fresh coriander and toasted cashews

CAULIFLOWER STEAK — 100
Spiced and grilled cauliflower slices, red and white quinoa served with curried hummus, toasted seeds and vegan coriander yoghurt

MEDITERRANEAN BOWL — 85
Garlic, herb and balsamic roasted chunky vegetables, chickpea falafel balls, fresh garlic and lemon hummus topped with a nut za'atar sprinkle

ROASTED TOMATO SOUP — 95
Creamy roasted tomato and herb soup served with a crispy sourdough cheese toastie

Extras

EGG (fried or poached)	12
AVOCADO	20
HALLOUMI	26
TOFU	40
SOURDOUGH TOAST	10
GLUTEN FREE TOAST	15

Smoothies

PROTEIN KICK — 95
Almond milk, almond butter, banana, dates, maca, vegan protein powder, mesquite & lemon

LEAFY GREEN — 60
Greens from our garden, almonds, dates, banana, baobab, moringa & pineapple

ALOE BERRY — 70
Mixed berries, goji berries, dates & aloe

CARROT CAKE — 65
Carrots, banana, dates, almond butter, cinnamon, vanilla, almond milk

BLACK CAT — 60
Peanut butter, dates & banana

CHOCOLATE BLISS — 65
Almond milk, cacao, banana, dates, maca

PUMPKIN PIE — 60
Pumpkin, mixed spice, almond butter, cinnamon, dates, vanilla & almond milk

Fresh Juices

BOOST — 55
Orange, carrot, pineapple & ginger

RENEW — 55
Kale, spinach, apple, ginger & lemon

BUILD — 55
Beetroot, carrot, pineapple, ginger & lemon

REFRESH — 55
Apple, cucumber, celery, lemon, parsley & aloe

BURN — 55
Tomato, beetroot, carrot, pepper & lemon

APPLE SHERBET — 55
Apple, lemon & lemon zest

PINEAPPLE MINT — 55
Pineapple, mint & apple

Kiddies

MINI VEGAN BURGER — 65
VEGGIE STICKS AND HUMMUS — 55
CHEESE TOASTIE — 45
(Swap regular cheese for vegan cheese optional)

Speciality Drinks



KOMBUCHA — 38
HOMEMADE ICE TEA — 38
STILL / SPARKLING WATER — 15
PINEAPPLE COCONUT CRUSH — 65
Add Rum 28
CHOCOLATE COLLAGEN FREEZO — 95
ICED COFFEE — 55

Soft Drinks

COKE / COKE ZERO — 32
SPRITE / SPRITE ZERO — 32
APPLETIZER — 34
GRAPETIZER — 34

Warm Drinks

ESPRESSO — 25
AMERICANO — 28
FLAT WHITE — 34
CAPPUCCINO — 34
RED CAPPUCCINO — 36
CREAMY VEGAN HOT CHOC — 50
ASSORTED TEAS — 22
SPECIALITY TEAS — 32
LATTE — 34
CHAI LATTE — 38
TURMERIC LATTE — 45
BEETROOT LATTE — 45

Soy milk	5
Alternative milk	8
Decaf / extra shot	8

Vegan Desserts

STRAWBERRY CHEESECAKE — 75
CHOC ORANGE CHEESECAKE — 80
ALMOND ROCHER — 32
APPLE PIE — 65
Served warm with vegan ice cream

Cocktails

MINT MOJITO **80**

Rum, lemon juice, honey, mint leaves, cucumber & lemon slices

LAVENDER LEMONADE **85**

Lavender infused gin, pink lemonade, lemon slices & lavender flowers

POMEGRANATE & MINT G&T **80**

Gin, homemade, pomegranate syrup, tonic and mint leaves

LEMON & ELDERFLOWER G&T **80**

Gin, elderflower syrup, tonic, lemon slices

SPICED RUM & PINEAPPLE KOMBUCHA **80**

Rum, homemade kombucha, pineapple juice

ROSEMARY GRAPEFRUIT **80**

Fresh grapefruit juice, rosemary syrup, tonic, vodka

Add a shot

Captain Morgan Spiced Rum	28
Tanqueray London Dry Gin	28
Cruz Manhattan Blossom Vodka	36

Bubbles

PIERRE JOURDAN SPARKLING ROSE **410**

Undertones of strawberries, rose petals & turkish delight

L'ORMARINS BRUT **420**

Tangy lime & green apple crunch with a richer, deeper, biscuit & sourdough undertone

DURBANVILLE HILLS SAUVIGNON BLANC **240**

A delightful bouquet of green pepper, kiwi fruit, passion fruit, melon, ripe figs & gooseberries



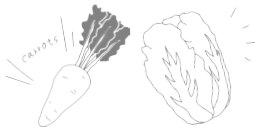
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Beers



WINDHOEK DRAUGHT	**42**
BLACK LABEL	**34**
CASTLE LITE	**34**

Ciders

SAVANNA DRY	**45**
SAVANNA LIGHT	**45**

White Wine

PROTEA CHENIN BLANC **190**

Tropical notes of green melon, nectarine & apricot

PROTEA SAUVIGNON BLANC **200**

Papaya, grapefruit, lime, winter melon & green fig

DURBANVILLE HILLS CHARDONNAY **200**

Citrus aroma, finely balanced by vanilla

Red Wine

PROTEA MERLOT BY ANTHONIJ RUPERT **190**

Tropical fruits, honey, melon, pineapple

PAINTED WOLF PINOTAGE **240**

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

Rose

CARMEN STEVENS JULIE ROSE **250**

Light & likely feel of raspberries, quince & watermelon fruit

OPEN
WED - SUN
08:30 - 17:00
(Kitchen closes 15:30)