



LANZERAC

1692



# Vitality Corner

*Menu*

## Breakfast

EGGS ON RYE (DF, V, HF) | R90

poached or scrambled, avocado, rye toast, braised tomatoes, herb salad

G-FREE PANCAKE STACKS (VE, HF, GF, DF, N) | R100

caramelized banana jam, honey, almonds, coconut yoghurt, berries

BREAKFAST TORTILLA (V-SA, HF-SA) | R110

scrambled egg, beef sausage, mushrooms, spinach, cheddar cheese, avo, sundried tomato pesto

CHIA SEED SMOOTHIE BOWL (GF, DF, VE, HF, N) | R95

papaya, strawberries, coconut, almond milk, honey, almonds

## Wraps or Salads

*all wraps are made with whole-wheat wraps*

PLANT BASE (VE, HF, DF, N, S) | R85

orange, roast butternut, chickpeas, avocado, spinach, kimchi, couscous

FRESH TUNA MELT (HF, S) | R140

seared tuna, lemon mayo, capsicum pickle, red onion relish, carrot slaw, cheddar cheese

CHICKEN, BACON & MOZZARELLA (HF-SA) | R135

chicken, bacon, cabbage, carrot, sugar snap, tomato confit, fior de latte mozzarella, lemon mayo

SMOKED SALMON (HF, DF) | R155

smoked salmon, spinach, avocado, corn salsa, egg, quinoa, micro herbs

## Light Lunch Dishes

VIOLET SPRINGROLLS (VE, HF, GF, DF, N) | R95

rice paper, braised purple slaw, sprouts, date salsa, sweet potato, peanut herb dip

*chef's recommendation is to add either chicken or tofu*

GREEN GODDESS (VE, HF, GF, DF, S) | R125

zucchini noodles, chimichurri, asparagus, coconut yoghurt, peas, spinach, macadamia nuts

*chef's recommendation is to add either chicken or tofu*

GOLDEN RAMEN BOWL (VE-SA, S, V, HF) | R110

miso broth, soya egg, nori, patty pans, crispy ginger, aromatic oil, rice noodle, mushroom, sesame

*chef's recommendation is to add either prawn or tofu*

RED TOM CROSTINI (V, HF) | R95

stewed hibiscus vinegar tomatoes, cottage cheese, herb oil, sour dough

*chef's recommendation is to add either tuna or smoked salmon*

ADD PROTEIN

CHICKEN R50 | PRAWN R125 | TUNA R80 | SALMON R110 | TOFU R60

# Something Sweet

*ask the vitality corner team for daily options*

## Smoothies

*order either a 350ml glass or as a smoothie bowl*

### MATCHA GREEN TEA | R100

green tea, orange, spinach, pear, chia seeds, cocoa, coconut

### CARROT CAKE | R75

carrot, pineapple, banana, date, cinnamon, vanilla, walnut, coconut

### THE FEEL GOOD | R100

pineapple, ginger, raspberries, turmeric, flaxseed, coconut, chia seeds

### NUTTY CHOCKY BUTTER | R75

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

### BOOSTER POWDERS TO ADD

R25 per 10grams

vegan collagen | plant protein | matcha green tea  
whey protein | cocoa maca super food | goji berry

R5 per gram

vitamin c

## Raw Juices

### LEMON & GINGERADE | R60

lemon, ginger, apple, coconut water

### CLEANSING GREENS | R60

cucumber, celery, apple, spinach, lemon, ginger

### CITRUS BURST | R55

orange, lemon, grapefruit, lime

### VIRGIN APPLE MOJITO | R50

cucumber, apple, lemon, mint

### INNER BODY BOOST | R55

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

### ROOT JUICE | R65

carrot, beetroot, ginger, celery

### CREATE YOUR OWN | R85

select up to 6 ingredients for your personalized juice

### INGREDIENT OPTIONS

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

For your safety and ours, Lanzerac is a cashless establishment.

(VE) VEGAN | (V) VEGETARIAN | (HF) HALAAL FRIENDLY | (P) CONTAINS PORK | (N) CONTAINS NUTS | (S) CONTAINS SEEDS  
(DF) DAIRY FREE | (GF) GLUTEN FREE | (-SA) SUBSTITUTE AVAILABLE