



Drinks

Power Smoothies

Add Whey Protein Powder K70 | Add Collagen K80

Anti Inflammatory Turmeric Greek yogurt, turmeric powder, banana, lemon juice & coconut milk	145.00
Avocado Lover Avocado & banana Or Avocado & vanilla ice-cream	145.00
Mango Superfood Mango, Spinach, yogurt, chia seeds & honey	145.00
The Anti- Oxidant Mixed berries, banana, pineapple, coconut water, almond butter & agave	145.00
Ultimate Detox Broccoli, spinach/kale, mango, ginger & apple juice	145.00
Cleansing Energy Booster Spinach, cucumber, banana & lemon	145.00
Energiser Bunny Peanut butter, banana & plain yogurt	145.00
Piña Colada Pineapple, banana, coconut milk	145.00
Tropical Banana, coconut milk, mango, strawberry & pineapple	145.00

Green Smoothies

Add Whey Protein Powder K70 | Add Collagen K80

Cleansing Energy Booster Spinach, Cucumber, Banana, Lemon and Honey.	145.00
Super Skin Saver Cucumber, Pineapple, and Apple.	145.00
Detoxifier Spinach, Celery, Apple, Cucumber, Lime & Honey.	145.00
Coconut Burst Coconut milk, banana, apple, and pineapple.	145.00

Soft Drinks

Coke	40.00
Coke Light	40.00
Fanta	40.00
Sprite	40.00
Red Bull	55.00
Ginger Ale	40.00
Lemonade	40.00
Tonic Water	40.00
Pink Tonic	40.00
Soda Water	40.00
Pure Joy Juices	75.00
Appletizer / Grapetizer	85.00
Still Water	20.00
Vox Water	35.00
Sparkling Water	40.00
Rock Shandy	95.00
Malawi Shandy	95.00
Passion Shandy	95.00
Homemade Lemonade	95.00
Homemade Ice Tea	95.00
Kombucha	95.00
Bubble Tea	105.00

Fresh Juices

Pineapple, Orange, Carrot and apple	120.00
Beetroot, Apple & Carrot	
Celery, Carrot & Beetroot	
Apple, Celery, Mint, Lemon & Ginger	
Carrot, Spinach & Apple	
Carrot & Mango Crush.	
Carrot, Spinach & Celery	
Rocket, Carrot & Beetroot	
Choice of: Apple, Orange, Pineapple & Watermelon	

Milk Options

Oat Milk	50.00	Almond Milk	50.00
Soy Milk	50.00	Coconut Milk	50.00

Hot Drinks

Espresso	60.00
Double Espresso	70.00
Café Latte	75.00
Hot Chocolate	90.00
Café Mocha	90.00
Vanilla Late	95.00
Hazelnut Late	95.00
Americano	60.00
Cappuccino	70.00
Grand Cappuccino	80.00
Greek Coffee	60.00
Macchiato	65.00
Rooibos Chai	65.00
Five Roses Tea	65.00
Earl Grey Tea	65.00
Rooibos Tea	65.00
Lemon & Ginger Tea	65.00
Mint Tea	65.00
Turmeric Latte Milk , ground tumeric, cinnamon & vanilla extract	95.00
Beetroot Latte Brewed hot coffee, fresh beetroot, & agave syrup	95.00
Matcha Latte NEW Milk , Matcha & Honey	95.00
Salted Caramel Latte NEW Milk, Coffee & Salted Caramel Syrup	95.00
Vanilla Chai Latte NEW Milk, Vanilla Chai & Honey	95.00
Spiced Chai Latte NEW Milk, Chai Spices & Honey	95.00

Alcoholic Coffee

Irish Coffee (Hot) Double shot of espresso with a tot of Jameson Whiskey	120.00
Jamaican (HOT) Rum & Cream	120.00

Cold Coffee

Dalgona Coffee	90.00
Iced Americano	60.00
Iced Latte	85.00
Iced Coffee Mocha	90.00
MatchaNEW	95.00
Salted CaramelNEW	95.00
Vanilla ChaiNEW	95.00

Health Shots

Black Lemon- Aid Shot Activated charcoal, lemon & honey	50.00
Ginger Shot Pure Ginger Shot	50.00
Flu Shot Ginger, honey, lemon & cayenne powder	50.00

Iced Freezos

Iced Cappucinno	65.00
Fudge Caramel	65.00

Yoghurt Smoothies

Mixed Berry	125.00
Tropical	125.00
Mango	125.00
Strawberry	125.00
Banana & Mango	125.00

Frozen Smoothies

Mango Madness	125.00
Mint Lemonade	125.00
Mixed Berry	125.00
Strawberry	125.00
Pink Lemonade	125.00
Banana & Mango	125.00
Mango & Mint	125.00
Watermelon & Kiwi	125.00
Green Apple & Kiwi	125.00
Iced Cappucino	125.00
Fudge Caramel	125.00

Homemade Ice Tea

Strawberry & Rooibos	120.00
Lemon Mint & Rooibos	120.00
Green Tea & Lemon	120.00
Green Tea & Orange	120.00

Shakes

Chocolate	120.00
Vanilla	120.00
Strawberry	120.00
Coffee	120.00
Oreo Shake	125.00



Alcohol

Cocktails

Baobab G&t Beefeater Gin, Baobab Syrup & Tonic	150.00
Opium Jameson, Strawberry & Lemon Syrup	150.00
Whiskey Sour Jameson, Lemon Syrup & Bitters	150.00
Classic Mint Mojito Havana Rum, Lime Juice, Mint Syrup & Soda	170.00
Strawberry Mojito Havana Rum, Lime Juice, Mint Strawberry Syrup & Soda	170.00
Frozen Mint Mojito White Bacardi Rum, Mint Syrup, Mint Leaves Blended	170.00
The Siesta Olmeca Tequila Gold, Martini Rosso, Baobab Cordial & Tonic	150.00
Classic Margarita Olmeca Tequila Silver, Tripple Sec & Lime Juice	150.00
Frozen Lime Magarita Olmeca Tequila Silver, Tripple Sec & Lime Cordial Blended	165.00
Frozen Strawberry Daiquiri Havana Rum, Lime Juice & Strawberry Syrup	170.00
Frozen Mango Lime Daiquiri Bacardi White Rum, Lime Juice & Frozen Mango	170.00
Vodka Lime-ade Absolute Vodka, Lime Juice, Sugar Syrup & Lemonade	150.00
Mimosa Pineapple, Orange Or Litchi Juice, Topped With Sparkling Wine	105.00
Tequila Old Fashioned Olmeca Tequila Gold, Orange Cordial & Bitters	150.00
Long Island Ice Tea Tequila, Bacardi, Gin, Vodka, Lime Syrup, Topped With Coke	175.00
Frozen Kiwi & Watermelon Absolut Vodka, Kiwi Syrup & Frozen Watermelon	170.00
Strawberry Field Beefeater Pink Gin, Strawberry Syrup Topped With Pink Tonic	150.00
Don Pedro (Cold) Amarula Blended with Vanilla Ice-cream	120.00

Beers | Ciders

Castle	50.00
Castle Lite	60.00
Mosi	50.00
Windhoek Draught	65.00
Windhoek Light	60.00
Flying Fish	50.00
Savannah Cider	70.00
Heineken	70.00
Stellar Artois	75.00
Budweiser	65.00
Hunters Gold	55.00
Black Label	60.00
Brutal Fruit	70.00
Corona	80.00

Shots

Jägerbomb	90.00
Blowjob	90.00
Blue Vodka, malibu, pineapple juice, blue curacao & sprite	90.00

Spirits

Spirit Bottles Come With 4 Complimentary Mixers

	Tots	Bottle
Hennessy	100.00	2,000.00
Jameson	55.00	900.00
Jameson Black Barrel	80.00	1,350.00
Jameson Ipa	80.00	1,350.00
Jack Daniels	65.00	950.00
Glenfiddich 12 Yrs	85.00	1,600.00
Glenfiddich 15 Yrs	90.00	1,900.00
Glenfiddich 18 Yrs	115.00	3,200.00
Glenlivet 12 Yrs	110.00	1,900.00
Glenlivet 18 Yrs	190.00	3,980.00
Glenmorangie 10 Yrs	100.00	2,300.00
Glenmorangie 12 Yrs	120.00	2,500.00
Glenmorangie 14 Yrs	150.00	2,700.00
Johnny Walker Black	65.00	950.00
Johnny Walker Blue	400.00	8,000.00
Chivas 12 Yrs	65.00	950.00
Grey Goose	75.00	1,300.00
Smirnoff Vodka	50.00	790.00
Absolute Vodka	55.00	850.00
Beefeater Pink Gin	55.00	850.00
Beefeater Gin	55.00	850.00
Beefeater Blood Orange	55.00	850.00
Beefeater 24	55.00	850.00
Bombay Gin	65.00	850.00
Gordons Gin	50.00	850.00
Captain Morgan Dark Rum	50.00	850.00
Southern Comfort	55.00	850.00
Amarula	55.00	850.00
Malibu	50.00	850.00
Olmecca Tequila Gold	55.00	850.00
Bacardi White Rum	55.00	850.00
Kwv Brandy 12yrs	55.00	760.00

House Wine By Glass

Du Toitskloof Sauv Blanc	110.00
Du Toitskloof Cav Sauv Shiraz (D)	110.00
Waterkloof Falsbay Rose	110.00
Cronier Sweet Red	110.00

White Wine

L'avenir Provenance Chenin Blanc	650.00
Pinta Negra Blanco Blend	650.00
Tokara Sauvignon Blanc	970.00
Sarahs Creek Sauv Blanc	550.00
Simonisig Pinot Grigio	650.00

Rose Wine

L'avenir Horizon Rose De Pinotage	650.00
Painted Wolf The Den Dry Rose	600.00
Balance Natural Sweet Rose	550.00
Pinta Begra Rose	650.00
Simonsvei Shiraz Rose	650.00

Red Wines

Meerlust Merlot	2,100. ⁰⁰
Meerlust Rubicon	2,300. ⁰⁰
Pinta Negra Tino Rouge	650. ⁰⁰
Toffee Chunk Syrah	700. ⁰⁰
Ja Mocha	700. ⁰⁰
Painted Wolf The Den Cab Sauv	650. ⁰⁰
Painted Wolf The Den Pinotage	650. ⁰⁰
Du Toitskloof Merlot	420. ⁰⁰
Nederburg Pinotage	420. ⁰⁰
Nederburg Cab Sauv	420. ⁰⁰
Nederberg Merlot	420. ⁰⁰
Cronier Dry Red	420. ⁰⁰

Sparkling Wine

Graham Beck Brut Nv	850. ⁰⁰
Graham Beck Brut Rose Nv	850. ⁰⁰
Graham Beck Bliss Nectar Nv	850. ⁰⁰
Lady Lillian Rosé	700. ⁰⁰
Blanc De Noir Rosé	700. ⁰⁰

Champagne

Moet Brut	2,100. ⁰⁰
Moet Nectar	2,300. ⁰⁰
Veuve Clicquot Rose	3,200. ⁰⁰
Veuve Clicquot Brut	3,000. ⁰⁰