

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*

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

Smoked trout add R30

**Grilled Cheese**

Cheddar | caramelised onion | tomato

R59

**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>	R85
Caramelised apples   salted butter caramel   toasted almond flakes	
<b>Cinnamon Crunch (V) (GF)</b>	R79
Cinnamon sugar   ice cream	
<b>Salted Caramel (V) (GF)</b>	R96
Caramel   ice cream	
<b>Biscoff Cream</b>	R115
Lotus biscoff   brown sugar   caramel sauce	
<b>Chocolates Trio (V) (GF)</b>	R119
65% dark   45% milk chocolate   white chocolate	
<b>LA NANA (V) (GF)</b>	R128
NA'tella   bananas   almond flakes   ice cream	
<b>NA'Tella (V) (GF)</b>	R94
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 - Subshtute cocoa with raw cacao R20

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

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## HOT CHOCOLATE

NANAS Classic Raw Hot Cocoa	R48
Cocoa   milk   whipped cream	
Viennois Chocolate	R48
Cocoa   milk   whipped cream   roasted almonds	
Affochoco	R54
Ice cream  Cocoa	

## COFFEE

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

## TEA ICE & TEA INFUSIONS

(All available in ice teas)

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

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## COLD BEVERAGES

### POWER SMOOTHIES

<b>Peanut Butter Bomb - Anboxidant+cell protecbon</b>	R68
Cocoa  In-house peanut bu;er  banana  spices  milk	
<b>Red Berries - Vitamins &amp; Minerals</b>	R68
Berries  banana  milk	
<b>Green Goddess - Anboxidant - protein - anb-inflammatory</b>	R68
Spirulina banana  mango  plant milk chia	
<b>Ice Matcha</b>	R68
Matcha milk	
Add vegan protein	R20
Add collagen	R25

### FROZEN MAGIES

<b>Caramel Freeze</b>	R59
Madagascar Vanilla   brown sugar   milk	
<b>Lemon &amp; Lime</b>	R59
Lemon   brown sugar   Lime	
<b>Pink Lemonade</b>	R59
Lemon   lime   brown sugar	
<b>Black Lemonade</b>	R59
Achvated charcoal  lemon	
<b>Mint Lemon Freeze</b>	R59
Lemon   brown sugar   mint	
<b>Coffee Frappe</b>	R59
Coffee   milk	
<b>Vanilla Freeze</b>	R59
Madagascar Vanilla   milk   brown sugar	

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## **WATER & JUICE**

NANAS nectar cold pressed juice	R55
Sbill Water	R25
Sparkling Water	R25
Soq drinks - Coke   Sprite   Fanta	R35
Wine, Beer, & Cider	
BYOB - Corkage R50/bowl per couple per table	

## **Our ETHOS**

**HOMEMADE**

**ALTERNATIVE INGREDIENTS**

**AFRICA SOURCING**

**VITALITY**

**SINGLE ORIGIN COFFEE**

**FREE OF**

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**Refined Sugar**

**White Flour**

**Seed Oils**

**Additives**

**Preservatives**

**Artificial 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 natures 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.

