

BREAKFASTS FOR CONQUERORS

SPIRIT MUESLI BOWL	65
superfood GF seed muesli, yoghurt & seasonal fruit	
CHIA POT (V)	50
with maca + hemp soaked in coconut milk	
CRUSTLESS QUICHE	35
made with usana eggs	
FARMHOUSE BREAKFAST	85
eggs, avo OR haloumi, tahini greens, GF or SW toast	
TURKISH EGGS	75
eggs, herbed yogurt, hummus, spinach or toast	
SALMON SCRAMBLE	90
scrambled eggs, salmon, spinach, capers, feta with GF or SW toast	
AVO ON TOAST (GF/SW BREAD)	40

LUNCHEON MUNCHIN'

DAILY BUFFET	
ONE salad	40
TWO salads	68
THREE salads	85
FOUR salads	98
MAIN dish	40
SPIRIT CAFÉ BOWL OF THE DAY	78
half portion compilation of 4 buffet salads	
MAIN 'N ONE SALAD COMBO	78
MAIN 'N TWO SALAD COMBO	98
MAIN 'N THREE SALAD COMBO	110
BUDDHA BOWL (V)	58
grains/ greens/ kimchi/ slaw/ avo (seasonal)	
WRAP	HALF 50 FULL 80
cauliflower-coconut wrap with veggies & avo/haloumi	



SPIRIT
café



	350ML	500ML
EMERALD BREW	45	55
swiss chard, cucumber, apple, celery, lemon, parsley		
JOU MA SE ELIXOR	45	55
pineapple, cucumber, celery, ginger, cumin seeds		
FOREST GNOME	50	60
swiss chard, apple, cumin seeds, nutmeg, cinnamon, roasted cashews		
LIP SMACKIN' SMOOTHIES	350ML	500ML
ALKALIZER (V)	55	65
swiss chard, celery, cucumber, hempseeds, coconut water, avocado, pineapple, lemon, fennel, dates		
ENLIGHTENMENT (V)	55	65
apple, cucumber, lemon, avocado, cinnamon, mint, coconut water, baby spinach, himalayan salt		
SUPER C (V)	55	65
orange, pineapple, baobab powder, gojis, camu camu berry powder, dates, coconut oil, filtered water		
CHOCOLATION (V)	55	65
banana, brazil nut, cacao powder, tahini, dates, vanilla, filtered water, himalayan salt, cacao nibs		
CARROT CAKE	55	65
carrot, orange, pineapple, pecan nuts, raw honey, coconut oil, cinnamon, vanilla, nutmeg, filtered water		
BERRY BEAUTIFUL (V)	55	65
banana, strawberry, raspberry, cranberry, blueberry, coconut water, coconut oil, dates, himalayan salt		
PROTEIN POWER (V)	60	70
peanut butter, almond milk, chia, hempseeds, vanilla, himalayan salt, dates, cacao nibs		
CLEANSER	50	60
pineapple, lemon, ginger, apple, apple cider vinegar, raw honey, turmeric, cayenne pepper		
MOCHALATION (V)		67
double espresso, cacao powder, brazil nuts, tahini, banana, dates, himalayan salt, cacao nibs, vanilla		

JUICE KINGDOM

FIRE GODDESS

carrot, raw honey, turmeric, ginger
cayenne pepper

BEET BOX

beetroot, orange, celery, apples

CITRUS MISTRESS

orange, lemon, cucumber, apple,
fennel seeds, cinnamon

350ML 500ML

40 50

40 50

45 55



NOURISHMENT (V)

spinach, blueberries, almond milk, almond butter,
dates, himalayan salt, lemon

50 60

KEY

GF - gluten free bread

sweet potato flour, contains eggs

SW - vegan sprouted wheat bread (low in gluten)

V - vegan

PLEASE NOTE: most of our buffet salads are VEGAN

HOT BEVERAGES

premium blend organic coffee (decaf available)

alternatives: soy milk 8 . almond milk 9 . coconut milk 8

	SINGLE	DOUBLE
AMERICANO		25
ESPRESSO	14	24
CORTADO		25
FLAT WHITE	25	28
CAFÉ LATTE		29
CAPPUCCINO	24	29
MACCHIATO		24
NAUGHTY HOT CHOCOLATE		36
BULLETPROOF COFFEE		30
ICED COFFEE		35



lady bonin's tea

RED CHOC CHILI

rooibos, cocoa, chili: delicious, spicy & energizing

ORGANIC ROOIBOS / ROOIBOS CHAI

aids detox, digestion & immune system

ORGANIC MATCHA LATTE

natural stimulant, served with honey

COCONUT CHAI LATTE

creamy & full-bodied with chai rooibos espresso

MOROCCAN MINT & GREEN TEA

aids digestion & cleansing

LOOSE LEAF EARL GREY / CEYLON

provides amino acids, antioxidants; mood enhancer

SEASONAL HERBAL TEAS

immune boosting, antioxidants, naturally decaf

YERBA MATE

energy, calcium, vitamin b & cleansing

BREW LATTE

35 38

30 35

40

38

32

30

30

32



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SPIRIT
café
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