

# fresh earth

FOOD STORE

## Take Away Menu

### Breakfasts

#### Breakfast Basket **R55**

Toasted bread basket (rye, wheat or gluten free) filled with sun dried tomato chickpea stew and scrambled eggs topped with Camembert cheese and fresh rocket.

#### Fruit Salad **R47**

Fresh seasonal fruit salad, crushed toasted almonds, raw honey and homemade granola topped with natural organic yoghurt. Presented in individual dishes. (gf)

#### Breakfast Burrito **R45**

A traditional burrito filled with scrambled egg, vegetarian sausage, cream cheese, spicy coriander sauce and sliced avocado.

#### Breakfast Stack **R49**

Poached/scrambled/fried egg on a smoked tofu slice, grilled tomato, sauté mushrooms, whole-wheat crouton and potato cubes.

#### Big Boer **R55**

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.

#### Frittata **R47**

Oven baked omelette filled with pesto roast vegetables, sauté tofu, goats feta and mozzarella cheese. (gf)

#### Oats **R28**

Rolled organic oats with grated apple and cinnamon, raisins, dates, banana, crushed toasted almonds and honey. (v) *With no honey.*

**Please let us know if you are vegan or suffer from any intolerances.**

#### Breakfast Wrap **R52**

Scrambled eggs, sauté mushrooms and mozzarella cheese served with french fries.

#### Scrambled Tofu Toast **R55**

Scrambled tofu fresh earth style served on toast of your choice. (v) *Vegan option available.*

#### Haloumi Breakfast **R56**

Grilled haloumi, sauté mushrooms, grilled tomato, egg of your choice and toast.

#### Mexican Omelette **R48**

An open omelette topped with spicy salsa, sausage, roast veg, potato cubes, mozzarella cheese and herbs.

#### Mushroom & Cheese Omelette **R44**

Grilled mushrooms and 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 & Homemade Organic Jam **R28**

### Salads

#### Carrot Topper Salad **raw R65**

Mixed salad greens, avo, cherry tomatoes, alfalfa sprouts, spring onions, cucumber and marinated Asian tempeh topped with a carrot dressing.

#### Tofu Salad **R58**

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 **R58**

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 **R63**

Steamed vegetables, mixed lettuce, veggie patty, hummus and herb dressing. (v)

### Wraps

Whole-wheat or rye.

Additional charge of R3 for rye.

#### Moroccan **R49**

#### Vegetable Wrap

Sauté mixed seasonal vegetables, chickpeas, dates, roasted cashews, brown rice and Moroccan spices. (v)

#### Chickpea Avo Wrap **R38**

Chickpea stew, avocado, fresh lettuce, spring onion and coriander. (v)

#### Falafel Wrap **R38**

Falafel balls, cucumber, tomato & onion salad including hummus and tahini. (v)

#### Med Wrap **R42**

Shredded lettuce, falafel balls, avocado, hummus, tahini and mango acha.

#### Haloumi Wrap **R48**

Cucumber, tomato and onion salad, grilled lemon haloumi, avocado and herb sauce.



#### Thai Stir-fry Wrap **R48**

Sauté mixed vegetables with coconut milk, fresh coriander, sauté tofu, cashew nuts and Thai spice. (v)

#### Roast Butternut & Chickpea Wrap **R42**

Roasted sage butternut, chickpea stew, basil pesto and creamy goat's feta.

#### Sunflower **raw R38** Nori Wrap

Mixed lettuce tomato, alfalfa sprouts, avocado, sunflower seed pate and Asian tempeh wrap in nori seaweed.

### Hot Meals

#### Spinach & Ricotta Ravioli **R65**

Served with sage roast butternut, fresh basil pesto, sauté mushrooms and diced avocado.

#### Vegetable Basil **raw R50** & Spinach Pasta

Baby marrow noodles, cherry tomatoes, and red peppers infused with basil spinach pesto and topped with marinated Asian tempeh.

#### Pie & Salad **R39**

Choose from our daily selection. (gf) - *Gluten free option available.*

#### 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)

**Ask about our daily specials**

### Sides

#### Bowl of French Fries **R25**

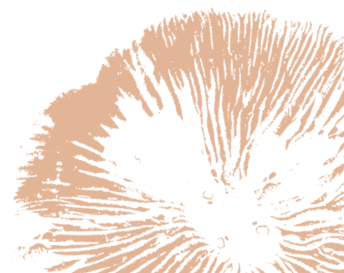
#### Sweet Potato Chips **R25**

Key: gf - gluten free • v - vegan

Tel: (011) 646 - 4404 • Website: [www.freshearth.co.za](http://www.freshearth.co.za)

Monday - Friday: 08h00 - 17h00. Saturday: 08h00 - 16h00.

Daily buffet: 12h00 - 14h00.



## Burgers & Melts

Gluten free option available. Add R3.

### Falafel Burger

R45

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. (v)

### Earth Burger

R55

100g Veg patty with all the extras on a whole-wheat bun and served with french fries.

### Cheese & Mushroom Burger

R55

A mighty burger with all the extras topped with farm style cheddar cheese and sauté mushrooms and served with french fries.

### Hot-U-Got burger

R52

A mighty burger with all the extras topped with homemade spicy chilli sauce and served with french fries.

### Cheese Melt

R36

Roast peppers, mayo, spicy sauté tofu and farm style mozzarella cheese.

### Californian Burger

R52

A homemade grilled vegetable patty topped with grilled pineapple, avocado and pepperdew. Served with french fries. (v)



## Gluten Free Pizzas

Vegan options available.

### Pesto Pizza

R65

Basil pesto, spinach, olives, Italian tofu, tomatoes, oregano and mozzarella cheese.

### Avocado Pizza

R66

Spinach, avocado and mozzarella cheese.

### Butternut Pizza

R63

Roast butternut, sage, sweet chilli, pine nuts, garlic and mozzarella cheese.

### Roast Veggie Pizza

R65

Roast vegetables, olives and feta.

## Sandwiches

Whole-wheat, rye or rye bagel. Gluten free option available. Add R3.

Avocado, hummus and pepperdew.

R32

Haloumi and avocado.

R39

Roast veg, fresh basil and goats cheese, open sandwich.

R34

Mozzarella, tomato and pesto mayo.

R29

Camembert rocket and fig preserve baguette.

R45

## Toasted Sandwiches

Whole-wheat, rye or rye bagel. Gluten free option available. Add R3.

Mozzarella cheese and pesto.

R27

Mozzarella cheese and tomato.

R25

Three cheeses (Mozzarella, feta and cheddar)

R25

## Tramazini

Cheese and tomato with oregano.

R29

Roasted veggies, olives, mozzarella cheese.

R37

Please let us know if you are vegan or suffer from any intolerances.

## Fruit & Veg Juices

### Fresh Vegetable Juice <sup>raw</sup> R28

Design your own. (250ml)

### Fresh Fruit Juice <sup>raw</sup> R28

Ask what is in season.

### Bought In R20

Mango or strawberry.

### Mind Mender <sup>raw</sup> R32

Carrot, pineapple, ginger, Ginseng & Gingko Biloba.

### Flu Buster <sup>raw</sup> R32

Apple, celery, carrot, Echinacea and Golden Seal.



### Detoxer <sup>raw</sup> R34

Apple, wheat grass, carrot and celery.

### Hormone Balancer <sup>raw</sup> R32

Fennel, apple, carrot and celery.

### Green Juice <sup>raw</sup> R32

Apple, celery, cucumber and wheat grass.

### Wheat Grass Shot <sup>raw</sup> R15

## Smoothies & Shakes

### Tropical Green Smoothie <sup>raw</sup> R35

Bananas, pineapple, paw paw, goji berries, spirulina and spinach.

### Cacao Bliss Smoothie <sup>raw</sup> R42

Frozen banana, raw Organic cacao, maco powder, vanilla, cinnamon, avocado and agave nectar.

### Berry Chia Smoothie <sup>raw</sup> R52

Mixed seasonal berries, chia seeds, raw almonds, dates and banana.

### Fruit Smoothie R35

Mixed seasonal fruit, milled nuts, honey, organic yoghurt. *Dairy-free option available.*

### Berry Delicious <sup>raw</sup> R35

Mixed berries, apple, banana and cashews.

### Jungle Juice R29

Banana, pineapple, coconut milk and Spirulina.

### Health Nut R32

Pineapple, almonds, sunflower seeds, flax seed, soya milk and banana.

### Babylonian Breakfast R35

Oats, almonds, flax seed, soya, yoghurt and mixed fruit.

### Mango Tango R30

Mango, pineapple, banana and coconut milk.

### Chocolate Milkshake R29

A taste sensation using homemade chocolate ice cream.

### Vanilla Milkshake R29

A taste sensation using homemade vanilla ice cream.

### Superfood Extras R10

Maca powder, Spirulina, raw cacao powder, goji berries and vegan protein.

## Hot Drinks

### Organic Coffee Bodum R14

### Organic Coffee Filter R12

### Organic Decaf Coffee R15

### Cappuccino (Organic) R16

### Espresso (Organic) R12

### Bambu Coffee R16

### Café Latte R17

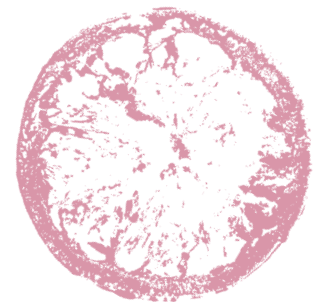
### Hot Chocolate (v) R18

(Vegan option available)

### Horlicks R18

### Bambocino R18

(Caffeine free cereal coffee)



### Tea R12

(Ask to see our collection)

### Chai Tea R16

### Rooibos Chino R16

### Red Espresso R10

### Red Latte R17

Rice milk & soya milk available R5

**DELIVERIES:** Monday - Saturday: 09h00 - 16h00.

R20 delivery charge will be added to your bill. Please allow for a one hour delivery time. Delivery to the following areas:

Emmarentia  
Greenside

Parkhurst  
Parktown North

Linden  
Graighall park

Melville  
Parkview