




CAFFÈ

CHOOSE YOUR BLEND:

ESTRELA
Africa and Central
& South America
Smooth & full flavour with
milk chocolate notes

OBRIGADO XX
Guatemala, Ethiopia
& Tanzania
Strong, rich, golden blend
with cocoa & honey notes

	SINGLE	DOUBLE
ESPRESSO	24	28
MEIA DE LEITE 	30	35
Traditional cortado		
FLAT WHITE	-	35

	SOLO	MUCHO	GRANDÈ
AMERICANO	28	33	39
CAPPUCCINO	31	36	42
CAFFÈ LATTE			
Single shot	-	34	-
Double shot	-	36	42
CAFFÈ MOCHA	-	43	49
BOMBA ENERGIA	-	42	-
Triple shot cappuccino			
BULLET	37	-	-
Double shot, milk & coconut oil			
DIRTY CHAI	-	43	49

ICED CAFFÈ

AMERICANO	35
Double shot with cold water over ice	
CAFFÈ LATTE	37
Double shot with micro foamed milk over ice	
ICED MEIA DE LEITE	37
Double shot with micro foamed milk over ice	
GELADO	50
Our signature blended iced caffè with a double shot	
ICED CAFFÈ MOCHA	54
A single shot blended with chocolate, milk & ice	

FUNCTIONAL CAPPUCCINOS

	SOLO
CBD CAPPUCCINO 10mg by goodleaf.	44
COLLAGEN CAPPUCCINO by Sally Ann CREED	46
FUNCTIONAL MUSHROOM CAPPUCCINO by GOODMIND™	52

HOT FLAVOURED LATTES

	SOLO	MUCHO	GRANDÈ
VANILLA OAT MILK LATTE	42	47	53
Made with sugar-free vanilla syrup			
VANILLA LATTE	37	42	48
Made with sugar-free vanilla syrup			
HAZELNUT LATTE	37	42	48
CARAMEL LATTE	37	42	48

ICED FLAVOURED LATTES

Single shot with micro foamed milk over ice

VANILLA LATTE	42
Made with sugar-free vanilla syrup	
HAZELNUT LATTE	42
CARAMEL LATTE	42

MILK ALTERNATIVES

ALMOND by Bultmann	5
OAT by Bultmann	5
COCONUT by MILKLAB	9
SOY by MILKLAB	No charge

VIDA LEGENDS V+ VEGAN V VEGETARIAN GF GLUTEN FREE

HOT DRINKS

	SOLO	MUCHO	GRANDÈ
MATCHA LATTE	37	41	-
RED CAPPUCCINO			
Classic	-	38	-
Vanilla Oat Milk V+	-	48	-
CHAI LATTE	-	40	46
SEA SALT Caramel LATTE	40	44	49

NEW TEAS



CLASSIC TEA Ceylon or Rooibos	25
SPECIALITY	
Very Early Grey	30
Green Dream	30
Magic Africa	30
Charming Chamomile	30
Spice of Life	30
Mindful Mint	30
Fruits of Joy	30

HOT CHOCOLATE

	SOLO	MUCHO	GRANDÈ
CLASSIC	37	41	46
WHITE	37	41	46
HAZELNUT	40	44	49

FRIOSHAKES

NEW STRAWBERRIES & CREAM	54
A blended strawberry flavoured drink topped with cream & decadent fudge crumble	

CHOC BROWNIE	54
A blended chocolate flavoured iced drink topped with cream & decadent brownie crumble	



FRIOS

NEW RASPBERRY DRAGON FRUIT	42
LEMONADE & MINT V+	42
STRAWBERRY V+	42
MANGO V+	42
PASSION FRUIT V+	42
COFFEE FREEZO	48
SEA SALT CARAMEL	48
CHOCOLATE	48

SMOOTHIES



STRAWBERRY SUPRESA	49
Strawberry, banana, apple juice & frozen low-fat yoghurt	
PEANUT FORÇA	49
Peanut butter, banana, honey & frozen low-fat yoghurt	
CHOC PEANUT BUTTER	52
Peanut butter, cocoa powder, banana, honey, milk & low fat frozen yoghurt	
VIDA VITALITY V+	52
Carrot, apple, banana, pineapple, lemon juice & ginger	
FRESH GREEN V+	52
Cucumber, apple, mango, baby spinach, apple juice, lemon juice, chia seeds & mint	

SUPER SMOOTHIES

MUCHO POWER	62
Grass-fed whey protein, peanut butter, banana, chia seeds & milk	
SUPERFOOD BERRY V+	59
Blueberry, banana, apple, apple juice, chia seeds & superfood powder	
THE ALMOND V+	59
Banana, almond milk, dates, granola, almond & macadamia nut butter & cinnamon	
COCOA NUT BUTTER V+	59
Banana, almond milk, dates, almond & macadamia nut butter & cocoa powder	
MANGO COLLAGEN	62
Mango, banana, apple juice, apple, lemon juice & 100% hydrolysed collagen powder	

CUSTOMISE YOUR VIDA

COLLAGEN POWDER by Sally Ann CREEDY	15
FUNCTIONAL MUSHROOM POWDER by GOODMIND™	21
CBD POWDER 10mg by goodleaf.	13
GRASS-FED WHEY PROTEIN	22
SUPERFOOD POWDER	22
SYRUP - Sugar-Free Vanilla, Caramel or Hazelnut	6

SWEET TREATS

CINNAMON DOUGHNUT	15
PASTEIS DE NATA Traditional Portuguese custard tart	25
GF MILLIONAIRE SHORTBREAD	28
APPLE CRUMBLE SLICE	28
GF CHOCOLATE PECAN NUT BROWNIE	34
ROCKY ROAD	34
CAKE	FROM R52

CROISSANTS

Made with real butter,
freshly baked in store

PLAIN	27
CHOCOLATE HAZELNUT	32

MUFFINS

APPLE, CINNAMON & DATE	39
QUATTRO V	39
DECADENT CHOCOLATE	39
BANANA, DATE & NUT BUTTER V+	39

BANANA BREAD

2 slices per portion toasted & buttered	42
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FRITTATAS

SPINACH, FETA & SUNDRIED TOMATO V	34
SPINACH & FETA V	34
BACON, FETA & JALAPEÑO	34
BACON	34

GRANOLA & YOGHURT

NEW NUT BUTTER & JAM V GF	52
BLUEBERRY V	49
HONEY V	49

PAOZINHOS

CAPRESE V	48
CLUB	52



CROISSANT BUNS

BREAKFAST CROBUN	50
Bacon, egg & cheddar	
CROBURGER	52
Crumbed chicken breast, mixed leaves, tomato & mayo, topped with cheddar cheese	

OATS

V **V+** Choose your plant milk to make it vegan

PLAIN CREAMY OATS	43
APPLE & CINNAMON WITH ALMOND FLAKES	46
BANANA & ALMOND WITH CHIA SEEDS	46
BLUEBERRY, CRANBERRY & COCONUT WITH MIXED SEEDS	46
PEANUT BUTTER, BANANA & CHOCOLATE	46

NEW PASTA SALADS

ROAST VEG & PESTO V	72
BBQ CHICKEN	74



VIDA
LEGENDS



VEGAN



VEGETARIAN



GLUTEN
FREE

ALL FOOD ITEMS SUBJECT TO AVAILABILITY



NEW EGG POTS

MUSHROOM & FETA V	52
CHEDDAR & CHERRY TOMATO V	52
CHORIZO & CHEDDAR	54

SANDWICHES Made fresh in store on Rooibos & Rye bread

CHEDDAR & TOMATO V	35
EGG MAYO V	35
TUNA & CUCUMBER	47
CLASSIC CLUB	47
SPICY CHICKEN MAYO	47
PASTRAMI & CHEDDAR	47

FILLED CROISSANTS

TOMATO & FRESH MOZZARELLA V	54
CHOURIÇO & FRESH MOZZARELLA	62
GYPSY HAM & FRESH MOZZARELLA	62
SMOKED CHICKEN, AVO & FRESH MOZZARELLA	65

SNACKS

GRUMPY DRY ROASTED CHICKPEAS V+ GF	22
BISCUITS	23
HARVEST CRUNCHIE	23
CHOCOLATE COATED PEANUTS	27
COCONUT & CASHEW DATE BALLS V+	27
BILTONG SNAPSTICKS	27
DRIED MANGO STRIPS V+	27
NEW VEGGIE CRISPS V	28
DRY ROASTED ALMONDS V+	29
KETO BARS V+ GF	37

WRAPS Made with a multiseed wrap

BREAKFAST BURRITO	65
<small>Scrambled egg, bacon, cherry tomatoes, rocket & baby spinach with a spicy tomato relish</small>	
ROAST BUTTERNUT, FETA & PESTO V	65
PLANT BASED ASIAN BBQ CH*CKEN V+	67
SPICY CRUMBED CHICKEN	67
CHUNKY CHICKEN	67
BBQ CHICKEN & BACON	67

BAGUETTES

CLASSIC CHICKEN MAYO	58
CHOURIÇO & CHEDDAR	58
GYPSY HAM & CHEDDAR	58

TOASTIES Made fresh in store on our signature Bloomer or Gluten Free bread + R14

CLASSIC CHEESE V	48
SPICY CHICKEN MAYO	58
CLASSIC CHICKEN MAYO	58
BACON, EGG & CHEESE	58
HAM, CHEESE & TOMATO	58
BACON, MOZZARELLA & JALAPEÑO	58
QUATTRO V	58
<small>Four cheeses, spring onion & coriander</small>	
CAPRESE V	58
CHOURIÇO & CHEDDAR	58
<small>With spicy tomato relish</small>	
PLANT BASED CH*CKEN MAYO V+	58

