



Our dishes are free from refined sugar, wheat flour and oils. Majority are raw. We only use Himalayan salt. Products are enriched with superfoods and adaptogens.

24 Abashidze Street

DISHES

<b>AVOCADO TOAST</b>	19
BUCKWHEAT BREAD. CHIMICHURRI.	
<b>TOFU SCRAMBLE</b>	19
BUCKWHEAT BREAD. WILTED GREENS. <b>CASHEW</b> CREAM-CHEESE.	
<b>NORI SANDWICH</b>	15
QUINOA-RICE. VEGGIES. <b>TOFU</b> . KIMCHI. PEANUT BUTTER.	
<b>PIZZA</b>	14
ZUCCHINI CRUST. TOMATO SAUCE. NAMU LAB BABY GREENS. <b>CASHEW</b> -TRUFFLE CHEESE.	
<b>BABA GHANOUSH</b>	15
<b>CASHEW</b> -TRUFFLE CHEESE. CHIMICHURI.	
<b>WARM WILTED SPINACH</b>	14
CUMIN LENTIL. <b>TOFU</b> - <b>CASHEW</b> COTTAGE CHEESE.	
<b>TOFU CAPRESE</b>	15
TOMATO. NAMU LAB BABY GREENS. CHIMICHURI.	
<b>QUINOA TABBOULEH</b>	15
FENNEL QUINOA. CUCUMBER. TOMATO. BELL PEPPER. PARSLEY.	
<b>THAI BOWL</b>	17
ZUCCHINI NOODLES. VEGGIES. <b>SOYA</b> . <b>ALMOND</b> BUTTER. GREENS.	
<b>MUSHROOM FAJITAS</b>	19
MILLET TORTILLAS. MUSHROOMS. SWEET PEPPERS. <b>CASHEW</b> CREAM-CHEESE.	
<b>VEGETABLE CURRY</b>	20
VEGGIES IN COCONUT MILK. CUMIN RICE. <b>CASHEW</b> CREAM-CHEESE.	
<b>"BEEF" STROGANOFF</b>	20
MUSHROOM- <b>SOYA</b> MEAT. MASHED POTATOES. <b>CASHEW</b> CREAM-CHEESE.	
<b>PUMPKIN SOUP</b>	16
BAKED PUMPKIN IN COCONUT MILK. <b>CASHEW</b> CREAM-CHEESE. TOASTED SEEDS.	
<b>MISO SOUP</b>	13
MUSHROOM. <b>TOFU</b> . RICE NOODLES. GREENS.	

BREAD & BUTTER

<b>BUCKWHEAT-OREGANO BREAD</b>	3
<b>ROSEMARY-SEED BREAD</b>	3
<b>CORN-OKARA BREAD</b>	2
<b>CORIANDER-SUNFLOWER CRACKER</b>	2
2 PIECES	
<b>PLANT BUTTER</b>	2

<b>PANCAKES</b>	17
MILLET-BUCKWHEAT PANCAKES. <b>CASHEW</b> YOGURT. JAM. FRUITS.	

<b>GRANOLA</b>	8
PROBIOTIC YOGURT. NUT BUTTER.	

<b>DESSERT OF THE DAY</b>	
ASK THE BARISTA	

<b>RAW CAKES</b>	5
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<b>BARRY CHEESECAKE</b>	
DATE AND <b>NUT</b> BASE. FERMENTED <b>CASHEW</b> CREAM.	

<b>CHOCOLATE CAKE</b>	
<b>OAT</b> COOKIE BASE. DATE CARAMEL. CHOCOLATE GANACHE.	

<b>CARROT CAKE</b>	
TOASTED <b>WALNUT</b> DOUGH. COCONUT YOGURT.	



SWEETS

<b>TIRAMISU</b>	
<b>ALMOND</b> BASE. CHOCOLATE AND VANILLA <b>CASHEW</b> CREAM.	

<b>STUFFED DATE</b>	3
WITH <b>CASHEW</b> BUTTER.	

<b>RAFFAELLO</b>	5
<b>CASHEW</b> BUTTER. <b>ALMOND</b> . WHITE CHOCOLATE.	

<b>FERRERO</b>	5
CHOCOLATE- <b>HAZELNUT</b> BUTTER. BLACK CHOCOLATE.	

<b>SNICKERS</b>	5
PEANUT BUTTER. DATE CARAMEL. CHOCOLATE.	

<b>GRANOLA BAR</b>	5
SEEDS. <b>NUTS</b> . <b>OAT</b> . <b>TAHINI</b> . BLACK CHOCOLATE.	

<b>ICE-CREAM</b>	6
BANANA CREAM. DATE CARAMEL. DIPPED IN BLACK CHOCOLATE WITH TOASTED <b>ALMOND</b> .	




EVERYTHING YOU BUY HERE IS PLANT MADE AND MINDFULLY DELICIOUS.

ALLERGENS ARE IN BOLD. LET US KNOW IF YOU HAVE ANY ALLERGIES.

PRICES INCLUDE VAT.

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<b>COFFEE</b>	<b>ESPRESSO</b>	<b>6</b>	<b>GINGER KOMBUCHA</b> WITH TARRAGON.	<b>6</b>	
	<b>AMERICANO (HOT / COLD)</b>	<b>8</b>		<b>STRAWBERRY KOMBUCHA</b> WITH MINT.	<b>6</b>
	<b>CAPPUCCINO (HOT / COLD)</b> ALMOND, SOYA OR COCONUT MILK.	<b>10</b>			<b>LAVENDER KOMBUCHA</b> WITH BLACK CURRANT.
<b>LATTE &amp; SMOOTHIE</b>	<b>MATCHA LATTE (HOT / COLD)</b> ALMOND, SOYA OR COCONUT MILK. AGAVE.	<b>12</b>	<b>APPLE KOMBUCHA</b> WITH SPICES.	<b>6</b>	
	<b>AÇAÍ LATTE (HOT / COLD)</b> ALMOND, SOYA OR COCONUT MILK. AGAVE.	<b>12</b>	<b>GRAPE KOMBUCHA</b> WITH SAPERAVI.	<b>6</b>	
	<b>MATCHA SMOOTHIE</b> MATCHA LATTE. SPINACH. PUMPKIN SEED BUTTER. BANANA.	<b>13</b>	<b>KOMBUCHA MOCKTAILS</b>	<b>11</b>	
	<b>AÇAÍ SMOOTHIE</b> AÇAÍ LATTE. OAT. BERRIES. BANANA.	<b>13</b>			
	<b>COLD PRESSED JUICES</b>	<b>330ml</b>	<b>FERMENTED</b>	<b>BERRY COSMOPOLITAN</b> PLAIN KOMBUCHA. BERRY + BEETROOT ICE CUBES. ROSE.	
<b>WHEATGRASS JUICE</b> CELERY. CUCUMBER. APPLE. LEMON.	<b>13</b>	<b>WHEATGRASS MOJITO</b> PLAIN KOMBUCHA. WHEATGRASS + CELERY/CUCUMBER ICE CUBES. MINT.			
<b>GINGER JUICE</b> PINEAPPLE. CARROT. CITRUS.	<b>13</b>	<b>BUCKTHORN MARGARITA</b> PLAIN KOMBUCHA. BUCKTHORN + LEMON/GINGER ICE CUBES. LEMON.			
<b>ICED JUICE WATER</b>	<b>150ml</b>	<b>GINGER ALE</b> FERMENTED GINGER.		<b>6</b>	
<b>WHEATGRASS + CALERY/CUCUMBER</b> ICED JUICE IN WATER.	<b>6</b>	<b>GINGER BEER</b> FERMENTED GINGER AND HOPS.		<b>6</b>	
<b>JUICE</b>	<b>BUCKTHORN + LEMON/GINGER</b> ICED JUICE IN WATER.	<b>6</b>	<b>TEA</b>	<b>HERBAL TEA</b> MINT. CHAMOMILE. GINGER.	<b>8</b>
	<b>BERRIES + BEETROOT</b> ICED JUICE IN WATER.	<b>5</b>		<b>BLACK MASALA TEA</b> GEORGIAN BLACK TEA. SPICES.	<b>8</b>
	<b>CARROT + GRAIFRUIT</b> ICED JUICE IN WATER.	<b>5</b>		<b>BOTTLED WATER</b>	<b>4</b>
				<b>SPARKLING WATER</b>	<b>4</b>
		<b>ALCOHOL</b>	<b>RED WINE</b>	<b>12/48</b>	
			<b>WHITE WINE</b>	<b>12/48</b>	
			<b>CRAFT BEER</b>	<b>11</b>	

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