

Here at **IT'S ALL GOOD**, we believe in food that is fresh, local & seasonal. Our fruit and vegetables are non-gmo, soil grown using organic principles from traceable, sustainable sources that support our community.

Our seeds, legumes & grains are sourced from organic suppliers.

Our eggs are always free-range from Organic farmers Nature's Gate & our yoghurt & honey are from all natural, sustainable, traceable sources (wherever possible).

We cook fresh dishes daily from our organic table.

**Ask what we've made special for you today!**

## BUILD YOUR OWN HOME MADE TOASTS

WHOLE WHEAT & OATS SEED BREAD R10

100% RYE R15

### MUSHROOMS

SMASHED AVO R20

CHILLI BLACK BEANS R15

(WITH TOMATO & MACADAMIA CREAM CHEESE )

MACADAMIA CREAM CHEESE R15

HUMMUS R15

### MAZAVAROO

OLIVES R10

SPINACH R10

ONIONS R10

### ROSA TOMATOES

### CUCUMBER

FETA R10

## EGGS (UNTIL MIDDAY)

1 POACHED EGG R10

2 SCRAMBLED EGGS R18

3 EGG OMELETTE R25

BANANARAMA R50

BANANA & EGG PANCAKES SERVED WITH CINNAMON, HONEY & PECANS

PAW PAW/SEASONAL FRUITS R20

ADD GRACELAND GREEK YOGHURT R20

ADD GRANOLA R10

THE ALL DAY BREAKFAST WRAP R65

SCRAMBLED EGGS WRAPPED UP WITH PAN-FRIED SPINACH/KALE, MUSHROOMS, FETA, ONION & SUN DRIED TOMATO PESTO.

FIorentina PIZZA R65

SPINACH, EGG, FETA, ONION AND TOMATO PESTO ON A SEASONAL VEGETABLE BASE

## SALADS & WRAPS

SERVED WITH MIXED GREENS

### ALICE IN WONDERLAND

MUSHAFELS (SEASONED PORTOBELLO MUSHROOM BALLS), BAOBAB MAYONNAISE, BEETROOT, CARROT & ALFALFA SPROUTS

SALAD R80 | STONEGROUND WHEAT WRAP R80

### AMANDLA

AVOCADO, A SELECTION OF MICROGREENS, SPROUTS, PEA SHOOTS, MACADAMIA CREAM CHEESE & A BALSAMIC VINAIGRETTE

### CASABLANCA

FALAFEL, HUMMUS, OLIVES, TOMATO & CARROT

### THE MEXICAN

MARINATED BLACK BEANS, MACADAMIA CREAM CHEESE, CHERRY TOMATOES & AVOCADO

### STEALING BEAUTY

SPINACH & CHICKPEA BALLS, MIXED GREENS, LEMONY SUNFLOWER SEED PESTO

SALAD | STONEGROUND WHEAT WRAP (G) R75

SEASONAL VEGETABLE WRAP (EGG) R75

RAW DEHYDRATED VEGETABLE WRAP R95

## MEALS

PLEASE ALLOW 20 MINS

THE WAY WE WERE R75

SPELT PASTA WITH CHILLI BLACK BEAN, MACADAMIA CREAM CHEESE, TOMATO AND A SIDE SALAD

NOTTING HILL GF R70

PORTOBELLO MUSHROOM, ONIONS, COCONUT MILK & RICE TAGLIATELLE

CINEMA PARADISO R75

SPELT PASTA WITH CORIANDER PESTO, ROASTED SUNFLOWER SEEDS, BABY ROSA TOMATOES AND A SIDE SALAD

Here at **IT'S ALL GOOD** we take our drinks seriously. We use Bluff Bru Organic Ethiopian blend from The Bean Green Coffee Roastery in Glenwood. Our Almond Milk is made fresh to order from Activated Almonds and we use organic fruit wherever possible so expect seasonal variations.

## SMOOTHIES

**GREEN LANTERN** R46  
KALE, CHIA, SPIRULINA, CELERY, PINEAPPLE, BANANA

**HAWAII 5.0** R40  
PINEAPPLE, DATES & COCONUT  
ADD CARDAMOM R10

**RIZZO** R40  
SEASONAL BERRIES, BANANA, MACADAMIAS  
ADD MACA R3

**GREEN SUPREME** R46  
AVOCADO, BANANA, APPLE, CELERY & COCONUT

**THE SUTHERLAND** R49  
SEASONAL BERRIES, Kefir YOGHURT & BANANA

**CHOCOLAT** R58  
RAW CACAO, BANANA, COCONUT, ALMONDS & CINAMMON  
ADD MINT R5  
ADD MACA R3

**WONDER WOMAN** R45  
PAW PAW, CHIA, FLAX, OATS, DATES, GOJI BERRIES, CINNAMON,, MACADAMIAS, HIMALAYAN SALT  
ADD CACAO R12  
ADD ASHWAGANDA

**MILLER VANILLA** R50  
VANILLA WAZOOGLES, PEANUT BUTTER, COCONUT, BANANA, CINAMMON  
ADD VANILLA R20

**HULK HOGAN** R55  
SPIRULINA, PEA PROTEIN POWDER, MACADAMIAS, & BANANA

## FRESH JUICES

EXTRA GINGER R8

**CLOCKWORK ORANGE** R36  
PINEAPPLE, CARROT, GINGER

**COOL RUNNINGS** R36  
APPLE, CELERY, PINEAPPLE & LEMON

**FAST & FURIOUS** R44  
APPLE, BEETROOT, CARROTS & SPINACH

**ENDLESS SUMMER** R36  
PINEAPPLE, APPLE & GINGER

**GREEN MILE** R40  
APPLE, CUCUMBER, CELERY & SPINACH

**PURPLE RAIN** R36  
APPLE, BEETROOT, LEMON & GINGER

**FRESH JUICE** R36  
ASK WHAT SEASONAL ORGANIC JUICES WE HAVE!

## CENTRAL PERK

**AMERICANO** R20  
**CAPPUCINO** R23  
**ALMOND MILK CAPP** R33  
**DECAF CAPPUCINO** R23  
**FLAT WHITE** R24  
**SOY FLAT WHITE** R29  
**ESPRESSO** R12  
EXTRA SHOT R9

## DARJEELING LTD

**HOT LEMON, GINGER & TUMERIC** R16  
**GREEN TEA** R20  
**PUKKA CHAIS** R20  
**ALMOND MILK CHAI** R33  
**GOLDEN MILK** R33  
**MATCHA LATTE** R39

**ADD** R5  
HONEY  
TURMERIC  
ALMOND MILK  
COCONUT MILK  
SOY MILK (NON-GMO)