

Breakfast



SWEET

CHIA SEED FRUIT BOWL ~ Tropical fruits with coconut milk chia pudding.

COCOA SMOOTHIE BOWL ~ Coconut and banana raw vegan ice cream drizzled with rawnola, spirulina, banana, blackberry, and cocoa nibs.

COCONUT FLOUR PANCAKE STACK ~ Gluten free coconut pancakes served with fresh tropical fruits, almonds, and a spirulina honey glaze.

HOT COCONUT GRAIN FREE PORRIDGE ~ coconut milk, egg, blackberries, coconut flour, and flaxseeds.

ADD ONS

FRESH FRUIT PLATE

PRANA BREAD WITH ALMOND BUTTER

GRAIN FREE GRANOLA + ALMOND MILK

SAVORY

AVOCADO BREAKFAST SANDWICH ~ Raw onion bread sandwich with 1 fried egg, avocado and fresh veggies.

CAULIFLOWER HASH BROWNS WITH POACHED EGGS

SHALKSHUKA ~ 3 eggs, onion, red pepper, coriander, turmeric, cumin, lemon juice, tomato, parsley.

VEGAN SAVORY CREPES ~ A raw zucchini crepe served with sauteed greens, mushrooms, onions, red pepper and garlic, with hot sauce, tahini and avocado.

DRINKS

COFFEE WITH ALMOND MILK

FRESH COCONUT WATER

CHOOSE A SMOOTHIE OR FRESH PRESSED

JUICE FROM THE DRINKS MENU

Please let the kitchen know if you have any dietary restriction

Juices & Smoothies



JUICES

MORINGA LEMONADE ~ fresh moringa, ginger, fresh mint and lemon juice

STRESS RELIEVER ~ Carrot, ginger, apple, beetroot, cucumber, celery and greens

GREEN DETOX ~ leafy greens, celery, cucumber, lemon, parsley, ginger

BLOAT AWAY ~ cucumber, apple, celery, mint, parsley

HEALTHY LIFE ~ carrot, orange, apple, beetroot, lemon, greens

COOL DOWN ~ watermelon, coconut water, cucumber, lemon fresh mint

BLOOD BUILDER ~ beetroot, carrot, apple, turmeric, orange, lemon, ginger

SMOOTHIES

GREEN SMOOTHIE ~ avocado, greens, almond milk, cucumber, celery

CULTURAL SHOCK ~ orange juice, raspberries, banana, passion fruit

TROPICAL PUNCH ~ mango, papaya, orange juice, coconut water, greens

HEALTHY GLOW ~ avocado, cinnamon, banana, coconut water, greens

PASSIONATE LIFE ~ banana, papaya, passion fruit, orange juice

CLEANSE YOUR SOUL ~ coconut water, spirulina, coconut meat, bee pollen, maca

AFTER SPORT ~ coconut water, coconut meat, banana, raw cacao

DIGEST ~ papaya, pineapple, orange juice, coconut water, ginger

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Smaller bites



SOUPS

TOMATO GASPACHO ~ A detoxifying blend of fresh tomatoes, peppers, cucumbers and herbs.

THAI COCONUT SOUP ~ Nutrient packed soup with fresh coconut milk, cashews, lemon grass and ginger.

AVOCADO LIME SOUP ~ Avocado, cucumber, lime, coconut water and fresh basil.

SMALL BITES

GUACAMOLE PLATE ~ served with raw crackers and fresh veggies.

CLEANSING SUSHI ROLLS ~ Grain free veggie nori rolls served with a ginger soy dipping sauce.

CASHEW HUMMUS PLATE ~ Homemade hummus served with fresh veggies, and raw crackers.

SALADS

SEAWEED SALAD ~ Sea vegetable salad marinated in a ginger sesame dressing.

STUFFED AVOCADO ~ Half an avocado, nestled on a bed of arugula. Stuffed with a tomatoes and fresh basil from our garden, and drizzled with our Green Goddess dressing.

JUNGLE SALAD ~ Daily harvest organic greens, beets, carrots, tomatoes, and sun flower seeds, and roasted almonds. Tossed in our green goddess dressing served with a raw carrot cracker.

SWEETS

TROPICAL FRUIT PLATE

TROPICAL FRUIT SORBET

AVOCADO CHOCOLATE MOUSSE

CHOCOLATE TAPAS PLATE ~ A

selection of homemade chocolates and macaroons

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Main Dishes



MAINS

PAD THAI SPRING ROLLS WITH SPICY ALMOND DIPPING SAUCE ~ Refreshing flavours of coconut, cabbage, carrot, and apple served with a heated and complex almond sauce.

RAW VEGAN PIZZA ~ Carrot flax pizza crust with three different varieties of pizzas.

Topping include: herbed cashew cheese, fresh pesto, portobello mushrooms, fresh tomatoes and fresh basil.

LETTUCE WRAPS ~ Butter lettuce cups stuffed with walnut "meat", jalapeno slaw and cashew sour cream.

ZUCCHINI WRAPS ~ Grilled zucchini, grilled eggplant, basil pesto, fresh basil, balsamic onions, cracked pepper, basil aioli, butter lettuce, fresh tomato and a cashew sour cream dipping sauce.

QUESADILLAS ~ Wild mushrooms, cashew cream cheese, fresh greens and hot salsa.

ALMOND BURGER SLIDERS ~ 3 mini almond burgers on coconut almond our raw bun. Each of the three burgers are layered with a variety of flavours.

AVOCADO SANDWICH ~ Raw on bread, sundried tomato spread, fresh veggies and avocado. Served with a grated'n greens salad.

TACONES ~ Hand roll style taco. Home made raw coconut turmeric tortilla, portobello meat, chayote slaw, greens, and sauce.

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