NANAS®

- longevity café -

gluten free | non-processed | seed-oil free

ALL DAY BREAKFAST

Choose between NANAS gluten-free protein sourdough or gluten free protein flat bread.

Scrambled Eggs on gluten free protein toast	R69
Grilled Cheese and Tomato Sando *Mature cheddar melt and tomato melt, caramelised onion, wholegrain mustard cream.*	R79
Avo on Toast	R89
Avo on Toast & Poached Eggs	R115
Scrambled Eggs with Smoked Trout	R155
Charred Mushroom, Avo, Poached Eggs & Truffle	R145
Lemon & Roast Tomato, Thyme, Avo, Poached Eggs	R125
Shakshuka, Eggs tomato and spice sauce	R129
(swap eggs for tofu)	
Sunny Side Up Breakfast *Moroccan Spiced Sausage, Egg, Avo, Cherry Tomatoes, Toast, Fries.*	R145



NANAS BENNYS

Served on NANAS protein gluten-free sourdough.

BBQ Chicken Benny R175
Tender pulled barbecue chicken, poached eggs and our famous creamy benny sauce.

Smoked Trout Benny R185
Delicate smoked trout, poached eggs and our famous creamy benny sauce.

SIDES & ADDITIONS

Fries Hand Cut **free of seed oils!*	R69
Cheddar Cheese	R35
Ful Mesdames *Fava Beans	R35
Moroccan Spiced Beef Sausage	R35
Avocado	R40
Grilled Tofu or Grilled Honey Halloumi	R45
Lemon Chicken	R55
Smoked Trout	R60

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Tel: 072 894 9545

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CHILLED BOWLS

Mango Chia Bowl (+V) — R118
Chia | Banana | Mango | NANAS Baked Granola | NANAS Out Milk

Cacao Banana Bowl (+V) — R118
Rue Organic Cacao | Banana | NANAS Baked Granola | NANAS Out Milk

Acai Power Bowl (+V) — R135
Acai | Banana | Berries | NANAS Peanut Butter | Acai | Banana | Grcenos | NANAS Out Milk

Happy Crunch Granola Bowl (V) — R98
Yogurt | Banana | Seasonal Fruit | NANAS Baked Granola | Chiu



MARKET BOWLS

Meals that bring balance, strength, and natural energy to your day.
(Gluten Free)

Lemon Chicken Bowl — R190
Chicken, lemon, roasted vegetables, quinoa.
(1/1 swap out with sides)

Ful Mesdames (+V) — R139
Slow-cooked fava beans with cumin, garlic, and lemon, finished with olive oil and fresh herbs.

Burrito Bowl — R190
Grilled chicken, poached egg, black beans, sweet potato, peppers, avocado, yoghurt, greens, coriander.
(1/1 swap out with sides)

Spiced Sausage Breakfast Bowl — R190
Spiced sausage, scrambled eggs, chimichurri, lemon, quinoa.

Tamari Tofu Bowl (+V) — R185
Timari-glazed tofu, quinoa, greens, pikkled cabbage, green beans, ginger-tamarī glaze



BURGERS

Served with seed oil free, golden fries.

NANAS Classic Burger — R165
NANAS juicy beef patty, melted cheese, smoky onion, fresh greens on toasted, sourdough protein gluten free roll.

NANAS Cheeseburger — R185
NANAS juicy beef patty, melted cheese, smoky onion, fresh greens on toasted, sourdough protein gluten free roll.

Cheeky P Plant-Based Burger (+V) — R175
Cheeky & herb patty, fresh greens, tomato, caramelised onion, house sauce on a sourdough gluten free roll.

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WRAPS & FLAT BREADS

Lentil protein flatbreads. (+V)

Spicy Sausage Roll — R99

Spiced Moroccan-style sausages, caramelised onions, tri-colour slaw, house mustard sauce.
(add fries!)

Le Vegan (+V) — R149

Falafel, avo, mushrooms, tomatoes, fries on gluten free protein flat bread.

Leek & Mushroom Truffle (+V) — R165

Sautéed leeks and mushrooms in a light truffle cream, folded in to our protein flat bread.

Mexicana — R175

Char-grilled chicken, avo, roasted bell peppers, black beans, fresh coriander, yogurt, and our bold Mexicana sauce, folded in our protein flat bread.

(swap out with sides)



Zero Seed Oils

Golden Fries
R69

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CRÊPES & WAFFLES

Apple Crumble Cinnamon Crêpe (GF) R115
Apples | homemade granola | cinnamon | ice cream

Double Chocolate Crêpe (GF) R115
65% dark | 45% milk chocolate | ice cream

Nutella Crêpe R115
Nutella | ice cream

Lemon Or Cinnamon Sugar Crêpe R85
Lemon | ice cream

BAKERY

ORDER 24 HOURS AHEAD
for breads and larger bakery items.

Sourdough Protein Gluten Free Loaf R69

DESSERTS

SEE COUNTER DISPLAY FOR DESSERTS

Honey Almond Madelaines R25

French Canele Custard Pastry R35

Chocolate Fondant R65

NANAS Baked Cheesecake (GF) R86
Served with a berry compote

Chocolate Granola (+V) R55

Lemon Bliss Balls Raw Protein Balls (V) R30



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TONICS

Restorative drinks crafted for clarity, calm, and focus.

HOT BEVERAGES

RESTORATIVE & SPICE LATTES

Chai Latte
Ceylon | chai spices | milk
Matcha Mood Booster
Matcha | plant milk
Turmeric Golden
Turmeric | plant milk | spices
Moringa Cacao
Moringa | raw organic cacao | plant milk

ADAPTOGENIC & MUSHROOM LATTES

Crafted to support focus, calm, energy, and balance.
Lion's Mane Latte
Supports focus and mental clarity
Reishi Latte
Calming and grounding
Chaga Latte
Immune and antioxidant support
Cordyceps Latte
Natural energy and endurance
Mesquite Latte
Naturally sweet, mineral-rich, and grounding
All made with plant based milk, cacao and NANAS spice blend.



HOT CHOCOLATE

Rich, wholesome cocoa blends that comfort and restore.

NANAS Classic Raw Hot Cocoa
Cocoa | milk

NANAS Ceremonial Cacao
Raw organic cacao | plant milk | raw organic cacao butter | spices

Single shot
Bullet Proof Coffee
Espresso Double
Mocha
Africano
Cappuccino
Latte
Spanish Latte
Flat white
NANAS Oat Milk / Plant milk
Decaf add

Crafted with spices long used to support the body's original detox process.

Leaf of life Tea - vitality & evergreen energy
Leaf of life - Bryophyllum pinnatum

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COLD BEVERAGES



MILK SHAKES — R59

Coffee Milk Shake
Espresso | milk | ice cream
Chocolate Milk Shake
Chocolate | milk | ice cream
Vanilla Milk Shake
Milk | vanilla | ice cream

ICE MATCHA LATTES — R78

Ice Matcha
Ceremonial matcha | milk
Berry Ice Matcha
House berry reduction | ceremonial matcha | plant milk
Matcha Charge
Espresso | ceremonial matcha | plant milk



NANAS FLORA ICE TEAS — R65

Refreshing flower iced teas.
Sunny Sipper - No Stress
Chamomile | orange | honey
HibisKiss - Blood Flow
Hibiscus | ginger | brown cane sugar
Calming Rush - Self Soothe
Lavender | lemon | brown cane sugar



PROTEIN SMOOTHIES — R78

Blended goodness — fruit, roots, and greens for all-day vitality.
Acai Berry Swirl
Acai | banana | mixed berries | peanut | cocoa | plant milk
Baobab Protein Smoothie
Baobab | banana | plant milk | hemp
Peanut Butter Blast
Cocoa | peanut butter | banana | spices | plant milk
SuperBerry Protein Smoothie
Berries | banana | plant milk | chia
Green Goddess Protein Smoothie
Spirulina | banana | mango | plant milk | chia



Add-On:

Vegan protein	Mushroom Collagen	Spirulina, Chia, Baobab, Hemp
+ R25	+ R25	+ R20

WATER & JUICE

NANAS Nectar cold pressed juice - ask for juice of the day.	**R59**
Still Water	**R28**
Sparkling Water	**R28**
Soft drinks - Coke | Sprite | Ginger Ale	**R35**
Organic Kombucha	**R69**
Wine, Beer & Cider BYOB	





NANAS SOCIAL CLUB

WHAT'S HAPPENING

There's always something happening at NANAS!

Join us for **Salsa** Nights, chess social gatherings, creative workshops, community events and themed evenings — all designed to bring people together, spark conversations and have fun.

Follow our social media pages for upcoming events and announcements.

SALSA NIGHTS
CHESS SOCIALS
CREATIVE WORKSHOPS
COMMUNITY EVENTS
TALKS & IDEAS
THEMED EVENINGS









COME SOLO, LEAVE CONNECTED

The NANAS Social Club is a space to meet new people. You can come alone, book your spot, and share a table with others. **We don't book tables — we book seats.** Our tables are for **everyone** to share, so you can enjoy great food, good company and meaningful conversations.

HOST YOUR EVENT AT NANAS

Have an idea? We'd love to hear it!

From creative workshops, chess tournaments, book club, product launches and intimate celebrations to team breakfasts, coffee mornings, surprise brunch and community gatherings, NANAS is a space to bring your ideas to life.

Want to host an event or collaborate with us?

Speak to our team in-store or send us a direct message on Instagram or TikTok to discuss your event.

Instagram: @nanasretailshop **Facebook:** NANAS Facebook **Website:** www.nanasretail.com **Telephone:** 0773702968



NANAS | OUR ETHOS

Come in. Settle in. Create.

Our philosophy is simple: Nourish the body. Inspire the mind. Connect the community. At NANAS, everyone has a place at the table.

Soil to Soul.

The NANAS Promise

- **Real food:** Whole, minimally processed ingredients.
- **No industrial seed oils:** Thoughtful choices in how we prepare our meals.
- **Locally sourced:** Supporting local growers and producers wherever possible.
- **Longevity through joy:** Healthy living should be delicious, pleasurable and sustainable, not restrictive.
- **Community and creativity = NANAS Social Club:** Creating spaces where people feel welcome, inspired and connected.
- **From Soil to Soul:** Respecting the relationship between the land, our food, our wellbeing and one another.