

# BamBoo

PLANT POWER

BamBoo is committed to using seasonal and locally sourced ingredients whenever possible.

Our menu is free of meat, dairy, and egg products and contains no saturated animal fats, cholesterol, added preservatives and/or artificial flavours. We are free of refined sugars.

**PLEASE NOTIFY US OF ANY FOOD AND/OR NUT ALLERGIES AND INTOLERANCES UPON ORDERING.**



**ALL OF OUR PACKAGING & UTENSILS ARE BIODEGRADABLE.**

 @bambooplantpower  @bambooplantpower

[www.bambooplantpower.co.za](http://www.bambooplantpower.co.za)

## HOT BEVERAGES

\*All coffees made standard with Oat Milk

AMERICANO REGULAR	R18
CUPPACHINNO REGULAR	R23
CUPPACHINNO LARGE	R28
DOUBLE ESPRESSO	R18
HOT CHOCOLATE REGULAR	R28
HOT CHOCOLATE LARGE	R28
LATTE	R36

\*Decaf Available

Swap to Almond Milk / Coconut Milk for an extra R8

## WATER

VALPRE STILL WATER (500ML)	R30
VALPRE SPARKLING WATER (500ML)	R30

## JUICES

VITAFIT ADAY SPARKLING APPLE JUICE (300ML)	R38
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## COLD PRESSED JUICES (250ML)

<b>COLD PRESSED CARROT</b> (Carrot, apple, orange, granadilla, & ginger)	R45
<b>COLD PRESSED ORANGE</b> (Pure, unedited, unfiltered, unbelievable orange)	R45
<b>COLD PRESSED BEETROOT</b> (Apple, beetroot, raspberry, carrot & ginger)	R45
<b>COLD PRESSED SPINACH</b> (Apple, cucumber, spinach, kale & mint)	R45

## SPECIALITY DRINKS

THEONISTA SUGAR FREE GINGER BEER	R40
THEONISTA SUGAR FREE CREAM SODA (with green rooibos)	R40

## SMOOTHIES

<b>THE BLUEBERRY BOMB SMOOTHIE</b> (Banana, Blueberries, Almond Butter, Chia Seeds, Vegan Protein Powder & Coconut Milk)	R60
<b>CHOCOLATE SMOOTHIE</b> (Banana, medjool date, almond butter, raw cacao powder, chia seeds & almond milk)	R60
<b>ROCKET FUEL SUPER SHAKE SMOOTHIE</b> (Banana, super food green shake, pineapple, chia seeds andcoconut yoghurt & kale or spinach.)	R60





## TOASTIES

Toasties served on either Sourdough or Sweet Potato Bread

### TOASTED "EGG" & "CHEEZE" <sup>GF</sup> R80

Toasted gluten-free spinach loaf with scrambled tofu egg, avo, double cheeze, marinated kale and crispy onion.

### AVOCADO & "MOZZARELLA" TOAST <sup>GFA</sup> R75

Avo & Mozzarella toastie with marinated kale, Sauerkraut, & a touch of chilli. Served on sourdough.

### GRILLED CHEEZE R70

Grilled cheese toastie with sliced tomato & pumpkin seed pesto served on sourdough.

### THE MORNING GLORY R80

Pesto, cheddah, tomato & crispy onion. Enjoy it with either kale or spinach for that luscious finish.

### EGG & MAYO <sup>GF</sup> R45

A plant-based delight with tofu scramble egg and thinly sliced cucumbers, this heavenly creation is skilfully crafted to replicate the creamy goodness of the original egg mayo that will have you savouring every bite.

## SIDES & EXTRAS

Sweet Potatoe Fries - R35 <sup>GF</sup> | Regular Fries - R35 <sup>GF</sup>

Asian Style Slaw - R25 <sup>GF</sup> | Matchstick Fries - R35 <sup>GF</sup>

**GF** GLUTEN FREE

**GFA** GLUTEN FREE OPTION  
AVAILABLE FOR AN EXTRA R30

## DESSERTS

### BAKED CARAMEL PECAN PIE <sup>GF</sup> R55

Decadent caramel pecan pie with gluten-free oat & coconut crumb.

### CARROT CUPCAKE <sup>GF</sup> R34

Delicious carrot cupcake with laced with frosting, pecan nuts, & coconut.

### PEANUT BUTTER BAR R32

Loaded with lumaca & maca, peanuts, almonds, peanut butter, coconut oil, lumama, maca, monk fruit sweetener, Himalayan salt, cocoa butter.

### PEANUT BUTTER CUP R47

Short crust biscuit base filled with creamed peanut butter, topped with dark chocolate.

### VERY BERRY CHEESECAKE R60

Cashews, zucchini, peanuts, lemon juice, coconut flakes, blackberries, blueberries, strawberries, raspberries, monk fruit sweetener, Himalayan salt, coconut oil, xanthan gum, chia seed, & vanilla seeds.

### HERBIVORE BROWNIE BITES R20

Dressed in a palatably smooth nut butter chocolate coating, these exquisite mini brownie balls are the perfect way to add a touch of sweet delight to your day.

### HERBIVORE HAZELNUT TRUFFLES R25

Coated in irresistible nut butter chocolate & boasting a centre so satisfyingly crunchy, these delectable hazelnut bites are just finger licking good.

### HERBIVORE CASHEWGHURT STRAWBERRY R25

This creamy cashewghurt is packed with gut-pleasing probiotics, plant-powered protein, & a tantalizingly tangy strawberry blush, to make traditional yogurt go which one is this one?

## SOUPS

### BUTTERNUT AND SWEET POTATO SOUP R55

Delectable butternut soup with crispy sweet potato bites, topped off with roasted pumpkin seeds.

### HEARTY BROCCOLI POTATO SOUP R34

Smooth Broccoli & Potato soup.

### ROASTED RED PEPPER SOUP R32

Red Pepper Soup made with sweet, charred red peppers, garlic, carrots & paprika

### TOMATO & BASIL SOUP R48

Passionate tango of tangy tomatoes & bashful basil leaves, blended together in a steamy embrace that'll make your taste buds tango too!



## BOWLS & SALADS

### TEMPURA CAULI BOWL **GF** R150

Sweet & sticky cauliflower nuggets, black rice base, edamame, pineapple, avo, pickled red onion, toasted cashew nut, crispy onion, nuac cham dressing, & miso mayo.

### ASIAN BOWL **GF** R100

Grilled teriyaki mushrooms, broccoli, edamame, carrot & beet, seaweed salad, kimchi, spring onion, avo, glass noodles, & sesame salt.

### MEXICAN BOWL **GF** R100

Smokey black beans on a quinoa base with roast pumpkin, pickled jalapenos, avocado, corn chips, & a chopped salad.

### GLORIOUS GREENS BOWL **GF** R95

Glorious bowl of romaine lettuce, marinated kale, zucchini, broccoli, edamame, cucumber, avo, sunflower sour cream, & pesto.

### THE FRESH BOWL **GF** R135

Marinated black rice, tomato salsa, marinated kale, shoyu dressing, air fried mushroom nuggets, avo and scrambled tofu egg.

**GF** GLUTEN FREE

**GFA** GLUTEN FREE OPTION  
AVAILABLE FOR AN EXTRA R30

## MEALS

### THE HERBIVORE BURGER R156

Break new ground with this succulent vegan patty glazed in Smokey BBQ sauce with tomato, pickles & crisp lettuce topped with beet ketchup & gochujang mayo. Bunless burgers are served on spiraled veg & sprouts.

Add extras: "cheddar" - R8 | teriyaki mushrooms - R26 | pickled jalapenos - R10 | "cheeze" sauce - R13 | pesto - R13

### PULLED MUSHROOM BURGER R120

A vegetarian delight, this burger features slow-cooked BBQ oyster mushrooms, pickles, juicy tomato slices, creamy mayo, & spicy mayo. Grilled vegan haloumi cheese adds a savory note, creating a rich, smoky, & satisfying taste experience.

### CALAMARI & SLAW **GF** R100

Crumbed king oyster mushroom rings, with tartare sauce, slaw, & air fried potato fries.

### MAC & "CHEEZE" **GFA** R90

A warm bowl of penne pasta, sweet potato cheese sauce, & cashew parmesan.

\*add gluten free pasta - R20

### SPAG BOWL **GF** R85

Vegan meatballs in a slow-cooked tomato ragout served on a bed of spiraled zucchini topped with almond parmesan.

\*add gluten free linguine pasta - R30

\*add regular linguine pasta - R30

### LOADED MUSHROOM FRIES **GF** R90

Delicious air-fried fries with a juicy mushroom, vegan cheddar, & mozzarella cheeze gravy for your optimum enjoyment.

### CRISPY ARTICHOKE BAO BUN R60

Tasty soft steamed bao bun with panko crusted artichoke, slaw in shoyu dressing, gochujang mayo, house pickles & sesame salt.

### BUFFALO CAULI WINGS R75

Indulge your cravings with crispy cauliflower 'wings' drenched in spicy buffalo sauce with pickled Daikon, spring onion & toasted sesame seeds.

### THE CAULI' BURGER R170

This succulent vegan patty glazed in Smokey BBQ sauce is sandwiched between Cauliflower Bread buns & topped off with beet ketchup & gochujang mayo for that extra zing.

ORDER NOW ON

