

## Organic Fair Trade Coffee

We use a non blended, freshly roasted Ethiopian Sidamo coffee that has a fleeting floral aroma with soft acidity and citrus overtone.



## Hot Drinks

Organic Coffee Bodum	R14
Organic Coffee Filter	R10
Organic Decaf Coffee	R15
Cappuccino (Organic)	R15
Espresso (Organic)	R11
Bambu Coffee	R15
Café Latte	R14
Hot Chocolate	R16
Horlicks	R18
Bambocino (Caffeine free cereal coffee)	R18
Tea (Ask to see our collection)	R9
Chai Tea	R16
Rooibos Chino	R16
Red Espresso	R10
Red Latte	R16
<i>Rice milk and soya milk available</i>	R5



## Cold Drinks

Appletiser	R18
Grapetiser (Red/White)	R18
Mineral Water (Still/Sparkling)	R14
Homemade Lemonade (Sugar free)	R16
Iced Coffee	R15
Homemade Ginger Beer	R17
Root Beer	R19
Becks Beer (non-alcoholic)	R24
Bavaria Beer (non-alcoholic)	R21

## Fruit and Veg Juices

Fresh Vegetable Juice: design your own.	R25
Fresh Fruit Juice: ask what is in season.	R25
Bought In: mango or strawberry juice.	R18
Mind Mender: carrot, pineapple, ginger, Ginseng and Gingko Biloba.	R32
Flu Buster: apple, celery, carrot, Echinacea and Golden Seal.	R32
Detoxer: apple, wheat grass, carrot and celery.	R32
Hormone Balancer: fennel, apple, carrot and celery.	R32
Green Juice: apple, celery, cucumber and wheat grass.	R32
Wheat Grass Shot	R15



## Smoothies and Shakes

Fruit Smoothie: mixed seasonal fruit, milled nuts, honey, organic yoghurt. <i>(Dairy-free option available)</i>	R29
Berry Delicious: mixed berries, apple, banana and cashews.	R32
Jungle Juice: banana, pineapple, coconut milk and Spirulina.	R26
Health Nut: pineapple, almonds, sunflower seeds, flax seed, soya milk and banana.	R27
Babylonian Breakfast: oats, almonds, flax seed, soya, yoghurt and mixed fruit.	R30
Mango Tango: mango, pineapple, banana and coconut milk.	R27
Chocolate Milkshake: a taste sensation using homemade chocolate ice cream.	R29
Vanilla Milkshake: a taste sensation using homemade vanilla ice cream.	R29



## We Deliver...

From Monday to Saturday, 09:00 to 16:00 for an additional delivery charge of only R20.00. If you reside in Ennarentia, Greenside, Parkhurst, Parktown North, Linden, Graighall Park, Melville or Parkview call us, fax us or email us your order, allow one hour and we will deliver your take away food or grocery order to your front door.



# fresh earth

FOOD STORE

Tel: (011) 646 - 4404 • Website: www.freshearth.co.za  
Monday - Friday, 08h00 to 17h00. Saturday, 08h00 to 16h00  
Buffet served on Saturdays 12h00 to 14h00

## Breakfasts

Fruit Salad	R39
Fresh seasonal fruit salad, crushed toasted almonds, raw honey and homemade granola topped with natural organic yoghurt. Presented in individual dishes. <b>(gf)</b>	
Breakfast Stack	R49
Poached/scrambled/fried egg on a smoked tofu slice, grilled tomato, sauté mushrooms, whole-wheat crouton and potato cubes.	
Big Boer	R54
Two eggs, two slices of rye, spread generously with hummus, two fried breakfast sausages, mushroom, potato cubes and grilled tomato. Served with hot-u-got salsa.	
Oats	R24
Rolled organic oats with grated apple and cinnamon, raisins, dates, banana, crushed toasted almonds and honey. <b>(v)</b> - with no honey	
Frittata	R47
Oven baked omelette filled with pesto roasted vegetables, sauté tofu, goats feta and mozzarella cheese. <b>(gf)</b>	
Breakfast Wrap	R52
Scrambled eggs, sauté mushrooms and mozzarella cheese served with french fries.	
Haloumi Breakfast	R55
Grilled haloumi, sauté mushrooms, grilled tomato, egg of your choice and toast.	
Scrambled Tofu Toast	R55
Scrambled tofu fresh earth style served on toast of your choice. <b>(v)</b> - vegan option available	
Mexican Omelette	R48
An open omelette topped with spicy salsa, sausage, roast pesto veg, potato cubes, mozzarella cheese and herbs.	
Mushroom and Cheese Omelette	R44
Grilled mushrooms & a choice of cheeses - farm mozzarella, cheddar or Gorgonzola.	
French Toast	R45
A choice of whole-wheat, rye or gluten free, topped with grilled haloumi or melted Emmental cheese and drizzled with real Maple syrup.	
Egg on Toast	R28
Two eggs (scrambled, poached or fried) toast and butter.	
Toast and Home-made Organic Jam	R28

Website: www.freshearth.co.za

Tel: (011) 646 - 4404

Key: **gf** - gluten free • **v** - vegan

## Salads

- Tofu Salad** **R62**  
Spicy tofu cubes, mixed lettuce, spring onion, celery, carrots and avocado. (gf & v)
- Roast Vegetable Salad** **R61**  
Salad greens, fresh tomato wedges, with a variety of roasted veggies, pesto and calamata olives, crumbled feta or mozzarella cubes and roasted pumpkin seeds. (gf)
- Haloumi Salad** **R62**  
Grilled farm style haloumi cheese, salad greens, cucumber, baby tomato, spring onion and avocado.
- Roast Butternut Salad** **R57**  
Mixed lettuce with oven-roasted butternut, avocado, spring onion, cucumber, fresh rocket, Gorgonzola or feta cheese and lemon garlic olive oil dressing. (gf)
- Steamed Veg Salad** **R65**  
Steamed vegetables, mixed lettuce, veggie patty, hummus and herb dressing. (gf & v)



## Saturday Buffet

A selection of the finest vegetarian meals appropriately dubbed the 'Table of Abundance', are prepared on the day to guarantee freshness, nutritional integrity and flavour.



## Hot Meals

- Shepherd's Pie** **R42**  
A mouth-watering curried lentil stew, topped with butternut and potato mash. Served with a side salad. (gf & v)
- Vegetable Thai Stir-fry** **R65**  
A delicious combination of ginger, shoyo sauce, coconut milk, Thai spice and coriander. Served with short grain brown rice. (gf & v)
- Bowl of French Fries** **R21**
- Ask about our daily specials**



Key: gf - gluten free • v - vegan

## Wraps (Whole-wheat or rye. Additional charge of R3 for rye) Served with a side salad and veggie crisps.

- Moroccan Vegetable Wrap** **R55**  
Sauté mixed seasonal vegetables, chickpeas, dates, roasted cashews, brown rice and Moroccan spices served with veggie crisps. (v)
- Chickpea Avo Wrap** **R58**  
Chickpea stew, avocado, fresh lettuce, spring onion and coriander. (v)
- Falafel Wrap** **R62**  
Falafel balls, cucumber, tomato and onion salad, hummus and tahini. (v)
- Med Wrap** **R65**  
Shredded lettuce, falafel balls, avocado, hummus, tahini and mango acha. (v)
- Haloumi Wrap** **R65**  
Cucumber, tomato and onion salad, grilled lemon haloumi, avocado and herb sauce.
- Thai Stir-fry Wrap** **R68**  
Shredded lettuce sauté mixed vegetables Thai style. (v)
- Tofu Salad Wrap** **R59**  
Salad greens, hummus, sprouts, spicy tofu and herb dressing served with french fries or veggie crisps. (v)



## Burgers & Melts (Gluten free option available. Add R3)

- Falafel Burger** **R52**  
A chickpea herb burger served on a whole-wheat bun with Emmental cheese, caramelised onion, sweet chilli sauce and served with french fries.
- Mighty Burger** **R52**  
A homemade burger patty served on a whole-wheat bun, with hummus, shredded lettuce, tomato and sauté mushroom. Served with french fries or a side salad. (v)
- Earth Burger** **R55**  
100g Veg patty with all the extras on a whole-wheat bun and served with french fries or salad.
- Cheese and Mushroom Burger** **R55**  
A mighty burger with all the extras topped with farm style cheddar cheese and sauté mushrooms and served with french fries or a salad.
- Hot-U-Got Burger** **R52**  
A mighty burger with all the extras topped with home-made spicy chilli sauce and served with french fries or a salad.
- Cheese Melt** **R47**  
Roast peppers, mayo, spicy sauté tofu and farm style mozzarella cheese. Served with a side salad.



Key: gf - gluten free • v - vegan

## Pizzas (Gluten free & vegan options available)

- Pesto Pizza** **R62**  
Basil pesto, spinach, olives, Italian tofu, tomatoes, oregano and mozzarella cheese.
- Avocado Pizza** **R58**  
Spinach, avocado and mozzarella cheese.
- Butternut Pizza** **R60**  
Roast butternut, sage, sweet chilli, pine nuts, garlic and mozzarella cheese.
- Roasted Veggie Pizza** **R58**  
Roast vegetables, olives, feta.

## Fresh to your INBOX...

Receive yummy organic recipes, sustainable living secrets, health product reviews and expert advice by e-mail every month. To subscribe visit [www.freshearth.co.za](http://www.freshearth.co.za)

## Sandwiches (Whole-wheat or rye. Gluten free option available. Add R3) Served with a salad and veggie crisps.

- Avocado, hummus and pepperdew. **R49**
- Haloumi and avocado. **R56**
- Roast vegetable, fresh basil and goats cheese, open sandwich. **R50**
- Mozzarella, tomato and pesto mayo. **R46**

## Toasted Sandwiches (Whole-wheat or rye. Gluten free option available. Add R3) Served with a salad and veggie crisps.

- Mozzarella cheese and pesto. **R44**
- Mozzarella cheese and tomato. **R42**
- Three cheeses. **R46**

## Tramazzeni Served with a side salad.

- Cheese and tomato with oregano. **R44**
- Roast veggies, olives and mozzarella cheese. **R59**



Key: gf - gluten free • v - vegan