

Every ingredient on the menu is mindfully sourced. Our food is predominantly plant based and high in protein. We do not use refined sugar and oil. Eggs are free range. Greens are from our own vertical farm.

24 Abashidze Street

## SAVOURY

*Bread options: gluten free or **sourdough**.*

<b>AVOCADO TOAST</b> SMASHED AVOCADO. BREAD. CHIMICHURRI.	19
<b>SAVOURY FRENCH TOAST</b> BREAD SOAKED IN BEATEN <b>EGGS</b> . HOMEMADE TOMATO SAUCE. <b>CASHEW</b> CREAM-CHEESE.	18
<b>SALMON TOAST</b> SMOKED <b>SALMON</b> . <b>EGG</b> . BREAD. <b>CASHEW</b> CREAM-CHEESE. CHIMICHURRI.	22
<b>MOZZARELLA SANDWICH</b> MELTED <b>CASHEW</b> MOZZARELLA. TOMATO. <b>PLANT-MUSTARD</b> BUTTER. BREAD.	18
<b>EGG OR TUFU SCRAMBLE SANDWICH</b> SCRAMBLED <b>EGGS</b> OR <b>TOFU</b> . WILTED GREENS. BREAD. <b>CASHEW</b> CREAM-CHEESE.	19
<b>TUNA SANDWICH</b> SMASHED <b>TUNA</b> AND <b>EGG</b> . <b>CASHEW</b> CREAM-CHEESE. BREAD.	21
<b>FALAFEL SANDWICH</b> CHICKPEA PATTIES. KIMCHI. BREAD. <b>TAHINI</b> DRESSING.	21
<b>SALMON POKE</b> <b>SALMON</b> . <b>EGG</b> . AVOCADO. KIMCHI. VEGGIES. QUINOA-RICE. <b>PEANUT</b> DRESSING. GREENS.	24
<b>BUDDHA BOWL</b> <b>TOFU</b> . <b>SOYA</b> . AVOCADO. KIMCHI. VEGGIES. QUINOA-RICE. <b>PEANUT</b> DRESSING. GREENS.	22
<b>THAI BOWL</b> ZUCCHINI NOODLES. VEGGIES. <b>SOYA</b> . <b>ALMOND</b> DRESSING. GREENS.	18
<b>MUSHROOM FAJITAS</b> GF TORTILLAS. MUSHROOMS. SWEET PEPPERS. <b>CASHEW</b> CREAM-CHEESE. CHIMICHURI.	20
<b>VEGETABLE CURRY</b> VEGGIES IN COCONUT MILK. CUMIN RICE. <b>CASHEW</b> CREAM-CHEESE.	21
<b>"BEEF" STROGANOFF</b> MUSHROOM- <b>SOYA</b> MEAT. MASHED POTATOES. <b>CASHEW</b> CREAM-CHEESE.	21
<b>PUMPKIN SOUP</b> PUMPKIN. <b>CASHEW</b> CREAM-CHEESE. SEED GRANOLA. SEED BREAD OR CRACKER.	21

## SWEET

*Nut butter options: **peanut**, **almond**, **hazelnut**-chocolate or **cashew**.*

<b>PANCAKES</b> GF PANCAKES. <b>CASHEW</b> YOGURT. JAM. FRUITS.	21
<b>SWEET FRENCH TOAST</b> BREAD SOAKED IN BEATEN <b>EGGS</b> . <b>CASHEW</b> YOGURT. JAM. FRUITS.	19
<b>NUT BUTTER TOAST</b> BREAD. <b>NUT</b> BUTTER. FRUITS.	17
<b>CHIA PUDDING</b> SOAKED CHIA IN VEGAN SOUR MILK. <b>NUT</b> BUTTER. <b>OAT-ALMOND</b> GRANOLA.	10
<b>PROTEIN DONUTS</b> BEANS. GF FLOUR. CACAO. <b>EGG</b> . <b>TAHINI</b> - <b>HONEY</b> GANACHE.	7
<b>BERRY CHEESECAKE</b> DATE AND <b>NUT</b> BASE. FERMENTED <b>CASHEW</b> CREAM.	9
<b>CHOCOLATE CAKE</b> <b>OAT</b> BASE. DATE CARAMEL. <b>TAHINI</b> GANACHE.	9
<b>CARROT CAKE</b> TOASTED <b>OAT-WALNUT</b> DOUGH. COCONUT- <b>CASHEW</b> YOGURT.	9
<b>TIRAMISU</b> <b>ALMOND</b> BASE. CHOCOLATE AND VANILLA <b>CASHEW</b> CREAM.	9
<b>STUFFED DATE</b> WITH <b>CASHEW</b> BUTTER.	3
<b>RAFFAELLO</b> <b>CASHEW</b> BUTTER. <b>ALMOND</b> . WHITE CHOCOLATE.	5
<b>FERRERO</b> CHOCOLATE- <b>HAZELNUT</b> BUTTER. CHOCOLATE.	5
<b>SNICKERS</b> <b>OAT-ALMOND</b> DOUGH. <b>PEANUT</b> -DATE CARAMEL. CHOCOLATE.	5
<b>GRANOLA BAR</b> SEEDS. <b>NUTS</b> . <b>OAT</b> . <b>TAHINI</b> . CHOCOLATE.	4
<b>ICE-CREAM</b> BANANA CREAM. DATE- <b>TAHINI</b> CARAMEL. CHOCOLATE. TOASTED <b>ALMONDS</b> .	6

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



We use only unsweetened milks.  
Juices are cold-pressed.  
Fermented beverages are brewed in our  
laboratory.

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### COFFE AND MORE

Milk options: **almond**, coconut and **cow**.  
Sweetener options: coconut sugar, agave and  
**honey**.

#### COFFEE

ESPRESSO	6
DOUBLE ESPRESSO	8
AMERICANO (HOT/COLD)	8
CAPPUCCINO (HOT/COLD) MILK.	12

#### LATE AND SMOOTHIE

MATCHA LATTE (HOT/COLD) MILK. MATCHA. SWEETENER.	13
AÇAÍ SMOOTHIE MILK. AÇAÍ. OAT. BERRIES. BANANA.	14

#### TEA

HERBAL TEA MINT. ROSEMARY. GINGER.	8
BLACK MASALA TEA GEORGIAN BLACK TEA. SPICES.	8

#### WATER

SPRING WATER	4
SPARKLING WATER	5

#### ALCOHOL

RED WINE	12/48
WHITE WINE	12/48
BAYO BEER	11
SHAVI LOMI	12

### KOMBUCHA AND JUICES

Our kombucha is unpasteurised with real  
ingredients and full of good bacteria.

#### KOMBUCHA

GINGER KOMBUCHA WITH TARRAGON.	6
STRAWBERRY KOMBUCHA WITH MINT.	6
LAVENDER KOMBUCHA WITH BLACK CURRANT.	6
APPLE KOMBUCHA WITH SPICES.	6
GRAPE KOMBUCHA WITH SAPERAVI.	6
COFFEE KOMBUCHA	6
GINGER ALE FERMENTED GINGER.	6
GINGER BEER FERMENTED GINGER AND HOPS.	6

#### JUICES

GINGER JUICE 330ML PINEAPPLE. CARROT. CITRUS. GINGER.	13
WHEATGRASS JUICE 330ML WHEATGRASS. CELERY. CUCUMBER. APPLE. LEMON.	13
WHEATGRASS/CALERY 150ML JUICE CUBES IN WATER.	6
BUCKTHORN/GINGER 150ML JUICE CUBES IN WATER.	6
BERRIES/BEETROOT 150ML JUICE CUBES IN WATER.	5
CARROT/GRAIFRUIT 150ML JUICE CUBES IN WATER.	5

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