



## Cold Beverages

<b>WATER</b>	
Still or Sparkling 500ml or Strawberry Flavored .....	22
Still or Sparkling 1Ls .....	35
<b>SODAS</b>	
Coke/ Coke Zero/ Cream Soda/ Sprite/ Fanta Orange .....	29
<b>TISERS</b>	
Appetizer or Grapetizer .....	29
<b>ICE TEA</b>	
Peach or Lemon .....	26
<b>JUICES</b>	
Apple/ Mango/ Orange .....	27
Cranberry .....	30
<b>UPLIFT KOMBUCHA</b>	
Peach & Granadilla or Lemon & Ginger or Blueberry & Pomegranate .....	29
<b>NON ALCOHOLICS</b>	
Non Alcoholic beer-The General .....	29
Duchess .....	29
San Pellegrino Aranciata .....	35

## Smoothies & Shakes

<b>THE HULK</b>	
Moringa, banana, pineapple, spirulina, dates, almond milk .....	65
<b>SUPERFOOD SMOOTHIE</b>	
Frozen strawberries, banana dates, cocoa powder, filtered water .....	65
<b>STRAWBERRY SENSATION</b>	
Frozen strawberries, banana, apple juice, honey, low fat yoghurt .....	55
<b>MANGO TANGO</b>	
Mango juice, banana, pineapple, coconut, low fat yoghurt, honey .....	55
<b>PEANUT BUTTER BOMB</b>	
Peanut butter, peanuts, ice cream, banana, low fat milk .....	55
<b>SHAKES</b>	
Bar One/ Coffee/ Caramel/ Banana/ Chai / Strawberry .....	45
<b>BRAIN FUEL</b>	
Low fat milk, ice cream, almonds, banana, honey .....	55

## Coffee Time

	Single	Double
AMERICANO .....	26	32
CAPPUCCINO .....	32	38
FLAT WHITE .....		38
CAFFE LATTE .....		36
CORTADO .....		32

## Hot Beverages

HOT CHOCOLATE .....	45
RED CAPPUCCINO .....	45
CHAI LATTE .....	45
DIRTY CHAI .....	45
MATCHA LATTE .....	55
TUMERIC LATTE .....	55

## Tea Time

CEYLON .....	25
ROOIBOS .....	25
EARL GREY .....	29
PEPPERMINT .....	29
GREEN TEA .....	29



Almond Milk Extra R12

Decaf Extra R10

Oat Milk Extra R10