#### **CHOOSE YOUR BLEND:**





## CAFFÈ

	SOLO	мисно	GRANDI
ESPRESSO			
Single	25	-	-
Double	29	-	-
AMERICANO	30	36	43
CORTADO			
Single	33	-	-
Double	37	-	-
CAPPUCCINO	34	40	46
FLAT WHITE	37	-	-
CAFFÈ LATTE			
Single shot	-	37	-
Double shot	-	40	43
FLAVOURED LATTES	42	48	54
Caffè latte with syrup  Vanilla, Hazelnut or Caramel			
BULLET Double shot, milk & coconut oil	42	_	-
BOMBA ENERGIA	-	46	_
Triple shot cappuccino		-10	
CON PANNA	46	-	-
<b>Double shot</b> with a dash of hot water			
topped with cream			
<b>DIRTY CHAI</b> Chai latte with espresso	-	48	54
CAFFÈ MOCHA	-	49	56
FLAVOURED MOCHAS	-	55	62

White Choc,	Hazelnut or	Choc Cookie

Decadent hot chocolate served with espresso

ICED CAFFÈ		
	мисно	GRANDÈ
AMERICANO	36	43
Espresso with cold water over ice		
(III) CORTADO	39	-
Double shot with micro foamed milk over ice		
CAFFÈ LATTE	40	43
Double shot with micro foamed milk over ice		
FLAVOURED LATTES	48	54
Vanilla, Hazelnut or Caramel		
Decadent white chocolate served with a <i>double shot</i> over ice	55	62
GELADO 👸	56	64
Our signature iced caffè with milk, ice & vanilla		
CAFFÈ MOCHA	59	67
Espresso blended with chocolate, milk & ice		











#### **MATCHA**

SOLO	MUCHO	GRAND
42	46	52
-	46	52
-	55	62
-	55	62
	42	42 46 - 46 - 55

COOLERS Flavoured cordials served over	ice	
	мисно	GRANDÈ
SPICY PEACH Ginger & peach with fresh mint & lemon	48	55
STRAWBERRY ORANGE BASIL	48	55
With fresh mint & strawberry pieces		
RASPBERRY DRAGON FRUIT	48	55
With fresh mint & dragon fruit pieces		

#### **FRIOS**

FRIOSHAKE

Topped with cream & Lotus Biscoff® crumble

MADE WITH BLENDED

MADE WITH

MATCHA LATTE POWDER

	MUCHO	GRANDÈ
COFFEE FREEZO 🗓	55	62
Coffee flavoured iced drink		
CHERRY WHITE CHOC	55	62
SOUR CHERRY ENERGY	60	68
with Guarana		
WATERMELON STRAWBERRY 😳	48	55
MANGO PASSION FRUIT 🜝	48	55
RASPBERRY DRAGON FRUIT 😳	48	55
SEA SALT CARAMEL	55	62
CHOCOLATE (iii)	55	62

LEMON CREAMS	мисно 60	GRANDÈ 68
A blended Lemon Creams flavoured iced drink topped with cream & Lemon Creams biscuit crumble		
CHOC CARAMEL A blended choc caramel flavoured iced drink topped with cream & brownie crumble	60	68
A blended Aero mint and chocolate flavoured iced drink topped with cream & brownie crumble	60	68
COOKIES & CREAM Topped with cream	60	68
LOTUS BISCOFF® Biscoff	69	77

MILK ALTERNATIVES	•		
THE ORIGINAL	SOLO	MUCHO	GRANDÈ
OAT by OATLY!	10	11	12
ALMOND or OAT by Bulla Null GE	7	8	9
SOY by MILKLAB		No	o charge



# **SMOOTHIES**



	MUCHO	GRANDÈ
STRAWBERRY SUPRESA Strawberry, banana, apple juice & low fat frozen yoghurt	55	62
PEANUT FORÇA Peanut butter, banana, honey & low fat frozen yoghurt	55	62
CHOC PEANUT BUTTER  Peanut butter, cocoa powder, banana, honey, milk & low fat frozen yoghurt	59	66
VIDA VITALITY (Maleky)  Dragon fruit, mango, apple, oat milk & lemon juice	59	66
CREAMY GREENS VECUcumber, apple, mango, baby spinach, apple juice, lemon juice, chia seeds & mint	65	72
MUCHO POWER (E) Grass-fed whey protein, peanut butter, banana, chia seeds & mill	<b>70</b>	77
MATCHA COLLAGEN  Matcha, collagen, banana & frozen yoghurt	75	82
SUPERFOOD BERRY V+ Blueberry, banana, apple, apple juice, chia seeds & superfood powder	65	72
THE ALMOND VI Banana, almond milk, dates, granola, almond & macadamia nut butter & cinnamon	65	72
COCOA NUT BUTTER V: Banana, almond milk, dates, almond & macadamia nut butter & cocoa powder	65	72

#### **HOT DRINKS**

	SOLO	мисно	GRANDÈ
RED CAPPUCCINO®	-	44	49
CHAI LATTE	-	46	52
SEA SALT CARAMEL LATTE	44	49	54
LOTUS BISCOFF® LATTE Biscoff Add a single shot of espresso R10	-	59	-
HOT CHOCOLATE  Chocolate or White Chocolate  Add Hazelnut or Choc Cookie syrup R10	42	47	52
<b>LEMON IMMUNITEA</b> Lemon, ginger & turmeric tea	-	42	-
CLASSIC TEA Ceylon or Rooibos	-	29	-
SPECIALITY TEA Ronnefeldt  English Breakfast, Very Early Grey, Magic Africa, Charming Chamomile, Spice of Life, Mindful Mint,	-	37	-

## **JUICES**

Fruits of Joy, Lemon Green

100% APPLE OR 100% ORANGE JUICE	38
COLD PRESSED	40

# **BREAKFASTS**

FRITTATAS Enquire about our selection	38
SOLO BREAKFAST  1 egg, cherry tomatoes, 2 rashers of streaky bacon served with toasted bloomer bread	44
CROISSANT V Freshly baked with jam & mature cheddar	52
CREAMY OATS   Served with your choice of milk (dairy, coconut, almond, oat or soy)  Plain creamy oats  Banana & almond with chia seeds  Apple & cinnamon with almond flakes  Blueberry, cranberry & coconut with mixed seeds  Peanut butter, banana & chocolate	48 52 52 52 52
TOMATO & EGG CROISSANT BUN  Our unique croissant bun with spicy tomato relish, egg, cheddar, sliced tomato & rocket	54
BACON & EGG CROISSANT BUN Our unique croissant bun with bacon, egg & cheddar cheese	62
AVO ON TOAST   Smashed avo on toasted bloomer bread ADD 15 poached egg	64
GRANOLA & YOGHURT V  Almond & cranberry granola, plain yoghurt & berry compote	65
OMELETTE 3 egg omelette served with bloomer bread Bacon & mozzarella Baby spinach, feta & caramelized onions Charmy tomptoes, basil pacto & mozzarella	65
Cherry tomatoes, basil pesto & mozzarella   MUCHO BREAKFAST  Eggs your way, cherry tomatoes, mushrooms, streaky bacon, served with toasted bloomer bread	72
ADD TO ANY BREAKFAST: Toasted bloomer bread Egg Cherry tomatoes Mushrooms Streaky bacon Avo Chips	15 15 15 20 25 20 22
PASTRIES Enquire about our croissants, muffins & sweet treats	
CROISSANT BUNS	
BREAKFAST CROBUN Bacon, egg & cheddar	62
CROBURGER Crumbed chicken breast, mixed leaves, tomato & mayo, topped with cheddar cheese	65
MAINS Served with chips or side	salad
CHICKEN PREGO  Grilled chicken breast with prego sauce on a crispy Portuguese bun with mayo, rocket, cherry tomatoes & fried onions	80
CHEESE BURGER Beef patty or chicken breast topped with double cheddar cheese, lettuce, tomato & cucumber on a sesame seed bun	87
SIRLOIN PREGO Grilled sirloin with prego sauce on a crispy Portuguese bun with mayo, rocket, cherry tomatoes & fried onions	94
BACON, AVO & MOZZARELLA BURGER Beef patty or chicken breast topped with bacon, avo,	109

mozzarella, lettuce, tomato & cucumber on a sesame seed bun

QUESADILLAS Served with chips	s or side salad
CAPRESE V Soft tortilla wrap filled with basil pesto, tomato & mozzarella, folded & toasted	65
CHOURIÇO Soft tortilla wrap filled with chouriço, spicy tomato relish, mozzarella & tomato, folded & toasted	70
SMOKED CHICKEN Soft tortilla wrap filled with smoked chicken, spicy tomato relish, corn, coriander, jalapeños & tomato, folded & toasted	70
WRAPS	
ROAST BUTTERNUT, FETA & PESTO V With baby spinach, rocket & mixed seeds wrapped in a multiseed tortilla wrap	84
SPICY CRUMBED CHICKEN With spicy tomato relish, feta, cherry tomatoes & red onion wrapped in a multiseed tortilla wrap	87
CHUNKY CHICKEN With carrot, cucumber, feta, cherry tomatoes & mixed seeds wrapped in a multiseed tortilla wrap	87
BBQ CHICKEN & BACON With crumbed chicken strips, cheddar cheese & mixed leaves wrapped in a multiseed tortilla wrap	87
TOASTIES Made fresh in store on our signature Bloomer or Gluten Free bread + R15	
CLASSIC CHEESE V SPICY CHICKEN MAYO CLASSIC CHICKEN MAYO BACON, EGG & CHEESE HAM, CHEESE & TOMATO BACON, MOZZARELLA & JALAPEÑO QUATTRO V Four cheeses, spring onion & coriander CAPRESE V PULLED BEEF PREGO CHICKEN MASALA	72 82 82 82 82 82 82 89
SIDES	
CHIPS OR SIDE SALAD	22
DESSERT	

# **CUSTOMISE YOUR VIDA**

Enquire about our cake selection & decadent treats

**CAKES** 

ASHWAGANDHA POWDER
A plant extract classified as an adaptogen, helping the body adapt to stressors and promote overall well-being
CBD POWDER
COLLAGEN POWDER by Cally June
15

FROM R62