



## Vitality Corner

*Menu*



### Wraps

*all wraps are made with whole wheat wraps*

#### PLANT BASED

paprika, roasted sweet potato, lentils, hummus, carrot,  
cabbage, spinach, date & orange dressing  
R85.00

#### SPICY BEEF & BEAN

spiced beef, red kidney beans, brown rice, quinoa, carrot,  
tomato salsa, cabbage, spinach, coriander, yoghurt  
R95.00

#### ROAST CHICKEN & CRISP BACON CAESAR

roast chicken, bacon, cos lettuce, grana padano cheese,  
cucumber, caesar dressing  
R85.00

#### SMOKED SALMON

smoked salmon, spinach, cream cheese,  
avocado mayo, dill salad, radish  
R95.00

### Salad Bowls

#### BEET BUDDHA BOWL

beetroot, sweet potato, orange, tomato,  
turmeric chickpeas, spinach, lemon tahini  
R80.00

#### SPICY CHICKEN SLAW

spring onion, cabbage, carrot, mange tout,  
yoghurt, coriander, cashews, peanuts, sesame seeds  
R85.00

#### NACHO BEEF BOWL

cabbage, carrot, gluten-free corn chips, avocado,  
tomato salsa, red kidney beans, brown rice, quinoa  
R95.00

### Smoothie Bowls

#### COCOA, BANANA & DATE

honey, chia seeds, cocoa granola,  
orange, frozen berries  
R65.00

#### MANGO, KIWI & CHIA SEED

almond milk, banana, nuts, chai seeds, coconut  
R70.00

#### CARROT CAKE

carrot, pineapple, banana, date, cinnamon, vanilla,  
walnut, coconut  
R70.00

### Smoothies

*all smoothies & juices are served in a 350ml glass*

#### NUTTY BUTTER SMOOTHIE

banana, frozen yoghurt, almond milk, cocoa,  
honey, sugar-free peanut butter  
R60.00

#### BERRY BLISS

strawberry, raspberry, blueberry,  
frozen yoghurt, apple, banana  
R60.00

#### APPLE BERRY DETOX SMOOTHIE

seasonal berries, apple, spinach, flax seed, almond milk  
R55.00

#### MANGO LASSIE

mango, yoghurt, ginger, mint, coconut milk  
R60.00

#### BLUEBERRY CHIA SMOOTHIE

blueberries, chia seeds, pineapple, banana,  
linseeds, coconut water  
R55.00



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*Menu*



### Smoothies

*all smoothies & juices are served in a 350ml glass*

#### NUTTY BUTTER SMOOTHIE

banana, frozen yoghurt, almond milk, cocoa,  
honey, sugar-free peanut butter

R60.00

#### BERRY BLISS

strawberry, raspberry, blueberry,  
frozen yoghurt, apple, banana

R60.00

#### APPLE BERRY DETOX SMOOTHIE

seasonal berries, apple, spinach, flax seed, almond milk

R55.00

#### MANGO LASSIE

mango, yoghurt, ginger, mint, coconut milk

R60.00

#### BLUEBERRY CHIA SMOOTHIE

blueberries, chia seeds, pineapple, banana,  
linseeds, coconut water

R55.00

### Raw Juices

#### LEMON & GINGERADE

lemon, ginger, apple, coconut water

R45.00

#### CLEANSING GREENS

cucumber, celery, apple, spinach, lemon, ginger

R45.00

#### CITRUS BURST

orange, lemon, grapefruit, lime

R40.00

#### APPLE MINT

cucumber, apple, lemon, mint

R40.00

#### INNER BODY BOOST

orange, carrot, turmeric, cucumber, flax seed, beetroot

R55.00

#### ROOT JUICE

carrot, beetroot, ginger, celery

R50.00

#### CREATE YOUR OWN

select up to 6 ingredients for your personalised juice

R70.00

*Options:*

*orange, lemon, lime, grapefruit, celery, beetroot, ginger, apple,  
cucumber, pineapple, spinach, carrot, turmeric,  
flax seed, coconut water, mint*