



BREAKFAST

FREE RANGE EGGS ON TOAST	28
2 per portion. poached or scrambled	
add: sautéed rosa tomatoes	8
mozzarella/ricotta	10
avo	16
smoked norwegian salmon	40

YOGHURT FRUIT SALAD	36
seasonal fruit, low fat bulgarian yoghurt, vanilla, honey	
add: wheat free goji granola	10

BANANA BREAD	40
[ gluten and sugar free ]	
banana-coconut bread served with peanut butter, banana, honey, cinnamon	

BREAKFAST SALAD OR WRAP	42
poached eggs, rocket, avo, mozzarella, sautéed rosa tomatoes	

PROTEIN FLAPJACK	48
[ gluten and sugar free ]	
whey blueberry flapjack with banana, walnuts, honey	

QUINOA PORRIDGE	58
hot rooibos quinoa, coconut shavings, lactose free milk, vanilla, honey flaked almonds	

QUINOA BIRCHER	58
cold quinoa, vanilla, banana, low fat bulgarian yoghurt, walnuts, chia seeds, cinnamon, honey	

SESAME SALMON ON RYE	75
smoked norwegian salmon, toasted sesame seeds, ricotta, cucumber, avo, pea shoots, lemon and olive oil dressing	

OPEN OMELETTES

[ free range egg whites available add: 7 ]

BASIL & RICOTTA	42
ricotta, sautéed rosa tomatoes, basil, rocket, sweet glaze and olive oil	

ROCKET & FETA	45
baby marrow, broccoli, peas, pea shoots, rocket, feta	

SMOKED SALMON	72
smoked norwegian salmon, avo, chilli, toasted sesame seeds, pea shoots, lemon and olive oil dressing	

OATS

VANILLA	36
hot rolled oats, vanilla, banana, flaked almonds, cinnamon, honey, low fat milk	
add: whey/hemp seed protein	18

APPLE GOJI	45
cold soaked rolled oats, low fat bulgarian yoghurt, vanilla, apple, pumpkin seeds, goji berries, honey	
add: whey/hemp seed protein	18

ALMOND NUT BUTTER	50
hot rolled oats, almond nut butter, banana, honey, low fat milk	
add: whey/hemp seed protein	18

CHOPPED SALADS, MULTIGRAIN WRAPS, OR OPEN SANDWICHES

NÜ-WAY	40
greens, mozzarella, sweet corn, cucumber, rosa tomatoes, sunflower seeds, lemon and olive oil dressing	

RAW SOURCE	45
rocket, celery, red and green peppers, sweet corn, radish, green beans, coriander, pea shoots, pumpkin seeds, honey-sesame dressing	

IRON KICK	49
chickpeas, lentils, curry spice, feta, avo, cucumber, celery, coriander, rosa tomatoes, low fat mint yoghurt	

HEARTI	49
greens, roasted butternut, ricotta, red onion relish, basil, cucumber, mung bean sprouts, toasted sesame seeds, lemon and olive oil dressing	

DR SMITH	49
lentils, peas, apple, celery, radish, rosa tomatoes, hemp seeds, lemon and olive oil dressing	

POWERHOUSE	52
greens, roasted beetroot and red onion, feta, avo, sweet corn, celery, rosa tomatoes, toasted sesame seeds, alfalfa sprouts, lemon and olive oil dressing	

SANEI	52
greens, peppadews, avo, cucumber, green beans, basil, rosa tomatoes, cashews, pea shoots, lemon and olive oil dressing	

THE FIXER	52
broccoli, lentils, feta, flaked almonds, radish, chia seeds, pea shoots, lemon and olive oil dressing	

PRO-B	55
rocket, roasted beetroot and red onion, goats cheese, avo, radish, mung bean sprouts, soy roasted seed mix, honey-sesame dressing	

ALPHA	58
greens, feta, avo, walnuts, green beans, cranberries, pea shoots, sweet glaze and olive oil	

QUINOA SALADS

NÜ-RED	55
quinoa, raw beetroot and carrot, radish, pickled ginger, coriander, toasted sesame seeds, alfalfa sprouts, honey-sesame dressing	

PICK-ME-UP	58
quinoa, cucumber, rosa tomatoes, sweet corn, celery, mint, hemp seeds, pea shoots, lemon and olive oil dressing	

BRAINIAC	58
quinoa, curry spice, lentils, coriander, celery, coconut shavings, banana, chilli, red onion relish, low fat mint yoghurt	

NÜ-GREEN	63
quinoa, baby marrow, broccoli, feta, celery, green superfood powder, green beans, pumpkin seeds, pea shoots, lemon and olive oil dressing	

ADD YOUR PROTEIN

[ to any of the above ]

FREE RANGE EGGS	7
1 per portion. free range hens lay more nutritious eggs: 1/3 less cholesterol, 1/4 less fat, 2x more omega 3	

TUNA CHUNKS	15
served in brine	

FREE RANGE CHICKEN BREAST	20
oven baked. 100g per portion. free of animal by-products, naturally grown and only fed high quality, all-grain food.	

SMOKED NORWEGIAN SALMON	40
served in strips	

TEA & COFFEE

[ lactose free/soy milk substitute add: 5 ]

UNION HAND-ROASTED ORGANIC COFFEE	
DBL ESPRESSO	15
AMERICANO	18
FLAT WHITE	21
LATTE	24

TEA	
CEYLON	15
ROOIBOS	15
GREEN TEA	16
RED ESPRESSO FLAT WHITE	21

HONEST HOT CHOCOLATE	28
[ sugar free ]	

THEONISTA CHAI LATTE	26
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DIRTY CHAI LATTE	36
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HOT RED	28
red espresso, apple juice, cinnamon, chilli, purified water	

HOT LOZENER	28
apple juice, lemon, ginger, honey, purified water	

LOW FAT PLAIN FROZEN YOGHURT

guilt-free yoghurt imported from Italy, low in fat and sugar, free from artificial colour and flavour. rich in calcium and live yoghurt cultures. choose from a variety of toppings below, straight up or swirled.

STRAIGHT UP/SWIRLED	S20	L28
honey		6
agave nectar		11
banana		4
chilli		2
mint		2
chia/vanilla seeds		4
pumpkin/sunflower seeds		3
raw flaked almonds		6
cashews		6
goji berries		5
coconut flakes		5
sugar free hot chocolate powder		6

WE'RE FOR HEALTH AND WELLNESS. WE TAKE IT SERIOUSLY. VERY SERIOUSLY. WE'RE FOR WHOLESOME, NUTRITIOUS FOOD. WE LOVE MAKING IT, EATING IT, AND SERVING IT. WE'RE FOR SOURCING THE FRESHEST LOCAL INGREDIENTS. ONES FREE OF ADDITIVES, COLOURANTS, HORMONES, GMO AND MSG WHERE POSSIBLE. WE'RE FOR FREE RANGE AND SUSTAINABLE FARMING PRACTICES. WE WOULDN'T HAVE IT ANY OTHER WAY. NÜ IS FOR A NEW ME. A HEALTHIER ME. A BETTER ME.



100% JUICE	S350m1   L500m1
CREATE YOUR OWN	S25   L35
orange	
apple	
carrot	
beetroot	

POWER BLENDS

LEMON-C	S22   L30
apple, lemon, mint	
CARROTENE	S25   L35
carrot, orange, cucumber, ginger	
REJUVINATOR	S25   L35
beetroot, apple, mint	
MIRACLE MILK	S28   L36
raw cashews, banana, coconut flakes, cinnamon, himalayan salt, honey, purified water	
GO-GOJI	S28   L36
raw cashews, goji berries, banana, chia seeds, purified water	
DR RED	S28   L36
red espresso, apple, lemon, ginger	
REFRESH	S28   L36
strawberry, blueberry, apple juice, black pepper, mint	

GREEN BLENDS

GREEN-GURU	S32   L42
orange, spinach, avo	
SUPER JUICE	S32   L42
apple, spinach, cinnamon, walnuts	
FRESH-START	S32   L42
beetroot, carrot, spinach, moringa powder	
ALKALISE	S32   L42
spinach, apple, lemon, green superfood powder	
D-TOX	S32   L42
spinach, celery, cucumber, apple, lemon, ginger	
RADIANCE	S32   L42
apple, chilli, avo, lemon	
SUPER TONIC	S42   L52
wheatgrass, apple, avo	

FUNCTIONAL BLENDS

LIVE LONG	S25   L35
raspberry, apple, vanilla, 500mg L-Glutamine	
Bursting with antioxidants, essential amino acids and fibre, this blend assists recovery after exercise and fights harmful free radicals.	
THE SKINNY	S25   L35
mango, apple, cucumber, 500mg L-Carnitine	
Improves lean muscle mass, boosts cellular energy and assists in healthy fat loss and brain functioning.	
NÜ-WHEY	S30   L42
banana, low fat milk, natural vanilla whey protein	
Simply designed to fill the gap. An excellent source of protein and potassium.	
BLUEBERRY REEFER	S32   L44
lactose free milk, hemp seed protein powder, chia seeds, blueberries	
Vegetarian protein blend which contains all known amino acids, fatty acids and essential nutrients not produced by the human body.	
POWER SOURCE	S36   L48
banana, goji berries, chia seeds, natural vanilla whey protein, purified water	
Power-house blend of vitamins and minerals. Rich in potassium, omegas, antioxidants, vitamin C, amino acids,	
THE NUTTER	S40   L52
peanut butter, banana, coconut shavings, chia seeds, honey, natural vanilla whey protein, purified water	
Packed with power and full of potassium, fibre and omegas. Promotes healthy heart functioning and boosts energy levels.	
THE BODYFUEL	L65
by BODYFACTORY L.A. banana, blueberries, BodyFuel protein powder, purified water	
Sourced from the Body Factory L.A, this potent protein blend includes 21 fruit and vegetables. Loaded with essential amino acids and vitamin B complex.	

SMOOTHIES

THE BASIC	S26   L32
banana, low fat milk, low fat plain frozen yoghurt	
add: vanilla seeds	4
peanut butter	5
honey	6
honest hot chocolate [sugar free]	6
STRAWBERRY-B	S26   L32
strawberry, apple juice, mint, low fat plain frozen yoghurt	
ALPHONSO	S26   L32
mango, banana, low fat plain frozen yoghurt, purified water	
FRANK	S26   L32
blueberry, banana, apple juice	
MINTED	S26   L32
mango, orange juice, mint	
NEW-ME	S26   L32
blueberry, strawberry, raspberry, low fat plain frozen yoghurt, purified water	
THE HEALER	S28   L34
apple juice, lemon, ginger, chilli, low fat plain frozen yoghurt	
IQ	S34   L42
blueberry, banana, honey, flaked almonds, low fat plain frozen yoghurt, purified water	
RED RENEW	S34   L42
RED espresso, banana, chia seeds, honey, low fat plain frozen yoghurt	
COFFEE UNION	S35
espresso, vanilla, honey, low fat plain frozen yoghurt	
LOCAL RAW SEEDS	4
sunflower, pumpkin, sesame	
LOCAL RAW NUTS	6
almonds, cashews, walnuts	

SUPER BOOST FARMACY

a natural range of boosters selected specifically for their functional benefits, helps enhance the nutritional value of your meal.

ORGANIC CHIA SEEDS	4
Gluten free and rich in omega 3, fibre and antioxidants.	
ORGANIC HEMP SEEDS	6
Omega 3 and 6 ratio, contains all amino acids and trans fat free.	
GINGER SHOT	15
Relieves nausea, immune booster, anti-inflammatory, decongestant, aphrodisiac.	
ORGANIC WHEATGRASS SHOT	21
Multitude of vitamins and minerals equivalent to 1kg of green veggies, 90 minerals, 19 amino acids, alkalise and assists red blood cell production.	
RAW AGAVE NECTAR	11
Tanzanian plant source, low GI, maple syrup flavour and processed below 46°.	
L-GLUTAMINE 5g/serving	8
Improves muscle recovery, promotes healthy digestion and balanced blood sugar levels.	
L-CARNITINE 500mg/serving	8
Improves lean muscle mass and boosts energy, assists healthy weight loss.	
ORGANIC GREEN POWDER	10
Alkalisng superfood that consists of baobab, green grasses, hemp seed protein, moringa leaf and spirulina.	
ORGANIC MACA SUPERCHARGE	10
Nutrient dense and energising superfood containing lacuma, mesquite, raw cacao, hemp seeds, maca and herbs.	
MORINGA LEAF POWDER	10
Powerful blend of antioxidants, vitamins and minerals. Complete protein source, boosts energy and increases overall body functioning.	
ORGANIC HEMP SEED PROTEIN POWDER	18
Vegetarian, free from gluten, dairy, sugar, soy, colouring and artificial flavours. Complete protein source, fast absorbing and easily digestible.	
NATURAL VANILLA WHEY PROTEIN	18
22g protein, 1.9g carbohydrates, 1.2g fat Free from artificial sweetener, sugar, colour and flavour.	
BODY FUEL PROTEIN POWDER	50
by BODY FACTORY L.A. 32g protein, 9g carbohydrates, 8g fat 21 fruit and veg, essential amino acids, vitamin B complex.	