

## BREAKFAST

<b>SMALL BREAKFAST BITE</b>	<b>R58</b>
Two eggs (poached or scrambled), white cheddar & sourdough toast	
<b>OSUMO SCRAMBLE</b>	<b>R73</b>
Two scrambled eggs, savoury mince, feta, marinated red onion, avocado & rocket	
<b>FRENCH TOAST</b>	<b>R56</b>
Sourdough dipped in cinnamon-vanilla egg mix, served with maple flavoured syrup	
<b>APPLE CRUMBLE OATS</b> <span>VE</span>	<b>R45</b>
Oats, peanut butter, apple, cinnamon, flaked almonds, milk & honey	
<span>V</span> Swop milk with almond milk R12 / honey for brown sugar	
<b>ENERGY OATS</b> <span>VE</span>	<b>R40</b>
Oats, banana, flaked almonds, cinnamon, milk & honey	
<span>V</span> Swop milk with almond milk R12 / honey for brown sugar	
<b>BREKKIE WRAP</b>	<b>R69</b>
Two scrambled eggs, macon, cherry tomatoes, baby spinach & white cheddar	
<b>SALSA SUNRISE WRAP</b>	<b>R86</b>
Two scrambled eggs, Mexican mince, white cheddar, chunky salsa & guacamole	
<b>VEGAN FLAPJACKS</b> <span>V</span> <span>GF</span>	<b>R59</b>
Gluten-free flapjacks with facon & maple flavoured syrup	

## SMOOTHIE BOWLS

<b>KISS MY ACAI</b> <span>VE</span>	<b>R110</b>
Blend: Marcel's raspberry & beetroot frozen yoghurt, acai powder, mixed berries & apple juice Toppings: Granola, peanut butter, hemp seeds, chia seeds & seasonal fruit	
<b>MONKEY BUSINESS</b> <span>VE</span>	<b>R110</b>
Blend: Marcel's raspberry & beetroot frozen yoghurt, acai powder, mixed berries & apple juice Toppings: Granola, Nutella, hemp seeds, chia seeds, banana & choc chips	

Fuelled by  
**MARCEL'S**



## WRAPS

<b>THE GREEN GODDESS</b>	<b>R105</b>
Greens, grilled chicken, parmesan, carrot, cherry tomatoes & basil pesto vinaigrette	
<b>STICKY PLUM CHICKEN</b>	<b>R88</b>
Greens, grilled chicken, feta, avocado, cherry tomatoes, carrots & sticky plum sauce	
<b>CHUNKY CHICKEN</b>	<b>R88</b>
Greens, grilled chicken, white cheddar, cucumber, cherry tomatoes, carrots, toasted sunflower seeds & yoghurt mayo	
<b>BBQ RUMP</b>	<b>R110</b>
Greens, rump strips, feta, avocado, cherry tomatoes, carrots, toasted sesame seeds & BBQ sauce	
<b>SQUASH GOAL</b>	<b>R85</b>
Greens, roasted butternut, grilled chicken, feta, cherry tomatoes, carrots & tangy dressing	
<span>V</span> Swop chicken with grilled mushrooms R12 / feta with peppadews	
<b>NOURISH WRAP</b> <span>VE</span>	<b>R78</b>
Taco black bean mix, white cheddar, brown rice, salsa fresca & avocado jalapeno mayo	
<span>V</span> Swop white cheddar with grilled mushrooms R12 / avocado jalapeno mayo with curry vegan mayo	

## BOWLS

<b>CHICKEN CASHEW CRUNCH BOWL</b>	<b>R95</b>
Grilled chicken, warm brown rice, roasted spicy broccoli, cabbage, carrots, spring onion, sticky coconut cashews & spicy sesame cashew dressing	
<b>CHICKEN PESTO POWER BOWL</b>	<b>R105</b>
Grilled chicken, greens, warm bulgur wheat, roasted spicy broccoli, cherry tomatoes, parmesan crisps & pesto vinaigrette	
<b>SMOKY HARISSA CHICKEN BOWL</b>	<b>R105</b>
Grilled harissa chicken, greens, warm brown rice, marinated red onions, cucumber, cherry tomatoes, feta & harissa vinaigrette	
<span>V</span> Swop chicken with roasted butternut R12 / feta with peppadews	
<b>GREENS AND GAINS CHICKEN BOWL</b>	<b>R105</b>
Grilled chicken, greens, warm bulgur wheat, avocado, carrots, cabbage & honey mustard dressing	
<b>SOUL FUEL BOWL</b> <span>V</span>	<b>R115</b>
Falafel, greens, warm bulgur wheat, grilled mushrooms, cucumber, radish, apple & curry vegan mayo	
<b>FULLY LOADED BURGER BOWL</b>	<b>R110</b>
Savoury mince, greens, white cheddar, gherkins, cherry tomatoes, macon, marinated red onion & chipotle mayo	



## STACKS

All stacks served with white cheddar, crushed nacho chips, greens, spring onion & chipotle mayo

<b>MEXICAN BEEF MINCE</b>	<b>R59</b>
<b>GRILLED TACO CHICKEN</b>	<b>R59</b>
<b>TACO BLACK BEAN MIX</b> <span>VE</span>	<b>R54</b>

## KICK SHOTS

100ML | COLD PRESSED

<b>CITRUS KICK</b>	<b>R35</b>
Orange, turmeric, ginger, black pepper	
<b>GINGER KICK</b>	<b>R35</b>
Apple, lemon, ginger	

## SMOOTHIES

REGULAR 350ML  
LARGE 500ML

REGULAR LARGE

### PEANUT BUTTER BOOST

Marcel's vanilla frozen yoghurt, milk, banana & peanut butter

R55 R65

### ICED COFFEE

Marcel's vanilla frozen yoghurt, milk & coffee

R55 R65

### MANGODILLA

Marcel's mango frozen yoghurt, mango juice, granadilla & mango

R55 R65

### VERY BERRY

Marcel's strawberry frozen yoghurt, apple juice & mixed berries

R55 R65

### CHOCOLATE FROST

Marcel's vanilla frozen yoghurt, milk, Nomu sugar free chocolate powder & banana

R55 R65

**V** Swop frozen yoghurt with vanilla oat cubes R12 / milk with oat milk

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## PROTEIN SMOOTHIES

REGULAR 350ML  
LARGE 500ML

REGULAR LARGE

### BLUEBERRY BOMB

Protein powder, milk, yoghurt, banana, blueberries & peanut butter

R76 R88

### FIG ME UP

Protein powder, milk, yoghurt, banana, fig, cashew nut butter & cashews

R76 R86

### MOCHA GLOW **V**

Vegan protein powder, almond milk, cocoa, coffee, almond butter & banana

R76 R86

## BOOSTERS

Chia Seeds – Omega 3	R10
Maca – Energy	R15
Acai Powder – Antioxidant	R25
Collagen – Glow	R15
Protein Powder – Recovery (+15g protein)	R18

## HOT DRINKS

REGULAR 250ML  
LARGE 350ML

REGULAR LARGE

### FLAT WHITE

R35

### LATTE

R38

### CAPPUCINO

R30 R38

### AMERICANO

R24 R28

### HOT CHOCOLATE

R30 R35

### TEA

R20

Ceylon, rooibos, green & chamomile

### RED CAPPUCCINO

R30 R35

COLD PRESSED

## DAILY SQUEEZE

REGULAR 350ML  
LARGE 500ML

REGULAR LARGE

### APPLE, CARROT OR ORANGE

R49 R59

### GONE GREEN

R65 R75

Spinach, cucumber, celery, apple & lemon

### CARROT PINE

R65 R75

Carrot, pineapple & orange

### ENERGIZER

R65 R75

Beetroot, apple, carrot, lemon & ginger

*Although we indicate some of our menu items are gluten friendly & vegan, they are prepared in kitchens where gluten, nuts & dairy are used.*

## STAY CONNECTED NATURALLY

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### CAVENDISH

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FUEL YOUR BODY,  
NATURALLY

**GF** GLUTEN-FRIENDLY **V** VEGAN **VE** VEGETARIAN