

SOUL CAFE MENU

All Day Breakfast

PRICE

RAW VEGAN CHIA SEED PUDDING WITH FRESH FRUITS

OVERNIGHT CHIA SEEDS SOAKED IN COCONUT MILK, LAYERED WITH BLUEBERRY COMPOTE AND TOPPED WITH FRESH BERRIES AND A TOUCH OF AGAVE NECTAR

Small - 33

Large - 48

CRUNCHY GRANOLA WITH TOPPINGS

44

HOMEMADE RAW VEGAN ZESTY GRANOLA LIGHTLY SWEETENED WITH COCONUT SUGAR, SERVED WITH PLANT BASED MILK, MIXED BERRIES AND A TOUCH OF AGAVE NECTAR

HOMEMADE NUTELLA TOASTIE

32

HOMEMADE RAW VEGAN HAZELNUT CHOCOLATE SPREAD ON A GLUTEN-FREE SOURDOUGH OAT BREAD TOPPED WITH BANANA & STRAWBERRIES AND A DRIZZLE OF OUR HOMEMADE CHOCOLATE SAUCE

HUMMUS TOASTIE WITH MUSHROOM

44

TAPANADE

A DELICIOUS GLUTEN-FREE OAT SOURDOUGH BREAD WITH HOMEMADE HUMMUS AND A DUO OF RAW VEGAN MUSHROOM PASTE AND RAW VEGAN BASIL PESTO TOPPINGS ON EACH SLICE WITH OUR HOMEMADE RAW VEGAN CHEESES AND MARINATED CHICKPEAS

ACAI & GREEN SMOOTHIE BOWL

Small - 38

TOPPED WITH GRANOLA

Large - 48

BREAKFAST MUFFINS

12

SOUL CAFE MENU

Mains

PRICE

TRUFFLE TAGLIATELLE

44

FULL OF FLAVOR AND A LOVELY CREAMY TEXTURE, THIS ZUCCHINI TAGLIATELLE WILL QUICKLY BECOME YOUR FAVORITE!

FINE RIBBONS TOPPED WITH HOMEMADE MUSHROOM TRUFFLE PESTO, DRESSED IN A CREAMY CHEESY SAUCE FINISHED WITH OUR FAMOUS COCONUT CHEESE CRUMBS.

'BLT' SANDWICH

48

MOUThWATERING BLT SANDWICH ON SOURDOUGH BREAD WITH RAW VEGAN SMOKY COCONUT MEAT, SWEET CARAMELIZED ONIONS, HOMEMADE BBQ SAUCE, TOMATOES AND LETTUCE WITH RAW VEGAN MAYONNAISE SAUCE.

PAD THAI WITH SPICY ALMOND SAUCE

44

OUR BEST SELLER FEATURING FRESH VEGETABLE ZOODLES, A HINT OF SHALLOTS, CRUNCHY ACTIVATED NUTS, TOPPED WITH SPROUTS AND FINISHED WITH A DELICIOUS HOMEMADE SPICY ALMOND BUTTER SAUCE WITH LIME, LEMONGRASS, GINGER AND TAMARI.

WALNUT PESTO ZOODLES

44

LIGHT AND FRESH RAW ZUCCHINI ZOODLES COATED IN DELICIOUS WALNUT & BASIL PESTO, TOPPED WITH CHERRY TOMATOES, SPRINKLE OF COCONUT CHEESE, SPROUTS AND CRUNCHY VEGAN CHEESE

SOUL CAFE MENU

Mains

PRICE

CHEESE, PESTO AND TOMATO TOASTIE 48

GRAB YOUR ULTIMATE VEGAN LUNCH THAT WILL KEEP YOU SATISFIED FOR HOURS! PREPARED WITH DELICIOUS GLUTEN FREE PROTEIN BREAD, TOPPED WITH WALNUT AND BASIL PESTO, SWEET TOMATOES AND VEGAN CHEESES, ACCOMPANIED BY FRESH MIXED SALAD LEAVES, HOMEMADE PINK SAUERKRAUT, SPROUTS AND A DRIZZLE OF OLIVE OIL.

CEASAR SALAD 44

'DELIGHTFUL VEGAN CESAR SALAD WITH MARINATED CHICKPEAS, COCONUT CRUMBS AND HOMEMADE SAUERKRAUT ON A BED OF CREAMY LETTUCE, TOPPED WITH VEGAN CRISPY CHEESE AND FRESH SPROUTS.

FALAFEL SALAD BOWL 44

DELIGHTFUL VEGAN FALAFEL SALAD WITH MARINATED CHICKPEAS, COCONUT CRUMBS AND HOMEMADE SAUERKRAUT ON A BED OF CREAMY LETTUCE, TOPPED WITH VEGAN CRISPY CHEESE AND FRESH SPROUTS. WITH A SIDE OF BEETROOT HUMMUS.

FALAFEL IS MADE OUT OF CARROT AND VARIOUS SEEDS.

SWEET POTATO SALAD WITH CASHEW NUT 44

DRESSING

GROUNDING MIXED LEAVES SALAD TOPPED WITH SWEET POTATOES, SPROUTS, SPRINKLE OF VEGAN COCONUT CHEESE, AND A CREAMY CASHEW SAUCE FOR A PERFECT FINISH!

VEGAN TACO WRAP WITH OAT BREAD 44

THIS FULFILLING VEGAN WRAP IS MADE OUT OF TACO MEAT, BROWN RICE, BLACK BEANS, ROASTED PEPPERS, SAUERKRAUT, TOMATOES, AND CREAM CHEESE. THIS TACO COMES WITH A SIDE SALAD.

SOUL CAFE MENU

Snacks

PRICE

KALE CHIPS	20
TAMARI SPICY NUTS	20
HONEY GLAZED NUT	20
OAT COOKIES	20

Kombucha

PRICE

SWEETENED, FERMENTED TEA WITH A LIGHT FIZZ THATS FULL OF FANTASTIC HEALTH BENEFITS

STRAWBERRY GREEN TEA	32
APPLE & CHAI	32

Detox

PRICE

CLEAN GREENS	25
CUCUMBER, KALE, GREEN APPLE, LEMON & AGAVE. IDEAL FOR: HYDRATION, DEEP CLEANSE OF INTERNAL SYSTEMS& SKIN HEALTH.	

CHARCOAL LEMONADE	20
DETOXIFY YOUR BODY WITH THIS LITTLE BURST OF GOODNESS! ASSISTS WITH KIDNEY AND GUT HEALTH, CLEANSSES THE BLOOD AND BOOSTS SKIN RADIANT. INGREDIENTS: FILTERED WATER, ACTIVATED CHARCOAL AND LEMON JUICE.	

Sweets

PRICE

PEANUT BUTTER CHOCO	32
(440 KCAL)	
BLUEBERRY CHEESECAKE	32
(280 KCAL)	
CACAO CHEESECAKE	32
(333 KCAL)	
GOJI CACAO TRUFFLES	20
(325 KCAL)	
CITRUS MACA TRUFFLES	20
(323 KCAL)	
CHOCO GRANOLA BAR	20
(329 KCAL)	
CARROT CAKE	26
(225KCAL)	

SOUL CAFE MENU

Smoothie Bar

PRICE

S / M / L

SWEET GREENS

OUR BEST SELLER AIDS IN WEIGHT LOSS, DETOXING THE BLOOD & INCREASING IRON LEVELS

PINEAPPLE, KALE, BANANA, COCONUT MILK, SPIRULINA AND PLANT BASED PROTEIN POWDER.

26/32/38

BERRY BURST

YOUR ANTI-AGING IMMUNE BOOSTER; FULL OF THESE FRESH INGREDIENTS: ACAI, BLUEBERRIES, STRAWBERRIES, BANANA AND COCONUT MILK

MANGO DREAM

THIS BRIGHT, HYDRATING AND COLLAGEN BOOSTING REFRESHING SMOOTHIE ALSO FLOODS YOUR BODY WITH SOME RICH VITAMIN C! INGREDIENTS INCLUDE: MANGO, GREEN APPLE, ORANGE, PINEAPPLE, BANANA, DATES, & COCONUT MILK.

PROTEIN COCO

THIS RICH FLAVORED DRINK IS HIGH IN PROTEIN THAT WILL HELP YOU REACH YOUR POTENTIAL FITNESS GOAL, A GREAT POST-WORKOUT SMOOTHIE FOR EFFECTIVE RECOVERY.

INGREDIENTS INCLUDE: BANANA, CACAO, CHIA, DATES, COCONUT MILK, & PLANT BASED PROTEIN POWDER.

DATE SMOOTHIE

A HEALTHY ALTERNATIVE TO CURB YOUR SWEET TOOTH! SWEETENED NATURALLY DATES, THIS SMOOTHIE IS GOING TO BE YOUR NEW FAVORITE "DESSERT".

INGREDIENTS INCLUDE: BANANA, DATES, ALMOND MILK, PEANUT BUTTER & PLANT BASED PROTEIN POWDER.

+ OAT MILK + COCONUT MILK + ALMOND MILK

+MACA POWDER + COLLAGEN POWDER + PROTEIN POWDER

+MCT OIL

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Hot Drinks

PRICE

SPECIALITY COFFEE SOURCED FROM 85+ BEANS (ETHIOPIAN & COLUMBIAN BEANS)

AMERICANO	21
CAPPUCCINO	30
ESPRESSO	20
CORTADO	30
FLAT WHITE LATTE	30
TURKISH COFFEE	19

SPECIALITY HOT DRINKS THAT CAN BE SERVED COLD

OAT MILK	15
SUNSHINE LATTE	32
MATCHA LATTE	32