

Proud supporters of TriBeCa Coffee Roasteries

HOT DRINKS

Milk alternatives (+R15): Almond, Oat, Skinny Almond, Lactose-Free (MilkLab, ButtaNutt, or Almond Breeze)

Americano Black Coffee	R34	Macchiato Espresso topped with foam	R33
Cappuccino	R36 R40 Single/Double	Flat White Double Shot	R37
Cortado 10z Espresso, 10z Steamed Milk	R34	Café Latte Espresso with steamed milk	R42
Espresso	R28 R32 Single/Double	Coffee Mocha Espresso with hot chocolate & steamed milk	R45

MATCHA & SPECIALTY COFFEES

Lil' Matchaccino (Green Cappuccino) DRNK Japanese Matcha with Steamed Milk	R45	Flavoured Iced Matcha Strawberry, Caramel, Vanilla or Hazelnut syrup	R56
Matcha Latte DRNK Japanese Matcha with Steamed Milk	R45	White Chocolate Matcha DRNK Japanese matcha blended with creamy white chocolate (available hot or Freezo-style)	R56
Iced Matcha Latte DRNK Japanese Matcha with Steamed Milk served over Ice	R45		

HOT CHOCOLATE & CLASSIC TEAS

Hot Chocolate	R32 R38 M L	Pot of Tea	R35
Fresh Pressed Herbal Teas Ginger, Lemon & Mint (optional Garlic) Ginger & Cinnamon Hibiscus Petals	R40	Hot water with Lemon	R10

SPECIALITY TEAS & CHAI

Red Cappuccino Rooibos topped with hot frothy milk	R42
Chai Latte Spiced chai with steamed milk	R45
Dirty Chai Espresso shot added for extra kick	R50

COLD COFFEES & TEAS

Freezoccino	R60
Frozen Americano	R40
Frozen Latte	R45
Flavoured Frozen Cappuccino Vanilla, Caramel or Hazelnut	R55
Iced Hibiscus Tea Served chilled and refreshing	R45

SOFT DRINKS & COLD BEVERAGES

Sodas	R23	Energade	R25
Coke, Coke Zero, Coke Light, Fanta, Sprite, Stoney & Crème Soda		Bos Iced Tea (Peach or Lemon)	R32 R42 Can Bottle
Appletiser & Grapetiser	R37	Lipton Iced Tea (Peach or Lemon)	R32 R42 Can Bottle
MYO2 Recovery Drink	R30	Still / Sparkling Water 500ml	R25
Cordial & Mixer	R32	Still / Sparkling Water 1.5L	R45
Roses Passion Fruit, Lime, Cola Tonic			
Mixers – Pura, Soda, Lemonade			



DETOX PLANS

3-Day Juice Detox	R750	3-Day Soup Detox	R750
Add R100 for glass packaging. Take the first step toward a lifestyle change for a healthier body, mind & soul.		Add to your juice detox for an optimal healthy cleanse experience.	
Glass bottle takeaway / return deposit – R100 required			



063 579 8087

The Valley Shopping Centre, Dainfern



Let's get connected for our latest news & updates
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Lil' KITCHEN

WHOLESUME GOOD FOOD

Beverages

SMOOTHIES

CHECK NEW
ADD-ON
ITEMS

PROTEIN SMOOTHIES

Vegan Whey available on request

500ml R78

The Bench Press

Blueberries, banana, whey protein, almond butter & chai seeds

Peanut Butter Cup

Peanut butter, cocoa, honey & protein

The Green House

Banana, peanut butter, flax seeds, protein & spirulina

Morning Sunshine

Espresso, banana & protein

POWER SMOOTHIES

500ml R85

The Innergizer

Banana, pineapple, mango, ginger, chia, coconut water & almond milk

Power Green Goddess

Kiwi, apple, pineapple, spinach, matcha, chia & coconut water

The Glow Getter

Strawberry, banana, beetroot, coconut yoghurt, collagen & chia

NON-DAIRY SMOOTHIES

350ml R50 500ml R65

The White Cat

Banana, honey & peanut butter

Purple Monkey

Mixed berries, pomegranate, goji berries & apple

Skaar

Apple, pineapple, banana, chia seeds & spirulina

Power Green

Spinach, banana, apple, ginger & moringa powder

DETOX SMOOTHIES

350ml R50 500ml R65

Just In

Kiwi, baby spinach, pineapple, banana & chia seeds

Apple a Day

Kiwi, apple, pineapple, chickpeas & baby spinach

Eve's

Mixed berries, apple, orange & chickpeas

Green Machine

Green apple, pineapple, banana, ginger, spinach, celery & lemon

DAIRY SMOOTHIES

Made with Fat-Free Frozen Yoghurt

350ml R50 500ml R65

Black Cat

Banana, honey & peanut butter

B-Nice

Blueberry, pineapple & apple

Lil' Cooler

Pineapple, lemon & mint

S.A.M.

Strawberry, apple & mint

Super C

Strawberry, pineapple, orange, mint & vitamin C

Mike's Magic

Strawberry, banana & apple

Gummi Berry Juice

Berries, pomegranate & goji berries

The Hulk

Apple, pineapple, banana, chia seeds & spirulina

Jungle Fusion

Pineapple, coconut & banana

Berry Punch

Mixed frozen berries & almonds

Berry Beautiful

Mixed frozen berries & maple syrup

Island Impact

Mango, banana & honey

SMOOTHIE ADD-ONS

Customise your smoothie with your favourite boosters!

Superfood Scoops R12 each

Matcha, Spirulina, Vita Mix & Chai

Protein Boosters R30 each

Collagen, Whey Protein, Vegan Whey Protein

Nut Butters R10 each

MacNutt Butter & Peanut Butter

Fresh Fruit R8 each

Apple, Pineapple, Fresh Berries (+R5 extra)

Seeds & Extras R6 each

Chia seeds, Mixed seeds, Flax seeds, Goji berries, Honey, Lemon, Ginger

Shot of Espresso R10



COLD PRESSED JUICES

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250ml R40 500ml R65

Orange Drinks

Rich in Vitamin C & Energy Boosting

- Plain Fresh Pressed Orange
- Carrot, Orange, Apple & Ginger
- Carrot, Orange & Pineapple

Red Drinks

High in Fibre, Vitamin C, Folate & Iron

- Beetroot, Carrot, Orange, Apple & Ginger
- Beetroot, Celery, Apple & Cucumber
- Beetroot, Apple & Strawberry

Green Drinks

Immune-Boosting & Antioxidant Rich

- Spinach, Celery, Cucumber, Apple & Ginger
- Kale, Cucumber, Celery, Mint, Lemon, Apple & Ginger
- Pineapple, Lemon & Mint
- Apple, Cucumber, Ginger, Lemon & Mint
- Kale, Apple, Lemon & Mint
- Plain Fresh Apple Juice

INTENSE JUICE SHOTS

30ml R25 | 50ml R32 | 60ml R40

Flu Shot

Ginger, apple, carrot & lemon

Energy Booster

Orange, turmeric, cinnamon, cayenne & honey

Ginger Bomb

Ginger, apple, turmeric & cayenne

Gentle Ginger

Ginger & apple

The Beet

Beetroot & celery

Beet Blast

Beetroot, ginger, lemon, apple & cayenne

Intense Hibiscus

Hibiscus tea infused with mint, lightly sweetened with honey

Wheatgrass Shot

30ml R35 | 50ml R59

Effective healer that builds blood & fights bad bacteria.

FROYO'S, MILKSHAKES & BUBBLE TEAS



FROZEN YOGHURT

Single 250ml R40

Double 500ml R74

Toppings: 1 Topping R14

Strawberries, Blueberries, Mango, Banana, Toasted Almonds, Choc Chip Cookies, Marshmallows, Nutella, Choc Chips, Speckled Eggs 2 Topping R25

3 Topping R30

MILKSHAKES

Classic Shakes 500ml R55

Strawberry Mint

Chocolate Lime

Coffee Bubble-gum

Specialty Shakes 500ml R65

Vanilla Marshmallow

Nutella Dream

Cookies & Cream

No Disrespect

Banana, Nutella & Peanut Butter

The Unicorn

Strawberry & Banana



BUBBLE TEAS

Small 200ml R32

Medium 350ml R42

Large 500ml R55

Tea Flavours:

Milky | Caramel, Hazelnut, Vanilla

Fruity | Strawberry, Mixed Berry, Pineapple, Lemon, Cherry, Mango, Passion Fruit

