



LANZERAC

1692

VITALITY CORNER
MENU

FOOD &
SMOOTHIES

BREAKFAST

available from 9am - 11am

EGGS ON RYE (DF, V, HF) | R100

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

BREAKFAST BURRITO (V, HF, VE-SA) | R120

scrambled egg, mozzarella cheese, spicy beans, avocado, spinach, tomato

FRUIT & BERRY BOWL (HF, VE-SA, DF, GF, N, S) | R120

seasonal fruits, berries, banana, coconut yoghurt, mint, honey, granola

2 EGG OMELETTE (V-SA, GF, HF) | R170

smoked salmon, cream cheese, dill, avocado, spinach

PRESSED CROISSANT (N, P) | R130

bacon, crème fraiche, honey, strawberries, banana, cinnamon

SMASHED AVO ON TOAST (VE, GF-SA, HF) | R75

avocado, rye bread, spring onion, micro herbs

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

LIGHT LUNCH DISHES

Add a protein

CHICKEN R40 | PRAWN R110 | TUNA R75 | SALMON R120 | TOFU R60 | BEEF R60 | PORK R50

RICE PAPER SPRINGROLLS (VE, DF, HF) | R80

spring onion, carrot, cabbage, daikon, coriander, chilli soy dip

chefs' recommendation is to add salmon

GREEN GODDESS (GF, VE, HF, N) | R100

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

chefs' recommendation is to add prawn

RAMEN BOWL (V, S, DF, HF) | R130

tom yum broth, nori, carrot, crispy ginger, aromatic oil, rice noodle, mushroom, sesame

chefs' recommendation is to add soya egg & prawn

POKE BOWL (V, HF, DF, S) | R95

sticky rice, spring onion, carrot, radish, edamame, togarashi sauce, sesame seeds

chefs' recommendation is to add salmon or tuna

SRIRACHA WRAP (V, HF, S) | R115

carrot slaw, cucumber, yoghurt, sesame, spring onion, avocado, sriracha dressing

chefs' recommendation is to add chicken or salmon

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

SUSHI CORNER

*all sushi comes with wasabi, pickled ginger & soya sauce
see chef for weekly specials*

SALMON ROSES (4) | R120

PRAWN NIGIRI (4) | R115

SPICY TUNA & AVOCADO RAINBOW ROLLS (4) | R85

SALMON & CUCUMBER MAKI (4) | R95

AVOCADO MAKI (4) | R50

PRAWN & AVOCADO CALIFORNIA ROLL (4) | R70

SMOKED SALMON & CREAM CHEESE ROLL (4) | R75

SHARE PLATTER | R290

salmon roses, prawn nigiri, avocado maki, smoked salmon & cream cheese rolls

STEAMED BAO BUNS & POTSTICKERS

*2 bao buns, served with an Asian slaw, kewpie mayo, sesame seeds
OR 4 potstickers, served with a dipping sauce | pan-fried or steamed*

PRAWN, CORN & CORIANDER | R120

AROMATIC PORK & GINGER | R90

CHILLI CHICKEN & SPRING ONION | R80

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

BUILD A BOWL

cannot decide what you want? ask the chef for this week's combo

IT'S ALL ABOUT THE BASE | R90

egg noodle
sticky rice
rice noodle
udon noodle | +R10
brown rice | +R10
quinoa | +R15

SAUCE IT UP

Japanese teriyaki sauce
Chinese chop suey sauce
Indonesian oyster sauce
Thai sesame peanut sauce
Korean chilli garlic sauce

PICK YOUR PROTEIN

pork | R50
chicken | R40
beef | R60
prawn | R110
tofu | R60

SOMETHING EXTRA | R15 each

crispy onion
fried garlic & ginger
toasted sesame & peanut crumb
coriander
fried egg

SOMETHING SWEET

ask the vitality corner team for daily options

COCONUT STICKY RICE WITH MANGO (V, HF, GF, S) | R110

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

SMOOTHIES

order either a 420ml glass or as a smoothie bowl

COCOA PEANUT BUTTER BOMB (V, N, GF, HF) | R75

peanut butter, cocoa, banana, yoghurt, almond milk

GLOWING MILK (V, GF, HF) | R80

mango, pineapple, coconut milk, turmeric, citrus spiced honey, lemon, ginger, yoghurt

SALTED CARAMEL (V, N, GF, HF) | R85

banana, dates, almond milk, macadamia butter, whey protein, desert salt

BERRY BLISS (V, GF, HF) | R75

strawberries, raspberries, banana, lime, yoghurt

TROPICAL VITAMIN BOOST (VE, GF, N, DF, HF) | R85

mango, orange, pineapple, pawpaw, almond flakes, vitamin C

CITRUS SPICE (V, S, GF, HF) | R85

orange, lemon, lime, yoghurt, chia seeds, collagen, honey, star anise, cinnamon

DIRTY CHAI (V, HF) | R80

espresso shot, chai spice, yoghurt, honey, coconut milk



BOOSTERS TO ADD

vitamin C | R20 per gram

vegan collagen | plant protein | whey protein | R40 per 10 grams

matcha green tea | cocoa maca super food | goji berry | R40 per 10 grams

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

WINE &
BEVERAGES

WINE SELECTION

Glass/Bottle

Lanzerac Pinotage Rosé	50	200
Lanzerac Sauvignon Blanc	50	200
Lanzerac Chardonnay	77	305
Lanzerac Merlot	85	340
Lanzerac Pinotage	92	365
Lanzerac Cabernet Sauvignon	92	365
Lanzerac Reserve	85	320
Lanzerac Cap Clasique	90	440
Lanzerac Mrs English	225	900
Lanzerac Lé General	250	995
Lanzerac Pionier Pinotage	488	1950
Villiera Brut		390
Villiera Brut Rosé		390

BEERS & CIDERS

Amstel	39
Black Label	39
Castle Lager	35
Castle Free	37
Castle Lite	39
Heineken	45
Peroni	58
Windhoek Lager	42
Windhoek Lite	39
Windhoek Draught	49
Hunters Gold	42
Hunters Dry	42
Savanna Lite	45
Savanna Dry	45

GINS

Inverroche Verdant	56
Inverroche Amber	56
Inverroche Classic	56

MIXERS

Fitch & Leeds Blue Tonic	35
Fitch & Leeds Pink Tonic	35
Fitch & Leeds Indian Tonic	35
Fitch & Leeds Ginger Ale	35

RAW JUICES

(all raw juices are, vegan, dairy free & gluten free)

Lemon & Gingerade	75
lemon, ginger, apple, coconut water	
Cleansing Greens	70
cucumber, celery, apple, kale, lemon, ginger	
Chilli Pineapple Cooler	75
pineapple, cucumber, apple, mint, chilli, ginger, desert salt	
Virgin Apple Mojito	60
cucumber, apple, lime, mint	
Boost Your Immune	65
orange, lemon, lime, mint, ginger	
Healthy Paradise	70
orange, lemon, lime, yoghurt, chia seeds, collagen, honey, star anise, cinnamon	
Create Your Own	90
select up to 6 ingredients for your personalized juice	
INGREDIENT OPTIONS	
orange lemon lime grapefruit celery beetroot ginger apple mint cucumber pineapple spinach carrot turmeric flax seed coconut water	
Freshly Squeezed Juice	40
Raw Ginger Shot	35

COLD BEVERAGES

Coke/Zero/Light	35
Fanta/Cream Soda/Sprite.	35
Appletiser/Grappetiser	44
Soda Water/Lemonade/Dry Lemon	35
Ice Tea Lemon/Peach	33
Still Water 440ml/750ml	29 49
Sparkling Water 440ml/750ml	29 49

HOT BEVERAGES

Double Americano	35
Cappuccino/Double Cappuccino	29 39
Espresso/Double Espresso	20 40
Latte	35
TWG Tea	35
Milk Alternatives	10
soy almond oat	

FOOD
BENEFITS

KNOWING THE BENEFITS OF THE FOOD WE EAT

ALMONDS

Are the most nutritionally dense nut, meaning they offer the highest concentration of nutrients per calorie per ounce.

APPLES

Are a great low-calorie source. Plus, upping apple intake has been associated with reduced risk of cardiovascular disease, certain cancers, diabetes & asthma

AVOCADOS

Support for heart and blood vessels might be surprising to some people who think about avocado as too high in fat for heart health.

BANANAS

A good source of vitamins and minerals, as well as fiber.

BEETROOT

Contains tons of vitamins, minerals and antioxidants that can help fight disease and strengthen vital organs.

CARROTS

Best known for their rich supply of the antioxidant nutrient that was named for them: beta-carotene, but also of a wide variety of antioxidants and other health-supporting nutrients.

COCOA

Aids in lowering blood pressure and improving the elasticity of blood vessels, research studies have shown that cocoa exhibits higher antioxidant activity than against black tea, green tea, and red wine.

CUCUMBER

At the top of the phytonutrient list for cucumbers are its cucurbitacin's, lignans, and flavonoids. Providing us with valuable antioxidant, anti-inflammatory, and anti-cancer benefits.

FLAXSEEDS

Are high in omega-3 fatty acid. Lignans - which are fiber-like compounds, but in addition to their fiber-like benefits, they provide antioxidant protection structure.

GINGER

Great for gastrointestinal distress. It possesses numerous therapeutic properties including antioxidant effects, an ability to inhibit the formation of inflammatory compounds and direct anti-inflammatory effects.

HONEY

Reduces ulcers and other gastrointestinal disorders, Anti-bacterial and anti-fungal, increases athletic performance, reduces cough and throat irritation.

PEANUTS

Rich in energy (567 calories per 100 g) and contain health nutrients, minerals, antioxidants, and vitamins that are essential for optimum health.

SPINACH

Antioxidants, anti-inflammatories and vitamins that promote vision and bone health are what make this little ol' green so super.

TURMERIC

Is a powerful medicine that has long been used in the Chinese and Indian systems of medicine as an anti-inflammatory agent to treat a wide variety of conditions, including flatulence, jaundice, menstrual difficulties, bruises, chest pain and colic.

WHERE LUXURY MEETS EXCELLENCE

CONTACT US

021 887 1132 | www.lanzerac.co.za

   @lanzeracstate