

Nouriti Breakfast

Eggs

- 92 583** **Breakfast Booster** (wrap/bagel/brioche) egg, bacon, cheddar, tomato & avo
- 59 379** **Petit Egg** bacon, toast & rosa tomatoes
- 54 406** **2 Eggs** any way with toast
- 69 356** **3 Egg Omelette Stack** with onion, tomato & toast. Add bacon/halloumi/feta/mushroom +R25
- 95 398** **Shakshuka** 2 eggs, simmered in a spiced tomato gravy with butter beans, topped with feta & coriander served with sourdough toast
- 95 546** **Healthy Hollandaise** eggs, bacon, roast tomatoes & toast
- 55 376** **Egg & Bacon** on brioche
- 110 450** **Salmon & Eggs** 2 poached eggs, creamed cheese, capers & pickled red onion on sourdough
- 110 540** **Sweet Corn Fritters** stacked with bacon, avo, feta, 2 poached eggs, chill jam

Oats & Health

- 85 617** **Overnight Oats Peanut Butter & Banana** with choc chips & honey drizzle
- 60 348** **Hot Oats** with apple & cinnamon
- 80 455** **Pawpaw & Yoghurt** with almonds, honey & granola

On Toast

- 62 327** **Smashed Avo** on toast with feta, lemon, spring onion & black pepper
- 60 391** **Curried Butter Beans** on sourdough
- 65 274** **Mushrooms & Spinach** baby spinach, creamed cheese & balsamic mushrooms on sourdough
- 99 407** **Salmon & Cream Cheese Bagel**

Toast choices: sourdough/rye/dark granary or brioche +R8

Protein Bowls

- 99 597** **Power Up** scrambled eggs, black beans, roasted sweet potato, avocado, baby spinach & tomato salsa
- 110 600** **Mighty Morning** quinoa, grilled halloumi, 2 poached eggs, baby spinach, mushrooms & roasted cherry tomatoes

Smoothie Bowls

- 108 506** **Choc Nut** peanut butter, cacao, banana, dark choc chips & yoghurt
- 108 384** **Tropical Summer** mango, pineapple, banana, kiwi, coconut & sesame, nut milk
- 108 498** **Berry Bliss** mixed berries, banana, nut milk, chia seeds, fresh berries & coconut flakes
- 120 499** **Ferrero Rocher Protein** plant based protein, cacao, almond butter, banana, dates, chia seeds, avo, hazelnuts, cacao nibs

Coffees & Hot Drinks

- 34/36** **Cappuccino: Regular/Large**
- 39** **Latte**
- 34** **Americano**
- 30** **Cortado**
- 34/36** **Flat white: Regular/Large**
- 45** **Sugar Free Flavoured Latte** Vanilla, Hazelnut, Caramel
- 60** **Matcha Latte Strawberry Cold Foam**
- 39** **Café Mocha**
- 39** **Hot Chocolate**
- 39** **Chai Latte**
- 20** **Tea**
- 10** **Babychino**
- 12** **Milk Alternatives**

Nouriti Meals

Wraps & Sandwiches

99 682	Crispy Chicken	
130 508	Beef Fillet caramelised onions, mushrooms, chilli jam	
89 461	Mezze Chicken, Avo, Feta	
88 417	Curried lentil, Avo	
89 420	Tikka Chicken peanut slaw, tzatziki	
92 450	Chicken, Red Skin Peanuts, Pineapple sweet chilli sauce	
89 490	Mexican avo, black beans, charred corn, guacamole, salsa Add chicken +R25 Add mince +R30	
88 409	Sesame Crusted Falafel	
95 583	CBH chicken, bacon, halloumi, mustard, mayo	

Salads & Salad Bar

95 583	CBH chicken, bacon, halloumi, mustard mayo, on greens	
90 379	Mezze chicken, avo, feta , on greens	
90 406	Tikka Chicken peanut slaw, tzatziki, on greens	
99 356	Oriental Orange & Cashew on greens	
110 450	Chicken Poke Bowl sticky rice, edamame beans, cabbage, ginger	
89 417	Curried Lentil & Avo on greens	
110 420	Chicken, Avo, Feta, Honeycrisp Salad walnuts, apple, pomegranates on greens	
130 498	Beef Fillet caramelised onions, mushrooms, chilli jam	
99 398	Salad Of The Day ask our team	



Plant Based | Approx Calories
*Ingredients subject to availability

Macro Bowls

88 613	Mediterranean Bowl sweet potato, roasted chickpeas, baby spinach, avocado, cherry tomatoes with tahini drizzle on brown rice. Swap to quinoa +R20 Add chicken strips +R25 Add Steak strips +R30 Add Falafel +R20	
88 733	Asian Bowl black beans, red cabbage, avocado, sweet potato, salsa drizzled with peanut satay on brown rice. Swap to quinoa +R20 Add chicken strips +R25 Add steak strips +R30 Add falafel +R20	

Loaded Baked / Sweet Potato

95 327	CBH chicken, bacon, halloumi	
75 356	Curried Butter Beans with raita & tomato salsa	
88 417	Curried Lentil, Avo, Feta	
99 407	Bolognaise beef mince	
89 461	Mezze chicken, avo, feta	
89 420	Tikka Chicken peanut slaw, tzatziki	
130 508	Beef Fillet caramelised onions, mushrooms, chilli jam	

Nouriti Favourites

Smoothies (500ml)

- 75 295** **Cake Batter Protein** cottage cheese, yoghurt, vanilla protein powder, almond extract, sprinkles
- 65 391** **Cream green** avo, apple, spinach, banana
- 65 274** **Strawberry Yoghurt** frozen berries, yoghurt, vanilla
- 69 407** **Peanut Butter Boost** oats, pb, banana, yoghurt, vanilla, honey
- 60 273** **Bondi Blu Berry** berries, apple juice, cinnamon banana, honey
- 64 378** **Mango Mint Tropical Vit C** mango, mint, lemon, banana
- 58 273** **Iced Coffee Date** espresso, dates, vanilla
- 55 273** **Daily Greens** apple, spinach, lemon

Beef

- 105 482** **Lean Beef Burger** brioche bun
Add Sweet Potato Fries +R25
Add cheese/mushrooms +R20
- 98 432** **Pulled Beef Brisket** on brioche
- 98 457** **Thai Beef Stir Fry** noodles/brown rice
- 159 440** **200g Balsamic Fillet & Halloumi** with roasted cherry tomatoes & green beans
Add Sweet Potato Fries +R25
- 155 480** **Chimichurri Poke Bowl** steak strips, black beans, black rice, avo, lettuce, red onion, cabbage, tomatoes, chimichurri dressing
- 120 450** **Nachos** beef mince, guacamole, greek yoghurt, trigs

Chicken

- 110 599** **Crispy Chicken Burger** (bun) Add Sweet Potato Fries +R25
- 110 556** **Chicken Protein Bowl** spiced butter beans, brown rice, red onion, peppers, feta
- 99 406** **Soy Ginger Chicken** broccoli, avo & brown rice
- 105 520** **Ginger Honey Chicken** with sticky rice & veg
- 105 492** **Chicken Cashew Stir Fry** noodles/brown rice
- 105 602** **Indonesian Panko Chicken Stir Fry** noodles/brown rice
- 105 698** **Nasi Goreng** indonesian fried rice with chicken and egg
- 95 490** **Hot Grilled Chicken Breast** with fresh avo on a bed of lettuce

Fish

- 130 339** **Hake & Salmon Fishcakes** (rice/noodles/asian slaw) with potato, mint, coriander & chilli jam drizzle
- 105 350** **Sriracha Tuna Poke Bowl** tinned tuna & sriracha on sticky rice with edamame, avocado, sesame, herbs & pickled cabbage with radish, sushi ginger & soy dressing
- 152 503** **Salmon Poke Bowl** salmon tataki on sticky rice with edamame, avocado, sesame, herbs & pickled cabbage with radish, sushi ginger & soy dressing

Veg

- 95 458** **Chickpea, Sweet Potato & Coconut Curry** (sticky rice/brown rice) with baby spinach
- 92 340** **Vegan Poke Bowl** broccoli & mushrooms on sticky rice with edamame, avocado, sesame, herbs & pickled cabbage with radish, sushi ginger & soy dressing



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