La coco C EST. 2014 FOOD PURVEYORS

JUICE BAR & LOCAL EATERY

Summer Menu

please ask the waitress for our daily sweet treats, pie & quiche options

VEGAN | GLUTEN FREE | HOME BRAND | AVAILABLE TO BUY

BREAKFAST

Morning Bowls

Gluten Free Granola with Grilled Pineapple R84
Gluten free granola served with Greek yogurt, mixed berries
Topped with grilled pineapple
LOW CALORIE | GF Granola

Old Fashioned Banana & Seed Oats R60
Creamy Rolled oats, cinnamon, peanut butter topped with caramelized banana & ultimate seed mix
Substitute with almond milk +R10

Fruit Bowl R80
Seasonal fresh fruit, Greek yogurt, oat crumble & seed mix
Served with honey
Oat Crumble

Acai Berry Bowl R103
Amazonia organic acai, berries, banana with coconut milk
Topped with seasonal fruit, roasted nuts, almond butter, cocoa nibs & chia seeds

Sweet

Add streaky bacon +R32

Buckwheat Flapjacks R98
With fresh banana, pecan nuts & coconut peanut butter ice cream
Served with agave syrup

Pumpkin Flapjacks R100
With seasonal fruit and almond butter
Served with agave syrup
Almond Butter

Ana Banana R65
Toasted banana bread with honey & espresso butter

French Toast R83
Ciabatta bread drenched in cinnamon vanilla egg mixture

Berry Bliss R94
Berries, oat crumble & whipped cream cheese
Served with syrup
Oat Crumble

PB Streak
Peanut butter, honey & streaky bacon

Favourites

We use free range eggs
Choose between rye / ciabatta / low GI / white
Gluten free bread +R25

Signature Smashed Avo R65
Smashed avo*, roasted cherry tomatoes, fried capers & feta
Served on rye
Add scrambled eggs +R26
Add streaky bacon +R32

Simple R39
Scrambled eggs
Served on toast
Add avocado +R24*
Add spicy mince +R32

Basic R78
Scrambled eggs served on toast, streaky bacon & roasted cherry tomatoes

Classic R95
Scrambled eggs served on toast, streaky bacon, roasted cherry tomatoes, beef sausage and mushrooms
Add avocado +R24

Mexican Breakfast Bowl R104
Scrambled eggs, chorizo, spicy mince, sweet corn salsa, smashed avo* & tortilla chips

Sweetcorn Breakfast Fritters R94
Sweetcorn fritters, sweet corn salsa, smashed avo* & sriracha chilli sauce
Add streaky bacon +R32
Add poached egg +R10

Basil Pesto Eggs R85
Two poached eggs, mushrooms, cherry tomatoes, basil pesto
Served on rye
Contains nuts
Add Haloumi +32

Eggs Bennie
English muffin with poached eggs & sundried tomato pesto topped with hollandaise sauce
Gypsy Ham R90
Pork Belly Rasher R94
Smoked Trout R108
Sundried Tomato Pesto

Forager R60
Roasted sweet potato, mushrooms, cherry tomatoes, smashed avo*
Add halloumi +R32
Add poached egg +R10

Omelettes
Made with 3 free range eggs.
Replace with egg whites only +R26

Health R81
4 egg whites & 1 whole egg, chicken, baby spinach, mushrooms, peppers & mozzarella

Cheese R72
Matured cheddar, feta & mozzarella cheese

Vegetarian R76
Baby spinach, roasted butternut, sundried tomato pesto & feta
Contains nuts Sundried Tomato Pesto

Meaty R86
Streaky bacon, cheddar & roasted cherry tomatoes

Mince & cheese R86
Spicy mince and matured cheddar

Smoked trout R113
Avocado*, 40g smoked trout, cream cheese

Sandwiches & Wraps

Choose between:
white / low GI / rye / ciabatta / wheat wrap / gluten free bread +R25 / low carb GF pumpkin wrap +R23

Pork Bao Buns R72
Steamed fluffy buns, pork belly rashers, pickles, sticky barbeque sauce, kewpie mayo & toasted sesame seeds

Raw Rice Wrap R77
Raw rice wrap filled with red cabbage, carrot, cucumber, red pepper, avocado*, lettuce, mint, basil & sprouts
Served with spicy peanut dressing or Asian dipping sauce
Add chicken +R32
LOW CALORIE

Steak Sandwich R103
100g rump steak, cherry tomatoes, onion marmalade, rocket & mustard mayo

Chicken Club R98
Chicken, streaky bacon, avocado*, tomato, cos lettuce, pesto mayo & sundried tomato pesto
Contains nuts Sundried Tomato Pesto
Hummus

Beetroot wrap R100
Beetroot falafels, hummus, grated carrot, tomato, cucumber, lettuce, tahini dressing served in a pumpkin wrap.
Hummus

LUNCH

Lunch Bowls

Burrito Bowl
Sautéed veggies, jalapeños, sweet corn salsa, black beans & guacamole*
Served with brown rice

Mince R108
Chicken R120
Vegan Chilli R120
Rump 200g R145
Pulled pork R123

Add wheat wrap +R15
Add GF pumpkin wrap +R23

Bunless Burger Bowl R87
200g Kalahari free range beef with mozzarella, onion marmalade & smashed avocado*
Served on crisp lettuce, fresh tomato & green vinaigrette
LOW CALORIE

Vegan Burger Bowl R125
Black bean burger with vegan cheese, roasted butternut, salsa & avocado*
Served with baobab mayo on a burger bun

Skinny Lamb Bowl R140
Slow cooked lamb, quinoa, broccoli, baby spinach & onion marmalade
Served with tzatziki
Add wheat wrap +R15
Add GF pumpkin wrap +R23

Sweet Potato & Chickpea Coconut Curry R83
Sweet potato, spinach, cauliflower, chickpeas, tomato & coconut milk
Served with coriander brown rice
Add chicken +R32

Vegan Nachos R105
Pumpkin nachos, vegan chilli, vegan cheese, sweetcorn salsa, guacamole*

Bangkok Coconut Curry R92
Spicy red coconut curry made with butternut, broccoli, baby marrow, carrots, peppers and fresh corn topped with sesame seeds and served on sticky rice
Add chicken R28

Fragrant Lamb Curry R104
Slow roasted lamb curry served with brown rice

Salads

Mediterranean R97
Roasted beetroot, butternut, brinjal, halloumi, rocket, cherry tomatoes, sundried tomato pesto, pumpkin seeds & hummus
Contains nuts Sundried Tomato Pesto

Quinoa Superfood R125
Quinoa, baby spinach, avocado*, butternut, cranberries, roasted beetroot, broccoli, ultimate seed mix, fresh herbs, hummus & sprouts
Served with green vinaigrette
Add chicken breast +R32
Add falafels +R27
Hummus

Pineapple Chicken R106
Grilled chicken breasts, pineapple, peppadew, feta, cucumber, avocado*, sundried tomato pesto, honey coated nuts & mixed lettuce
Served with a mustard vinaigrette
Contains nuts Sundried Tomato Pesto

Strawberry biltong R130
Biltong, fresh strawberries, baby spinach, honey coated nuts, red onion, avocado* & gorgonzola
Served with strawberry & black pepper vinaigrette

CREATE YOUR PLATE

Assemble your own plate from the selection below:

Meat
- Chicken breast 200g R 32
- Falafels R 27
- Beef sausage R 28
- Streaky bacon 100g R 32
- Smoked trout 80g R 80
- Spicy mince 100g R 32
- Rump 200g R 65
- Chorizo R 37

Veg
- Side salad (mixed lettuce, tomato, carrot, red pepper, red cabbage & feta) R 32
- Mixed vegetables R 37
- Mushrooms R 30
- Roasted tomatoes R 12
- Sliced avocado R 24
- Chopped chilli R 8

Base
- Gluten free bread R25
- Rye R 8
- Ciabatta R 7
- Panini R 12
- GF Pumpkin wrap R 23
- Wheat wrap R 15
- Normal flapjacks R 12
- Buckwheat flapjacks R 17
- Tortilla chips R 17
- Quinoa R 22
- Brown rice R 22

Cheese
- Mozzarella cheese R 18
- Feta R 20
- Cheddar cheese R 19
- Vegan cheese R 30
- Cream cheese R 14
- Halloumi R 32

Misc
- Peanut butter R 18
- Strawberry jam & butter R 12
- Almond butter R 27
- Whipped cream R 10

Dressing
- Basil pesto R 27
- Peanut dressing R 20
- Mayonnaise R 17
- Sundried tomato pesto R 18
- Asian dressing R 22
- Hummus R 27

Eggs
- Scrambled eggs R 26
- Egg whites R 26
- Poached egg R 10

Kids Menu

French Toast Fingers R47
Served with syrup

Bacon in my belly R52
Scrambled eggs, bacon and toast

Flapjacks R48
Served with honey
Add whipping cream +R10

TOASTED SANDWICHES:

Choose between:
white / low GI / rye / ciabatta / wheat wrap +R15 / gluten free bread +R25 / gluten free pumpkin wrap +R23
Substitute with vegan cheese +R30*

- **Plain cheese** R42
- **Cheddar cheese & tomato** R44
- **Marmite, tomato & cheddar cheese** R48
- **Peanut butter & honey** R55
- **Chicken mayo** R57
- **Bacon & egg** R63
- **Gypsy ham, cheddar cheese& tomato** R65
- **Bacon & avocado*** R65
- **Mince & cheese** R71

COLD & WARM DRINKS

Cool Drinks

Substitute with:
Milklab Almond milk +R10
Milklab Coconut milk + R10
Oat milk + R10

Vietnamese Iced Coffee R39
Espresso powder, condensed milk with milk blended with ice

Iced Coffee R34
Espresso powder with milk, honey, blended with ice

Iced Mocha R42
Dark chocolate, espresso powder milk, blended with ice

Red Apple R40
Rooibos espresso with freshly pressed apple juice

Iced Honey + Nut Latte R40
Espresso powder, hazelnut syrup, honey, milk, blended with ice

Iced Chai Latte R38
Spiced chai, vanilla bean powder, milk, blended with ice

Homemade Ice Teas R34
Citrus, Herbs & Rooibos
Berry & Rosemary

Gudgu Iced Soda R32
SF
Strawberry / granadilla / pineapple / pink lemonade / lemonade

Happy Culture R33
Cherry CBD Kombucha /
Zesty Energy Kombucha/ Kefir Water

Mutea Kombucha R37
Original/Rooibos/Greentea & Honey/ Cranberry/Mango/Passion Fruit

Super Lattes

Vegan / Made with Milklab Almond milk
**served hot or cold*

Matcha Latte R45
Matcha green tea powder

Black Latte R42
Peanuts, almonds, dates, black sesame seeds & activated charcoal
Contains nuts

Yellow Latte R42
Turmeric, coconut oil, cinnamon, coconut blossom sugar & cardamom

Beetroot Latte R45
Grounded beetroot, cocoa, ginger, cinnamon & coconut blossom sugar

Hot Drinks

Substitute with Milklab Almond milk +R10
Milklab Coconut milk +R10
Oat Milk +R10

Espresso
Single R15
Double R19

Macchiato
Espresso topped with foamed milk
Single R18
Double R22

Café Bonbon R24
Espresso & condensed milk

Hot Vietnamese Coffee R28
Americano with condensed milk

Americano
Single R20
Double R22
Mega R28

Flat White R28
Double espresso with steamed milk

Cappuccino
Espresso with steamed milk & topped with foam
Single R25
Double R29
Mega R38
Add Whipped cream +R10

Cortado R25
Double espresso topped with equal part steamed milk

Bulletproof R39
Americano with butter and coconut oil

Baby Chino R15
Steamed milk with hot chocolate

Flavoured Latte
Single R32
Double R36
Caramel / Hazelnut / vanilla / cinnamon

Mocha / White Mocha
Espresso with hot chocolate & steamed milk
Short R38
Tall R42
Add Whipped cream +R10

Dark Hot Chocolate / White Hot Chocolate
Short R32
Tall R36
Vegan Hot chocolate R43
Add Whipped cream +R10

Chai Latte
Spiced Chai Mix blended with steamed milk
Single R28
Double R32

Dirty Chai
Spiced chai latte with espresso
Single R36
Double R40

Rooibos cappuccino / Latte
Rooibos espresso with steamed milk
Single R26
Double R28
Mega R37

Red Symphony R48
Rooibos Espresso, white hot chocolate with steamed milk & whipped Cream

Latte
Espresso with steamed milk
Single R28
Double R32

Teas

Tea R18
Rooibos / Five Roses / minty delicious / pure green / earl grey / ginger & honey / berry explosion / pure peppermint / zesty lemon / Moroccan mint / premium ceylon / rooibos raspberry / chamomile / black currant

Hot water, lemon, ginger & mint R25

FRESHLY SQUEEZED

Juices

**cold press 300ml*

RED JUICES

Red 01: Kick-start R50
Beetroot, carrot, kale, spinach, cucumber & celery

Red 02: Round up R48
Beetroot, apple, lemon & ginger

Red 03: Punch-line R51
Beetroot, pear, carrot & ginger

GREEN JUICES

Green 01: Super R55
Kale, spinach, cos lettuce, celery, cucumber, apple, lemon & ginger

Green 02: Spike R55
Spinach, wheatgrass, cucumber, pineapple, lemon & ginger

Green 03: Simple R55
Kale, spinach, romaine, cucumber, lemon & apple

Green 04 : Sweet R52
Kale, cucumber, apple, fennel, pineapple & thyme

BLACK JUICES

Black 01: Magic R55
Activated charcoal, spinach, kale, apple, cucumber & lemon

GOLD JUICES

Gold 01: Crush R49
Carrot, apple, cayenne pepper & ginger

Gold 02: Crisp R52
Pineapple, carrot, apple, mint, cucumber & lemon

Gold 03: Calm R57
Grapefruit, pineapple & mint

Gold 04: Recharge R55
Orange, carrot, lemon & turmeric

Gold 05: Crave R58
Pineapple, coconut water & lemon