

## WE ARE OPEN

### Opening Hours

Mon - Sat 7:30am-7pm

Sun 9:00am- 4pm



# NANAS

## MENU

## OUR LOCATION

3 Viola Rd

Table View

Cape Town, 7441

### HOT POWER BOWLS

**Shakshuka Bowl** Poached eggs | Turkish tomato sauce | yoghurt | garnish **R95**

**Raclette - Cheesy Potato Bake** Raclette Cheese | potatoes | charcuterie | green salad | pickles **R185**

**Burrito Bowl** Roast sweet potatoes | black beans | avo | cilantro | chicken | free range egg **R135**

**NANAS Cassoulet** Seared chicken | braised beans | tomato | fresh herbs | sour dough **R195**

### OMELETTE

**Fluffy omelette** - cheese | mushroom | peppers | sour dough **R79**

**Egg white omelette** - cheese | mushroom | sour dough **R79**

### ON TOAST - Sour dough

Scrambled creamy free range **R49**

Trout - Scrambled creamy free range eggs | smoked trout **R149**

Bacon - Scrambled creamy free range eggs | bacon **R69**

The Boerie - Wors | bacon | mushroom | scrambled free range egg **R135**

Avo on Toast **R54**

Guac & smoked trout **R149**

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### CROISSANT SPECIALITIES

Grilled Ham & Cheese

R89

#### Benedict Croissants

R143

Free range egg | hollandaise | croissant Leek & Mushroom

R155

Benedict Bacon Benedict Half & Half (Bacon & trout) Benedict

R189

Smoked Trout Benedict

R195

### FROZEN SUPER BOWLS

#### In-house Honey Granola & Yogurt

R79

In-house granola baked with honey | double yogurt | seasonal fruit

#### Chia Frozen Mango Bowl (+V)(GF)

R98

Chia | mango | banana | coconut milk | In-house granola baked with honey

#### SpiruBowl (+V)(GF)

R125

Spirulina | coconut milk | seasonal fruit | coconut flakes

#### Berrilicious Acai (+V)(GF)

R125

Açaí berry | banana | berries | In-house granola baked with honey | in-house peanut butter | coconut milk

### SALADS

**NANAS Slaw (+V)(GF)** Multi colour cabbage | carrot | NANAS dressing

R56

- ADD CHICKEN R20

#### Chefs Salad

R79

Grilled chicken | croutons | greens | crispy bacon | cheese | dressing | tomato

#### Quinoa Salad (+V)(GF)

R98

Quinoa | parsley | greens | tomato | lime dressing

ADD Chicken R20

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## GALACHOS

nachos, reinvented.

Our signature crisps galette wedges loaded with melted cheese, zesty toppings, and all the nacho fixings with a NANAS twist.

### Signature Galachos

R95

Crispy galette wedges | melted cheddar | NANAS tomato salsa | yogurt | avo smash | spring onions.

The one that started it all.

### Spicy Chickpea Galachos

R105

Smoky roasted chickpeas, pickled red onion, jalapeños, zesty cheese blend & creamy garlic yogurt drizzle. Plant-powered, full of attitude.

### Breakfast Galachos

R110

Scrambled eggs, chicken, caramelized onion, roasted cherry tomatoes, and a light béchamel.

Morning mood = sorted.

### Sweetie Galachos

R90

Crispy cinnamon galette chips, topped with melted dark chocolate, seasonal fruit.

Yes, dessert nachos are a thing.

### Add-Ons

- Avo Smash +R30
- Chicken +R20
- Vegan Cheese +R15
- Extra Dip Jar (NANAS salsa, yogurt) +R15



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### GALETTES

*Made from gluten free + vegan buckwheat flour / Can swap for sour dough*

*\*Ask for vegan alternatives*

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Galette Bites - Build your own galette - Galette tasting menu x3 mini galettes **R135**

Smoked trout add R30

#### Grilled Cheese

**R59**

Cheddar | caramelised onion | tomato

#### Say Ham & Cheese (GF)

**R69**

Ham | cheese

#### Farm House Brekkie (GF)

**R135**

Wors | bacon | mushroom | tomato | sunny side egg

#### Chicken Mushroom Truffle (GF)

**R149**

Chicken | mushroom | truffle oil | béchamel

#### THE Madame (GF)

**R95**

Ham | cheddar | béchamel | sunny side egg

#### Trout Treat (GF)

**R135**

Smoked trout ribbons | leek | béchamel | yogurt | lemon

#### Max'icana (GF)

**R135**

Chargrilled chicken | avo | bell peppers | coriander | tomatoes | black beans | yogurt | NANAS sauce

#### Salami Parmesan (GF)

**R109**

Salami | Parmesan

#### Mustard Onion Boerie (GF)

**R135**

Flame grilled wors | NANAS mustard sauce | caramelised onions

#### Garlic Butter Me Up (V) (GF)

**R49**

Butter | garlic

#### Cheesy Garlic Butter Me Up (V) (GF)

**R58**

Cheddar | butter | garlic

#### Leek and Mushrooms (V)

**R89**

Leek | mushroom | béchamel sauce

#### Double Onions (V)

**R68**

Caramelised onions | sautéed onions | leek

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## CRÊPES

*gluten free*

<b>NANAS Crunchy Apple Compote (V) (GF)</b>	<b>R85</b>
Caramelised apples   salted bu;er caramel   toasted almond flakes	
<b>Cinnamon Crunch (V) (GF)</b>	<b>R79</b>
Cinnamon sugar   ice cream	
<b>Salted Caramel (V) (GF)</b>	<b>R96</b>
Caramel   ice cream	
<b>Biscoff Cream</b>	<b>R115</b>
Lotus biscoff   brown sugar   caramel sauce	
<b>Chocolates Trio (V) (GF)</b>	<b>R119</b>
65% dark   45% milk chocolate   white chocolate	
<b>LA NANA (V) (GF)</b>	<b>R128</b>
NA'tella   bananas   almond flakes   ice cream	
<b>NA'Tella (V) (GF)</b>	<b>R94</b>
NA'tella   ice cream	

## NANAS BAKERY

Carrot Cake Muffin (Sugar Free & GF) R55 Apple Crumble Muffin (GF)\*served with cream and coulis  
R65 Choco' Brownies 65% cacao (V) (GF) R65 NANAS Cheesecake(GF) served with a berry compote  
R65 Biscoff Cheese Cake R85 BuWer Plain croissant R35 NA'tella Croissant R45 Salted caramel  
chocolates (V) (GF) R20 Peanut cups(GF, V+) R45 Protein balls(GF, V+) R25

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## TONICS

### HOT BEVERAGES

#### RESTORATIVE LATTES

**Chai Latte** Rooibos | chai spices | milk R58

**Matcha Mood Booster** Matcha | plant milk R68

**Beauté Latte** Plant milk | Vegan collagen R68

**Lovers latte** Rose water | beetroot | plant milk | vanilla R68

**Turmeric Golden** Turmeric | plant milk | spices R58

**Moringa Cacao - Vitality** Moringa | organic raw cacao | milk R68

#### ADAPTOGENIC & RESTORATIVE LATTES

**Lion Manes Mushroom Choc' LaWe - Clarity + Focus** Lion's Mane 15g | milk | cocoa | coconut blossom | cinnamon R68

**Turkey Tail Mushroom Peanut Choc' - Cell Repair** Cocoa | Turkey Tail 15g | peanut butter | spices R68

**Reishi Mushroom Choc' Latte - Cell & Immunity Support** Reishi 15g | plant milk | cocoa | spice R68

**Spirulina (green algae) - Immunity Support** Spirulina 15g | plant milk | cocoa | spice R68  
Add On - Substute cocoa with raw cacao R20

Disclaimer : You should consult your doctor or allergist before consuming speciality mushroom



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### HOT CHOCOLATE

<b>NANAS Classic Raw Hot Cocoa</b>	<b>R48</b>
Cocoa   milk   whipped cream	
<b>Viennos Chocolate</b>	<b>R48</b>
Cocoa   milk   whipped cream   roasted almonds	
<b>Affochoco</b>	<b>R54</b>
Ice cream   Cocoa	

### COFFEE

Single shot	<b>R25</b>
Bullet Proof Coffee	<b>R55</b>
Espresso Double	<b>R40</b>
Mocha	<b>R45</b>
Africano	<b>R45</b>
Cappuccino	<b>R45</b>
Latte D	<b>R45</b>
ouble shot	<b>R40</b>
Mocha	<b>R45</b>
Spanish latte	<b>R45</b>
Cortado	<b>R35</b>
Macchiato	<b>R35</b>
Flat white	<b>R45</b>
Bon Bon	<b>R35</b>

### TEA ICE & TEA INFUSIONS

(All available in ice teas)

<b>Rooibos</b>	<b>R25</b>
<b>Ceylon</b>	<b>R25</b>
<b>Hibiscus Flower Tea</b>	<b>R35</b>
<b>Chamomile Flowers Tea</b>	<b>R35</b>
<b>Natures Hot Toddy - Ginger   lemon   cloves   turmeric</b>	<b>R45</b>

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## COLD BEVERAGES

### POWER SMOOTHIES

**Peanut Butter Bomb - Anboxidant+cell protection** R68

Cocoa | In-house peanut butter | banana | spices | milk

**Red Berries - Vitamins & Minerals** R68

Berries | banana | milk

**Green Goddess - Anboxidant - protein - anti-inflammatory** R68

Spirulina | banana | mango | plant milk | chia

**Ice Matcha** R68

Matcha | milk

Add vegan protein R20

Add collagen R25

### FROZEN MAGIES

**Caramel Freeze** R59

Madagascar Vanilla | brown sugar | milk

**Lemon & Lime** R59

Lemon | brown sugar | Lime

**Pink Lemonade** R59

Lemon | lime | brown sugar

**Black Lemonade** R59

Activated charcoal | lemon

**Mint Lemon Freeze** R59

Lemon | brown sugar | mint

**Coffee Frappe** R59

Coffee | milk

**Vanilla Freeze** R59

Madagascar Vanilla | milk | brown sugar



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## WATER & JUICE

NANAS nectar cold pressed juice

R55

Sbll Water

R25

Sparkling Water

R25

Soq drinks - Coke | Sprite | Fanta

R35

Wine, Beer, & Cider

BYOB - Corkage R50/boWle per couple per table

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## Our ETHOS

HOMEMADE

ALTERNATIVE INGREDIENTS

AFRICA SOURCING

VITALITY

SINGLE ORIGIN COFFEE

FREE OF

-----

Refined Sugar

White Flour

Seed Oils

Addibves

Preservabves

Arbficial Colourants

White Grain

# ADAPTOGENIC GUIDE FOR NANAS

A simple, easy-to-understand guide to help you choose the right adaptogen for your needs.

## What Are Adaptogens?

Adaptogens are natural herbs and mushrooms that help your body adapt to stress, boost energy, and balance your mood. Used for centuries in traditional medicine, they are nature's way of restoring harmony.

Find Your Adaptogen

Feeling mentally foggy? Try Lions Mane

Stressed or anxious? Go for Ashwagandha

Need a natural energy boost? Choose Cordyceps

Want deep relaxation? Sip on Reishi

Looking for immune support? Take Chaga

## Adaptogen Benefits & How to Use Them

### Lions Mane (The Brain Booster)

- Boosts focus, memory & creativity
- Supports nerve regeneration
- Helps with mental clarity & cognitive function
- Best in: Coffee, lattes, smoothies

### Ashwagandha (The Stress Reliever)

- Lowers cortisol (stress hormone)
- Promotes relaxation & better sleep
- Balances mood & hormones

### Cordyceps (The Energy Mushroom)



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A simple, easy-to-understand guide to help you choose the right adaptogen for your needs.

Increases stamina & endurance

- Supports lung & heart health
- Enhances oxygen use & athletic performance

Best in: Matcha, protein shakes, pre-workout drinks

Reishi (The Chill Mushroom)

- Calms the nervous system
- Supports deep sleep & relaxation
- Strengthens the immune system

Best in: Evening teas, hot cacao, sleep tonics

Chaga (The Immunity Shield)

- Fights inflammation & boosts immunity
- Packed with antioxidants
- Supports gut health & digestion

Best in: Coffee, herbal broths, teas

How to Enjoy Adaptogens at NANAS

Add to your latte, smoothie, or tea

Try in a cacao-based nighttime drink

Pair with honey, cinnamon, or coconut milk for enhanced absorption

Each sip brings balance, energy, and well-being.

