



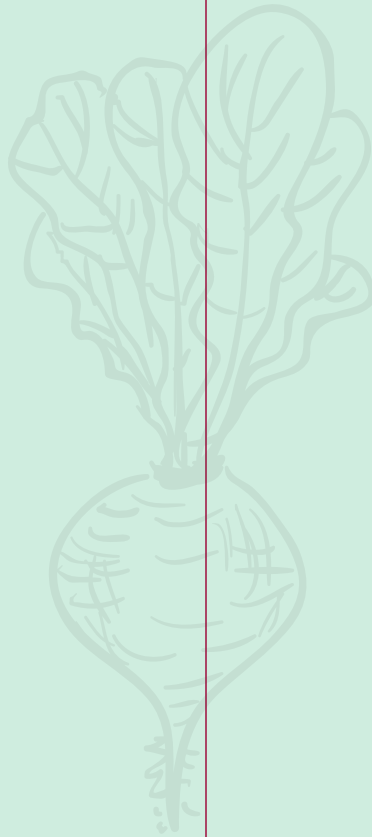
**HEALTH N' HEALTHY
SPECIALTY CAFE**

**VEGAN
MENU**

THE FRESHER THE BETTER

NOTE:

Please note that all meals are made fresh and takes between 20-25 minutes to be ready.



WHY EAT MORE PLANT?

GUT HEALTH:

When you eat more plants, you'll feel it in your gut. A fiber-rich, plant-based diet helps your microbiome – all the beneficial bacteria in your intestines – to diversify and thrive. This is beneficial to overall health (even mental health!) and immune function, and will greatly outnumber harmful bacteria.

Here's how else eating more plants is a great way to love your gut: diets high in red and processed meats increase risk of colorectal cancers, while high-fiber whole grains appear to lower the risk. Your gut has a message for you: cut the meat and pile on the plants (including probiotic-rich raw fermented foods).

PREVENT DIABETES

The sobering news: over 30% of American adults are pre-diabetic, with almost 10% having progressed to type 2 diabetes. The good news: eating a plant-based diet decreases your risk for type 2 diabetes by 30%.

A diet rich in veggies, fruits, legumes, nuts, and whole grains means your body rarely gets overloaded with refined carbs and sugars. The plant protein, fiber, and healthy fats found in a plant-based diet also do their part to keep too much sugar from hitting your bloodstream all at once. Such a diet may even help reverse pre-diabetes and type 2 diabetes.



FIGHT INFLAMMATION

We're talking about the chronic variety that leaves you feeling foggy and sapped of energy on the regular. Chronic inflammation puts you at risk of developing heart disease, diabetes, high blood pressure, and cancer. A common culprit of chronic inflammation is processed and meat-laden food, especially red meat. Make food your ally in the war against inflammation: swap the processed for lots of fruits and veggies. Plant-based foods like berries, leafy greens, and legumes combat oxidative stress, a known inflammation trigger.

IMPROVE CHOLESTEROL

Plant-based diets lower total cholesterol when compared to omnivorous diets. Specifically, low-fat, plant-based regimens typically reduce cholesterol by about 15-30%, with most of the reduction happening to "bad" LDL cholesterol, which improves one's cholesterol ratio. The payoff of eating more plants to improve cholesterol numbers? A decreased risk of heart disease and stroke.

LOWER BLOOD PRESSURE

76% of people who followed a vegan diet for one year were able to discontinue or drastically reduce use of blood-pressure medication. Many plant-based foods such as whole grains, fruits, and vegetables tend to be lower in sodium and higher in potassium – a combo that's known to naturally lower blood pressure.

Bottom line: if you want to lower your blood pressure and the associated risks (damaged arteries, aneurysm, stroke, heart attack, kidney failure, and sexual dysfunction) eat more plants, especially potassium-rich fruits and vegetables.

SMOOTHIE / JUICE / MORE

SMOOTHIES-500ML

BERRY GOOD - N2500

310.8 cal / 10g fat / 50g carb / 5g pro / 9g fiber
Bananas, Berries, Pineapple, coconut and flaxseed

PINA COLADA BREEZE -N2500

301 cal / 8g fat / 48g carb / 4.5g pro / 6g fiber
Pineapple, Banana, Coconut and flaxseed

GREEN SMOOTHIE - N2500

302.1 cal / 7g fat / 47.2g carb / 14.3g pro / 11.8g fiber
Pineapple, banana, spinach, flax & chia seed, hemp seed

GREEN MACHINE - N4000

320 cal / 7g fat / 50g carb / 16g pro / 16g fiber
Pineapple, banana, spinach, flax & chia seed, hemp seed, spirulina, broccoli powder, wheat grass, ginger

BERRY BERRY - N3000

348 cal / 13.7g fat / 42.5g carb / 18g pro / 14.8g fiber
Strawberry, blueberry, coconut milk, flaxseed, chia seed and pea protein

PEANUT BUTTER SURPRISE -N2500

395 cal / 16.9g fat / 46.8g carb / 21g pro / 13.8g fiber
Oat, natural peanut butter, banana, flax & cinnamon

SHOTS

WHEATGRASS SHOT -N1000

Wheatgrass, ginger, lemon and fresh pineapple juice

COLD PRESS GINGER SHOT -N500

Cold press ginger

FORTIFY ME - N1000

Ginger, lemon, turmeric, black pepper, cinnamon and fresh pineapple juice



SMOOTHIE ADD ONS

Maca Powder	N500
Pea Protein	N800
Flaxseed	N200
Flax Oil	N500
Chia Seed	N250
Coconut Oil	N200
Hemp Seed	N500
Hemp Oil	N500
Spirulina	N500
Lucama	N500
Wheatgrass	N500
Inulin Powder	N500

JUICE

WATERMELON SURPRISE -N1200

395 cal / 16.9g fat / 46.8g carb / 21g pro / 13.8g fiber
Cold pressed watermelon, pineapple and ginger

CUCUMBER LEMONADE -N1000

87 cal / 0.07g fat / 22g carb / 4g pro / 4g fiber
Cold pressed cucumber juice with apple cider vinegar, lemon and erythritol

WATERLEMON LEMONADE -N1200

162 cal / 0.75g fat / 42.2g carb / 0.98g pro / 2.2g fiber
Cold pressed watermelon juice with apple cider vinegar, lemon and erythritol

ORIGINAL LEMONADE -N1000

32 cal / 0g fat / 12.5g carb / 0.5g pro / 0.5g fiber
Lemon juice with apple cider vinegar and erythritol



BREAKFAST

PANCAKES – VEGAN

OAT PROTEIN PANCAKE - N4000

3 Oat protein pancakes, scrambled tofu & syrup

GLUTEN FREE PANCAKE - N4000

3 Gluten free pancakes, scrambled tofu & syrup

PLAIN OAT PANCAKES - N2500

3 oat protein pancake, no tofu or syrup included

PLAIN GLUTEN FREE PANCAKE - N2700

3 plain gluten free pancakes, no tofu or syrup included

WAFFLES – VEGAN

OAT PROTEIN WAFFLE -N4000

3 Oat protein waffles, scrambled tofu & syrup

GLUTEN FREE WAFFLE -N4000

3 gluten free waffles, scrambled tofu & syrup

PLAIN OAT WAFFLE -N2500

3 oat protein waffles, no tofu or syrup included

PLAIN GLUTEN FREE WAFFLE - N2700

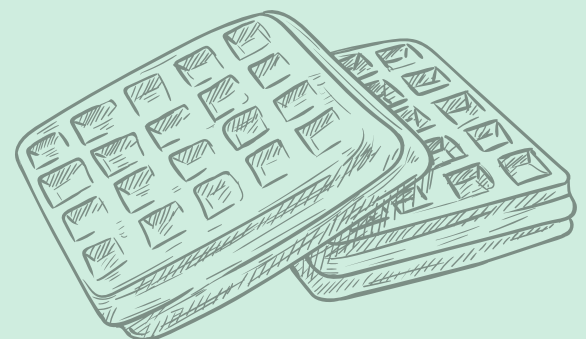
3 gluten free waffles, no tofu or syrup included

ADD ONS

Extra Scrambled Tofu	N800
Chocolate chips	N500
Chia Strawberry Jam	N500
Date Syrup	N300
Low Calorie Syrup	N500
Vegan Protein Powder	N800
Chocolate sauce	N500



- 1 Oat waffle: 99.7 cal / 2.5g fat / 11g carb / 9g pro / 2g fib
- 1 Oat Pancake: 95 cal / 3g fat / 9g carb / 9g pro / 2g fib
- 1 GF waffle: 89.9 cal / 2g fat / 10g carb / 8g pro / 2g fib
- 1 GF Pancake: 94.9 cal / 2g fat / 12g carb / 7g pro / 2g fib
- Scrambled tofu: 121 cal / 5g fat / 4g carb / 12g pro / 4.7g fib
- Date syrup: 64 cal / 0g fat / 17g carb / 0g pro / 0g fib
- Low cal syrup: 50 cal / 0g fat / 12g carb / 0g pro / 0g fib



VEGAN BREAKFAST

SANDWICHES

CHICKPEA SANDWICH - N1500

Whole wheat flax bread, chickpea salad, sunflower seeds, tahini dressing, vegetables

260 cal / 7g fat / 37.7g carb / 10.9g pro / 9g fiber

TOFU SANDWICH - N1500

whole wheat flax bread baked seasoned tofu, vegetables with tahini dressing

255 cal / 10g fat / 29g carb / 8g pro / 5g fiber

CLASSIC TOFU SCRAMBLED - N3000

Tofu, vegetables, nutritional yeast and creamy tahini served with 2 toasted whole wheat bread

282 cal / 11.2g fat / 29.1g carb / 1.84g pro / 8.7g fiber

ADD ON

Extra Tofu - N800

Vegan Cheese Sauce - N800

Extra Vegan Meat - N800

Extra chickpea - N500

Coleslaw - N800

Tahini Dressing - N300

WRAPS+

TOFU SCRAMBLE WRAP -N3000

Seasoned tofu, tahini dressing, vegetables wrapped in whole wheat tortilla bread and grilled to perfection

317 cal / 10g fat / 30.7g carb / 25.4g pro / 6g fiber

CORONATION CHICKPEA WRAP -N3000

Spicy chickpea, sunflower seeds, tahini dressing, vegetables wrapped in whole wheat tortilla bread and grilled to perfection

398 cal / 13g fat / 50g carb / 16g pro / 10g fiber

VEGAN CRUNCH WRAP -N3000

Mushroom, soya meat, chickpea, vegan mayo, tahini and veggies wrapped in whole wheat tortilla and grilled to perfection.

350 cal / 10g fat / 30.7g carb / 25.4g pro / 7g fiber

PHILLY CHEESESTEAK WRAP - N3500

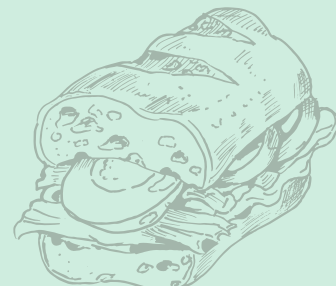
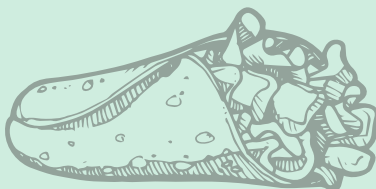
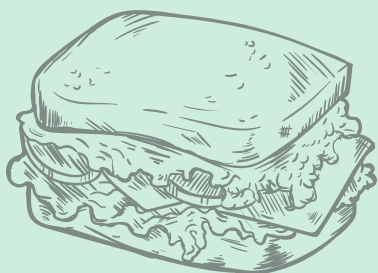
vegan soy meat, caramelized onions, bell peppers, vegan mayo, vegan cheese and wheat tortillas

399.1 cal / 19g fat / 27g carb / 30g pro / 5g fiber

FALAFEL WRAP - N3000

Chickpea falafel, veggies, vegan mayo, tahini served with wheat tortillas.

380 cal / 17g fat / 47g carb / 15g pro / 8g fiber



VEGAN MEALS

LENTIL CURRY WITH NAAN BREAD - N4000

lentil coconut curry, served with whole wheat protein naan bread

406 cal / 8.2g fat / 44g carb / 20.6g pro / 7.7g fiber

LENTIL CURRY WITH RICE -N4000

lentil coconut curry, served with basmati rice

414 cal / 6g fat / 78g carb / 20.8g pro / 14g fiber

SWEET & SOUR TOFU - N4500

Sweet and sour tofu served with basmati rice

387 cal / 10g fat / 50g carb / 20.8g pro / 14g fiber

LENTIL CURRY WITH QUINOA -N4500

lentil Coconut curry with quinoa

495 cal / 9g fat / 75g carb / 24g pro / 10.5g fiber

LENTIL & MUSHROOM STEW & RICE - N4500

Lentil and mushroom stew with rice and vegetables

420 cal / 7g fat / 59g carb / 29g pro / 16g fiber

TOFU SAUCE & RICE - N4000

Basmati rice and tomato tofu sauce with vegetables

376 cal / 4g fat / 60g carb / 20g pro / 5g fiber

TOFU SAUCE & GLUTEN FREE SPAGHETTI- N4500

Gluten free pasta and tomato tofu sauce with vegetables

394 cal / 5g fat / 61g carb / 26g pro / 6g fiber

TOFU SAUCE & WHEAT SPAGHETTI- N4000

Protein Whole wheat pasta and tomato tofu sauce with vegetables

365 cal / 4g fat / 55g carb / 30g pro / 8g fiber

VEGAN GLUTEN FREE MAC & CHEESE - N4500

Vegan mac & cheese with gluten free pasta, mushroom and vegetable

390 cal / 15g fat / 48g carb / 20g pro / 11g fiber

VEGAN MAC & CHEESE - N4500

Vegan mac & cheese with wheat pasta, mushroom and vegetable

392 cal / 15g fat / 48g carb / 18.2g pro / 10.9g fiber

VEGAN BOLOGNESE & GLUTEN FREE SPAGHETTI- N5000

Soya meat bolognese sauce served with gluten free pasta

396 cal / 5g fat / 61g carb / 26g pro / 6g fiber

VEGAN BOLOGNESE & WHEAT SPAGHETTI - N4500

Soya meat bolognese sauce served with whole wheat pasta

395 cal / 4g fat / 55g carb / 30g pro / 8g fiber

VEGAN 'EGG' FRIED RICE - N4000

Fried Tofu 'egg' fried with basmati rice with vegetables

353 cal / 6g fat / 47.3g carb / 20g pro / 6.6g fiber

VEGAN DIRTY RICE- N4000

Basmati rice, soya meat, vegetables

420 cal / 7g fat / 59g carb / 29g pro / 16g fiber

MASH POTATOES WITH MUSHROOM GRAVY -(FRIDAYS) - N4500

Mash potatoes with mushroom gravy and vegetables

363 cal / 2g fat / 72g carb / 15g pro / 12g fiber

MUSHROOM FRIED RICE - N4000

Mushroom stir fry and basmati rice with vegetables

298 cal / 2.3g fat / 56g carb / 12g pro / 4g fiber

VEGAN SALADS

CHICKPEA SALAD - N3500

Cabbage, lettuce, carrots, cucumber, cherry tomatoes, sweet corn, seasoned chickpea, and sweet tahini dressing + hemp seed, pumpkin & sunflower seed

355 cal / 15g fat / 30g carb / 18g pro / 10g fiber

VEGAN 'TUNA' SALAD - N3000

Chickpea, nori sheet flakes, cucumber, sweet corn, spring onions, sweet tahini dressing + hemp seed, pumpkin & sunflower seed

382 cal / 21g fat / 27g carb / 10g pro / 6g fiber

LENTIL CHICKPEA SALAD - N4500

Lentil, chickpea, seedless cucumber, cherry tomatoes, sweet corn, spring onion, olives, unsweetened raisins and vegan mayonnaise + hemp seed, pumpkin & sunflower seed

405 cal / 17g fat / 48g carb / 18g pro / 20g fiber

CREAMY PASTA SALAD - N4500

Pasta, chickpea, seedless cucumber, cherry tomatoes, sweet corn, spring onion, olives mixed with vegan mayonnaise + hemp seed, pumpkin & sunflower seed

405 cal / 20g fat / 31g carb / 15g pro / 14.4g fiber

VEGAN SOUPS

LENTIL SOUP - N3000

Creamy coconut lentil soup with bell peppers, carrot and spring onions

290 cal / 9g fat / 38g carb / 13g pro / 16g fiber

MUSHROOM COCONUT SOUP - N3000

Creamy Mushroom coconut soup with bell peppers, carrot and spring onions

205 cal / 10g fat / 13g carb / 6g pro / 2g fiber

TOFU COCONUT SOUP - N2500

Creamy coconut tofu soup with bell peppers, carrot and spring onions

240 cal / 18g fat / 11g carb / 7g pro / 2g fiber

SOUP ADD ON - N500

Wheat Pasta

Gluten Free Pasta

Basmati Rice

EXTRAS - N500

Tahini dressing

Vegan Mayo

Sunflower

Pumpkin seed

Cranberry

Almond nuts

Seedless grape

DESSERTS

A variety desserts are available depending on the day, such as:

Brownies - N1500

Cake Slices - N2500

Crumbles - N2000

