



NANAS MENU

homemade | preservative free

CAFE

ANYTIME HOT POWER BOWLS

Asian Chicken Pot **R95**

Chargrilled chicken breast | quinoa | eggs | avo | green onions | cilantro | pickled cabbage | spicy aioli

Baked Oatmeal Pot V+ **R89**

Banana | nut butter | rolled oats flour | plant protein shake | vanilla | plant-based milk | dark chocolate | coffee

Nourishing Blueberry Oatmeal (V+) **R85**

Rolled oats | protein shake | plant-based milk | blueberries | fresh lemon/orange | peanut butter

Chorizo Burrito Bean Pot (V+) **R95**

NANAS chorizo sauce | black beans | eggs | avo | tomato | quinoa | cilantro | cashew | coconut

Mieliepap (V) **R75**

Mielie pap | salted butter | milk | honey

ADD Walnuts

Shukshuka (V) - poached eggs | Turkish tomato sauce | yoghurt | chives **R95**

Eggs Your Way

Fried | poached | scrambled egg R15

Plain 3 egg omelette with toast R45

Additions:

Mushrooms - 30; Trout ribbon 60; 2x Bacon - 35; Avocado - 20; Smoked Salmon - 40; Basil pesto - 20; Bread(GF) - 15;

Smash Avo - 30

FROZEN SUPER BOWLS

Chia Chocolate Breakfast (V+) R85

Chia | protein shake | hemp | coconut blossom | dried berries | cacao nibs | figs | coconut flakes | raw cacao

Acai Chocolate Smoothie Bowl (V+) R85

Açai | banana | maple | greek yogurt | coconut milk | avo | raw cacao | chia

Blue Mountain Bowl (V+) R89

Banana | pineapple | blue spirulina | almond | mango | passion

Cordyceps Cinnamon Bomb (V+) R98

Banana | cinnamon | plant-based protein | cordyceps powder | maple syrup | almond milk | almond butter

YELLOW MANGO

WHITE BANANA PROTEIN POWDER ALMOND MILK

GREEN Matcha

SALADS

Mozzarella (V) R115

Tomatoes | mozzarella | rocket | pesto | lemon & olive oil dressing

Orient Feast (V+) R85

Baked falafel | baby spinach | roasted peppers | hummus | tomatoes | olives | cucumbers | tahini dressing

Chef's Salad R98

Emmental cheese | smoked chicken bits | blue cheese | walnuts | boiled egg | baby greens | mustard | dressing

Caesar Salad R120

Grilled chicken | croutons | baby leaves | crispy bacon | parmesan | caesar dressing

0 GI NOODLES ASIAN SALAD

SOUP OF THE DAY

SAVOURY CRÊPES (Gallettes)

Made from buckwheat flour GF

Grilled Cheese (V)

White cheddar | caramelised onion | tomato

R79

Al Fresco (V)

R98

Tomatoes | mozzarella | pesto | rocket | olive oil

Chakalaka & Bean (V+)

R98

Chakalaka | portobello mushroom | tomato | carrot | black beans | flaxseed

NANAS Croque Monsieur

R95

Ham | emmental cheese | béchamel sauce [Add egg soft / hard egg R16]

Shawarma (V)

R110

Portobello mushroom | tahini | cilantro | greens | tomato | pickled vegetables

Madiba

R110

Chicken liver | spinach | onion | garlic | peri peri | olive oil

Blue Mountain (V)

R115

Gorgonzola | roast butternut | elemental | pear | béchamel sauce | walnuts

Cheeky Leek (V)

R120

Mushroom | truffle oil | leek | spinach

Trout Treat

R155

Smoked trout ribbons | roast baby potatoes | cream cheese | dill | emmental | baby spinach | avo | lemon

Braised Fennel (V+)

R145

Fennel | onion | butter beans | soy cream | herbs

Bird's Coop

R155

Chicken | mushroom | béchamel sauce | tomato | baby potatoes | rocket | truffle oil

Mr Bean (V+)

R110

White beans | crushed tomatoes | braised cauliflower | nutritional yeast | coriander

Mexicana

R150

Chargrilled chicken | avo | bell peppers | coriander | tomatoes | black beans | sour cream | chipotle sauce

SWEET CRÊPES

Swap for waffles as an alternative.

Price includes whipped cream or vanilla or chocolate ice cream

Crème Brûlée **R85**

Vanilla cream | caramelised brown sugar (cone)

[Add Banana R15; Add Toasted Flaked Almonds R15]

NANAS Crunchy Apple Compote **R79**

Caramelised apples | salted butter caramel | toasted almond flakes

[For vegan alternative add Date Caramel + 30]

Cinna Good **R69.90**

Churned butter | Cinnamon sugar | lemon wedge

NANAS Famous **R88**

Home made chocolate ganache | caramelised almonds | mascarpone cream | banana

Just Once **R78**

Lotus biscoff | brown sugar | salted butter caramel

Gone Nutella! **R85**

Nutella | roasted almonds [Add Banana 15; Add Seasonal Berries 15]

The Trinity **R85**

Dark raw cacao | milk chocolate | white chocolate

Mint Pie **R69.90**

Milk chocolate | peppermint

Pavlovetta **R88**

Meringue | lemon creme

Exotic (V+) **R88**

Meringue | mango | passion fruit | roasted coconut | coconut cream

DESSERT

“cacao - the food of the gods’ indulge.

BAKERY

Baked Chocolate Fondant *GF*

Choose from white, milk, dark chocolate or dulce de Leche

Chocolate Trio Fondue

White, Milk, & Dark Chocolate | salty caramel sauce | seasonal fruit | marshmallows | brownie bites(*GF*)

Chocolate Shots

White | Milk | Dark

NANAS Cheese Cake

Choose topping: black berry or apricot coulis, or chocolate sauce | whipped cream

Brownies (*GF*)

Chocolate | Peanut and chocolate chip | Salted caramel fudge | ice cream scoop or whipped cream

Flourless Chocolate Torte (*GF*) | ice cream scoop or whipped cream

NANAS Yummy cheesecake | chocolate sauce or passion fruit coulis

Butter croissant | **Chocolate croissant**

Ginger Cookies

Speculoos chocolate bomb - chocolate lotus ginger (*GF*)

GELATO

Homemade from scratch, no preservatives no gelatine.

DAIRY FREE @22/scoop

Matcha - Tsutsuma - Passion Fruit - Lemon - Mango

FULL MILK @ 25/scoop

Salted Butter Caramel - Lotus Biscoff - Chocolate Vanilla

TONICS

HOT BEVERAGES

LATTES

Chai Latte	39
Rooibos almond & coconut chai spices maple	
Turmeric Latte	39
Rooibos hot milk turmeric honey raw cacao	
Matcha Latte	45
Matcha almond & coconut maple	
Beauté Latte	49
Rooibos rose milk collagen maple	
Lovers latte	49
Rosewater beet juice almond milk coconut milk vanilla maple	

RESTORATIVE® NUTRIENT RICH LATTES

Lion Manes Chocolate Latte - Clarity + Focus	65
Lion's Mane Plant-based milk Raw Cacao coconut blossom cinnamon	65
Peanut Butter Choc Reishi Potion	65
Reishi powder almond milk cacao butter cacao cardamom nutmeg peanut butter himalayan salt maple syrup	
Muddy Matcha - Mood Booster	59
Raw cacao plant milk cacao butter vanilla extract maple syrup	

Moringa Hot Chocolate	59
Moringa raw cacao milk maple syrup	

HOT CHOCOLATE

Classic Hot Chocolate	39
Choose from - White Milk Dark Chocolate	
[Add flavouring Cinnamon 10 Vanilla 10 Almond 15]	
Viennois Hot Chocolate	44
Dark chocolate whole milk whipped cream roasted almonds	
NANAS Hot Chic Choc'	46
Milk chocolate vanilla brulee marshmallows whipped cream	
Affochoco	44
Chocolate ice cream hot chocolate	

HOT TEA

Rooibos Ceylon Earlgrey	24
Rooibos'ccino	42
Lemon Grass & Ginger	39
Natures Hot Toddy - Ginger lemon cloves turmeric	42
[Add Honey/Lemon 10]	

NANAS PETAL POWER INFUSIONS

Camomile Flower Tea	39
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Whole Rose Bud Tea	39
Whole Hibiscus Flower Tea	39
Lavender Tea	42
Jasmine Green Tea	39
[Add Mint - 10; Plant Sweetener 10; Honey - 10]	

COFFEE

*double shot standard *single or decaf available only on request*

Brewed	20
Espresso	26
NANAS Affogato	49
Mocha	44
Americano	33
Cappuccino	36
Latte	39
Bullet Proof Coffee - Coffee MCT grass fed ghee	54
[Add an additional /shot -15: Plant milk - 12]	

COLD BEVERAGES

NANAS POWER SMOOTHIES no added sugar

Matcha Espresso Magic **68/75**

Brazil nuts | cinnamon | plant based protein | matcha | espresso | banana | dates | coconut milk

Choc Peanut Protein Bomb **68/75**

Peanut butter | cinnamon | plant based protein | banana | hemp Seeds | coconut milk | raw cacao | honey | salt

Moringa Glow **59/68**

Moringa | hemp seeds | green apple | lemon fresh | mint

Green Coconut Bliss **68/80**

Coconut milk | banana | barley grass or wheatgrass | moringa | honey | fresh mint

NANAS PETAL POWER

Rosey Retreat [calming, stress relief] rose water | beet | lemon **50**

Flora Fizz [calming, stress relief] rose water | apple | pineapple | lemon | beet | sparkling water **55**

Dandy Delight [soothes] dandelion | celery | cucumber | kale | romaine | apple | lemon | ginger **55**

Calming Rush [self soothe] lavender | lemon | monk fruit **55**

Sunny Sipper [no stress] chamomile | orange juice | honey **55**

Eastern Breeze [calming] jasmine | lemon | monk fruit **55**

Orange Oasis [calms nerves] orange blossom | sparkling water | monk fruit **55**

Hibis-Kiss [blood flow] hibiscus | ginger | monk fruit | mint **55**

JUICE

Black Beauty Lemonade - Lemon activated charcoal monk fruit sparkling water	54
Ginger Burst - Ginger lemon apple sparkling water	54
Mango Mama - Mango vanilla pineapple ice	54
Melon Magic - Watermelon fresh mint lime sparkling water	54
Espresso Yourself - Arabica espresso milk cream vanilla ice	54
Mint to Be - Fresh mint lime monk fruit sparkling water	54
Passion Island - Passion fruit purée fresh mint lime sparkling water	54
Sour Kiss Lemonade - Lemon monk fruit sparkling water	54

SHOTS 59ml

Mane Attraction [clarity & Focus]	30
Pineapple juice ginger turmeric lemon rhodiola extract holy basil extract lions mane	
Liquid Gold [boost metabolism]	33
lemon ginger juice turmeric juice cayenne pepper	
Vital Vibes [immunity]	33
Carrot Lemon Ginger Garlic	
Ginger Shot [digestion]	33
Ginger	
Silver Lining [energize]	44
Orange lemon, ginger turmeric colloidal silver beet cayenne	
Gut Instinct [alkalize]	38
Water ginger lemon apple cider vinegar oregano oil cayenne pepper	
Beet Juice [regeneration]	33
Beetroot ginger	

WATER & SOFT DRINKS

Still Water - small	29
Sparkling Water - small	29
NANAS Distilled Water - small	29
Soft drinks - Coke Sprite Fanta	28

WINE & BEER

Craft Beer	42
Non Alcoholic Beer	42
Craft Cider	40
House White Wine	55/175
House Red Wine	55/ 175
House Rose MCC	55/190
House Bruit MCC	55/190

MENU LEGACY

Vegan -V+

Vegetarian - V

Gluten Free - GF

MEDICINAL MUSHROOMS

Lion's Mane - improves mental clarity & Focus.

Cordyceps - energising, adaptogenic for endurance and stamina great from athletes.

Reishi stress-busting, immunity.

Chaga - improves resilience, immunity and longevity.

Turkey Tail - adaptogenic vitality.

MOOD ENHANCER & MENTAL HEALTH

Mucuna - mood-enhancer nature's antidepressant and cognitive nootropic

ANTIOXIDANT

Matcha - alkalising, removes toxins and heavy metals.

VITAMIN C & MULTIVITAMINS

CAMU C+ - vitamin C.

Açaí Berry - antioxidant anti-ageing.

BLOOD SUGAR

Monk Fruit - Used instead of sugar or non-nutritive sweeteners.

ADAPTOGEN

Ashwagandha - regenerative adaptogen for relief from anxiety, stress and burnout.

Maca - Effective blood oxygenator, performance enhancement of the brain & libido.

PANTRY ESSENTIALS(Retail)

SWEET SPREADS

Dulce de Leche 200g	78
Lotus Spread 200g	78
Chocolate Spread w/Hazelnut 200g	98

GELATO

DAIR FREE 175ml @	22
Matcha - Tsutsuma - Passion Fruit - Lemon - Mango	
FULL MILK 118ml @	25
Salted Butter caramel - Lotus Biscoff - Chocolate - Madagascan Vanilla	

CHOCOLATE BAR RANGE

80g - @	79
Dark - 70% cacao	
Milk - 56% cacao	
Sugar Free Range - Dark and Milk chocolate	
Salty Caramel	
Chilly	
Coffee	
Mint	
Moringa	
Ginger	
Love Bar	
Protein bar	

Energy bar

Bounty balls

ADAPTOGENIC CHOCOLATE BAR RANGE

30g @ 89

- Lions Mane - clarity & Focus - 70% DARK CHOCOLATE - with Lion's Mane + Astragalus - Immune Support / Adaptogenic - Botanical Support (30g)
- Focus - 60% Cacao - Mocha - with rhodiola + Ginkgo - Cognitive Support / Adaptogenic - Botanical Supplement (30g)
- Balance - 70% Cacao - Dark Chocolate - with Ashwaggandha + Reishi - Adaptogenic / Immune Support - Botanical Supplement 30g
- Zen - 61% Cacao - Coconut Milk - with Reishi + Chamomile - Calming / Adaptogenic - Botanical Supplement (30g)

SNACKS

Sea Salt Artisanal Popcorn - Coconut oil 90g	25
Organic Spirulina Artisanal Popcorn - Coconut oil 90g	29
Caramel popcorn 150g	35

NUT BUTTERS

Roasted Almond Butter 250g	119
Roasted Peanut Butter 250g	49
Macadamia Nut Spread 250g	119
NANAS NUT Spread (peanut, almond, sesame) 250g	99

HOT SAUCE

Green Chili Hot Sauce 250g	49
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NANAS Original Hot Sauce 250g	
49	
Black Truffle Hot Sauce 250g	65
Salad dressings 100g	25
Curry salad dressing 100g	25
Vegan truffle mayo 250g	49
Tahini dressing 250g	45

SOUP

Red Bean Soup 400g	29
Fresh Free range Chicken Stock 500ml	49
Chicken Noodle Soup 400g	32
Vegetable Stock 500ml	29

SAUCES(v+)

Arrabbiata Sauce 375ml	59
Black Truffle Pomodoro Pasta Sauce 375ml	59
Black Truffle Arrabbiata Pasta Sauce 375ml	59
Chorizo Sauce 375ml	59
Tahini 375ml	78

HONEY

Orange Blossom Honey 250g	49
Raw Honey 355g	99

SPICES

Fish salt mix 60g	25
Braai salt mix 40g	30

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Sunny Sipper [no stress] chamomile orange juice honey	55
Eastern Breeze [calming] jasmine lemon monk fruit	55
Orange Oasis [calms nerves] orange blossom sparkling water monk fruit	55
Hibis-Kiss [blood flow] hibiscus ginger monk fruit mint	55

WHOLE PETALS

Hibiscus Powder 100g	149
Jasmine 50g	129
Rose Petals 500g	669
Chamomile Powder 75g	115
Lavender 75g	139
Blue Lotus 50g	98
Dandelion 50g	98
Marigold (Calendula) Powder 50g	109
Honeybush 50g	98

HOT CHOCOLATE 200g

Dark - 70% raw cacao	79
Milk - 56% raw cacao	79
Milk - 56% raw cacao	79
Pumpkin Spice - 56% cacao	89

Ceremonial Hot Chocolate - 90% raw cacao |chaga 150

NANAS POWER LATTES - PACK OF 6 @18g

(No fillers, thickeners or flavourants) Vegan & gluten free friendly add liquid of choice.

Chai Chic Latte - Rooibos | chai spices| monkfruit 125

Golden Milk - Turmeric |raw cacao | cinnamon |ginger 115

Matcha Majesty Latte - Matcha | peppermint |wheatgrass 125

Beet Blush Latte - Beet powder| raw cacao| winter spices 115

POTENT PROEIN BLENDS

Plant-Based Protein Mix - Chocolate *Organic 500G 396

Plant-Based Protein Mix - Chocolate *Organic 1KG 683

Superfood Protein Shake - LEAN - Green Alkaliser* 500g 399

Superfood Protein Shake - LEAN - Green Alkaliser* 1kg 717

POTENT PLANTS

Acai Powder Freeze Dried Organic* 77g 339

Ashwagandha Powder Organic* 77g 253

Chaga Mushroom Powder 70g 219

Chaga Mushroom Capsules 90x vegecaps 289

Cordyceps Mushroom Powder * 77g 268

Cordyceps Mushroom Capsules 90x vegecaps 329

Lion's Mane Mushroom Powder* 77g powder 268

Lion's Mane Mushroom Capsules 90x vegecaps 299

Matcha Powder* Organic 70g powder 245

Reishi Mushroom Capsules 90x vegecaps 339

Reishi Powder Organic* 77g 273

Turkey Tail Powder* 70g 268

Turkey Tail Capsules 90x vegecaps 329

SUPER FOODS

Cacao Powder * (African Cacao) 200g 160

Cacao Butter * (African Cacao) 200g 219

Cacao Paste 200g * 181

Chia Seeds 200g 85

Hemp Protein Powder *200g 86

Lucuma Powder * 200g 201

Maca Black * 200g 186

Moringa Powder* 200g 179

Spirulina Powder * 200g 292

Sea Moss 200g 195

Black Seed Oil 250g 335

Shilajit 50g 189

