

freefood<sup>\*</sup>  
TM

plant based creations since 2007

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

Free Food is always\*

Vegan + gluten-wheat-sugar-dairy-preservative Free\*

our Kitchen of Infinite Possibilities is Free\*

from microwave ovens, fryers & tin openers, and we use the finest whole food ingredients

Certain menu items can be prepared oil-Free\*. Look out for our unique oil-Free\* me options 

## soups



### Roast butternut & tomato soup 65\*

Summer Jozi sun inspired – BIG cup of HOT goodness s/w a toasted bread round & hummus smudge

### Summer blossom broth 90\*

A clear and pure Asian-inspired mung bean noodle broth with protein-rich shitake mushroom, well-suited fresh vegetables, ginger & garlic, and sesame seeds ...of course

## salads



### Bean bedazzled 120\*

A black-eyed peas party with quinoa, red jasmine rice, fresh coriander, rocket, celery, chopped greens, sweet raw onion & Kalamata olive – sprinkled with sunshine & crushed raw almond

### Falafel disco 120\*

Five baked oil-Free\* falafel discs, each placed on a green leaf with grilled brinjal, tomato & cucumber salad, pickled purple cabbage, traditional tahini, avocado and black olive, and sprinkled with toasted sesame seed

### Rapido! 120\*

Fresh butter lettuce leaf wraps with marinated tender butter beans and roasted vegetables – each wrap finished with a deli dip/sauce & sprinkled with nuts & seeds

### Side salad 45\*

Colourful tower delight of kale, carrot, beetroot, avocado, house herb dressing & crushed raw almonds

## pizza



pizza base: choose gm-Free\* rice flour or low-carb organic flaxmeal + melting nut-Free\* cheese

### Kale & Portobellini mushroom 125\*

Steamed kale, grilled Portobellini mushroom, tomato & red onion infused with a fresh herb sauce, Kalamata olive, toasted almond flakes

### Roast chickpea & brinjal 125\*

Savoury roast chickpea & brinjal segments, grilled Romanita tomato, shredded greens – infused with a fresh herb sauce, Kalamata olive, toasted pumpkin seed, tahini drizzle

## wrap shack



Our wraps are made with gm-Free\* rice flour or low-carb organic flaxmeal

### Falafel 90\*

Baked-and-never-fried falafel balls, grilled brinjal, shredded greens, tomato & cucumber salad, traditional tahini + hummus

### Scrambled tofu 90\*

Flavour-burst marinated organic tofu, diced vegetables, spread with organic tofu mayo & shredded greens **swOp toFu for savoury roasted chickpeas**

### Thai stir-fry 90\*

Quick, hot wok, fresh stir-fry vegetable with marinated organic tofu, spread with organic tofu mayo & ginger jelly, a dash of hot coriander salsa, and sprinkled with toasted coconut shavings & sesame seed **swOp toFu for savoury roasted chickpeas**

## mains



### Thai curry stir-fry 130\*

A quick delicious Thai wok-wonder with loads of fresh vegetables, shitake mushroom, Thai curry sauce\*, and coconut mylk\* (made in-house & tin-Free\*), with spiced, marinated-then-seared organic tofu triangles s/w red jasmine rice

### Summer stir-fry 125\*

Select vegetables in a quick-hot-wok-marriage with red rice & seared organic herb tofu with shredded greens, fresh coriander & mint **swOp toFu for herb roasted chickpeas**

**extras** avocado 25\* grilled brinjal 20\* savoury roasted chickpea 25\* baked-never-fried falafel 5\* olives 15\* shitake mushrooms 25\* stir-fry tofu 30\* stir-fry veg 30\* bread round rice flour 8\* bread round millet rice 8\* red jasmine rice 25\* wrap rice flour 10\* wrap low-carb (organic flaxmeal) 15\* date chutney 15\* ginger jelly 20\* hot coriander salsa 15\* herb saucery 15\* oil-Free\* herb saucery 15\* hummus 15\* tahini 20\* tofu mayo 20\* apple cider vinegar 10\* Bragg liquid amino 25\* non-GMO brown rice protein 21\* agave 15\* date syrup 10\* chocolate stuff 15\* strawberry jam 25\*

\* Prices include VAT.

## all-day breakfast



### Millet porridge 65\*

Hot-creamy-comforting – sweetened with grated apple & date, sprinkled with raw almonds & spiced with toasted aniseed sprinkle

### Free\*jacks 65\*

Scrumptious g/w-Free\* 5-stack made with quinoa & rice flour s/w chia seed strawberry jam + chocolate stuff (both made in-house) & sprinkled with toasted hazelnut

### Scrambled tofu bowl 60\*

Marinated tofu tossed with fresh chopped greens and toasted sesame seed sprinkle s/w a toasted bread round & a lemon wedge

### Chickita! toast 45\*

Two toasted bread round sandwiches (choose rice or millet), spread with a delicious & original toasted chickpea spread (choose sweet vanilla tones or sweet cardamom) **Chickita! is peanut, nut & Oil-Free\***

## desserts

### Deep dark chocolate cake 55\*

Moist & addictive, made with 100% dark chocolate, rice flour & coconut oil – sweetened with dates

## hot drink



### Chai 50\*

rooibos tea, oat mylk, date, fresh ginger + all the correct spices

### Chocolate 55\*

dark chocolate, oat mylk, date

### Chocolate-mint 55\*

dark chocolate, oat mylk, date, fresh mint, mint oil

### Mint green tea 50\*

green tea, oat mylk, date, fresh mint

### Vanilla & chocolate shear 60\*

oat mylk, date, vanilla extract, Himalayan rock salt; chocolate shear – 100% real dark chocolate

## iced drink



add organic rice protein to your iced drink +21\*

### Chai 55\*

steeped then iced rooibos tea, oat mylk, date, fresh ginger + all the correct spices

### Chocolate 65\*

dark chocolate, oat mylk, date

### Chocolate-mint 65\*

dark chocolate, oat mylk, date, fresh mint, mint oil

### Coffee 65\*

brewed then iced coffee, oat mylk, date

### Mint green tea 55\*

steeped then iced green tea, oat mylk, date, fresh mint

### Vanilla & chocolate shear 70\*

oat mylk, date, vanilla extract, Himalayan rock salt; chocolate shear – 100% real dark chocolate

### Banana & vanilla rice protein shake 65\*

frozen sweet ripe organic banana, non-GMO brown rice protein, raw almond, vanilla, date syrup