

BREAKFAST

SMALL BREAKFAST BITE

Two eggs (poached or scrambled), white cheddar & sourdough toast

R58

OSUMO SCRAMBLE

Two scrambled eggs, savoury mince, feta, red onion, avocado & rocket

R73

FRENCH TOAST

Sourdough dipped in cinnamon-vanilla egg mix, served with maple flavoured syrup

R56

APPLE CRUMBLE OATS VE

Oats, peanut butter, apple, cinnamon, flaked almonds, milk & honey

V Swap milk with almond milk R12 / honey for brown sugar

R45

ENERGY OATS VE

Oats, banana, flaked almonds, cinnamon, milk & honey

V Swap milk with almond milk R12 / honey for brown sugar

R40

BREKKIE WRAP

Two scrambled eggs, macon, cherry tomatoes, baby spinach & white cheddar

R69

SALSA SUNRISE WRAP

Two scrambled eggs, Mexican mince, white cheddar, chunky salsa & guacamole

R86

VEGAN FLAPJACKS V GF

Gluten-free flapjacks with facon & maple flavoured syrup

R59

SMOOTHIE BOWLS

KISS MY ACAI VE

Blend: Marcel's raspberry & beetroot frozen yoghurt, acai powder, mixed berries & apple juice
Toppings: Granola, peanut butter, hemp seeds, chia seeds & seasonal fruit

R110

MONKEY BUSINESS VE

Blend: Marcel's raspberry & beetroot frozen yoghurt, acai powder, mixed berries & apple juice
Toppings: Granola, almond nut butter, hemp seeds, chia seeds, banana & choc chips

R110

Fuelled by
MARCEL'S



WRAPS

THE GREEN GODDESS

Greens, grilled chicken, parmesan, carrot, cherry tomatoes & basil pesto vinaigrette

R105

STICKY PLUM CHICKEN

Greens, grilled chicken, feta, avocado, cherry tomatoes, carrots & sticky plum sauce

R88

CHUNKY CHICKEN

Greens, grilled chicken, white cheddar, cucumber, cherry tomatoes, carrots, peppadews, toasted sunflower seeds & yoghurt mayo

R88

BBQ RUMP

Greens, rump strips, feta, avocado, cherry tomatoes, carrots, toasted sesame seeds & BBQ sauce

R110

SQUASH GOAL

Greens, roasted butternut, grilled chicken, feta, cherry tomatoes, carrots & tangy dressing

V Swap chicken with grilled mushrooms R12 / feta with peppadews

R85

NOURISH WRAP VE

Taco black bean mix, white cheddar, brown rice, salsa fresca & avocado jalapeno mayo

V Swap white cheddar with grilled mushrooms R12 / avocado jalapeno mayo with curry vegan mayo

R78

BOWLS

CHICKEN CASHEW CRUNCH BOWL

Grilled chicken, warm brown rice, roasted spicy broccoli, cabbage, carrots, spring onion, sticky coconut cashews & spicy sesame cashew dressing

R95

CHICKEN PESTO POWER BOWL

Grilled chicken, greens, warm bulgur wheat, roasted spicy broccoli, cherry tomatoes, parmesan & pesto vinaigrette

R105

SMOKY HARISSA CHICKEN BOWL

Grilled harissa chicken, greens, warm brown rice, red onions, cucumber, cherry tomatoes, feta & harissa vinaigrette

V Swap chicken with roasted butternut R12 / feta with peppadews

R105

GREENS AND GAINS CHICKEN BOWL

Grilled chicken, greens, warm bulgur wheat, avocado, carrots, cabbage & honey mustard dressing

R105

SOUL FUEL BOWL V

Falafel, greens, warm bulgur wheat, grilled mushrooms, cucumber, radish, apple & curry vegan mayo

R115

FULLY LOADED BURGER BOWL

Savoury mince, greens, white cheddar, gherkins, cherry tomatoes, macon, red onion & chipotle mayo

R110

STACKS

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

MEXICAN BEEF MINCE

R59

GRILLED TACO CHICKEN

R59

TACO BLACK BEAN MIX VE

R54

KICK SHOTS

100ML | COLD PRESSED

CITRUS KICK

Orange, turmeric, ginger, black pepper

R35

GINGER KICK

Apple, lemon, ginger

R35



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

 Swap frozen yoghurt with vanilla oat cubes R12 / milk with oat milk

Fuelled by
MARCEL'S

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

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

R76 R86

GYM JUNKIE

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

R73 R83

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.

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CAVENDISH

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FUEL YOUR BODY,
NATURALLY



GLUTEN-FRIENDLY



VEGAN



VEGETARIAN