

freefood*
TM

plant based creations since 2007

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

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

soups



Creamy vegetable 65*

A truly comforting vegetable soup s/w a toasted bread round & hummus smudge

Curried red & brown lentil 65*

A BIG cup of HOT goodness s/w a toasted bread round & hummus smudge

Roast butternut & tomato 65*

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

Winter blossom broth 90*

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

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

Mediterranean 110*

Diced fresh cucumber, ripe red tomato & red onion and Kalamata olives in a lemon herb dressing topped with grilled brinjal and baked falafel balls with dollops of hummus & purple cabbage pickle

Quinoa, tofu triangle & shitake 120*

Nutritious and nutty quinoa with spiced, marinated-then-seared gm-Free* tofu triangles, shitake mushrooms, carrot shavings, shredded red cabbage, cherry tomato & chives with toasted cashew nuts + ginger jelly

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* swop tofu for savoury roasted chickpeas

Flavour-burst marinated gm-Free* tofu, diced vegetables, spread with tofu mayo & shredded greens

Thai stir-fry 90* swop tofu for savoury roasted chickpeas

Quick, hot wok, fresh stir-fry vegetable with marinated gm-Free* tofu, spread with tofu mayo & ginger jelly, a dash of hot coriander salsa, and sprinkled with toasted coconut shavings & sesame seed

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.

mains



Coconut, spinach & yellow dahl 125*

Coconut, ginger, spinach & tomato folded into smooth dahl with fresh mint & coriander s/w red jasmine rice

Free* ball tomato pasta 125*

Scratchmade fettucine pasta in a tomato, onion & fresh thyme/basil sauce with exquisite meat+soya-Free* balls, and finished with Kalamata olives, fresh basil and finely grated pecorino-style cheese

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 gm-Free* tofu triangles s/w red jasmine rice

Winter stir-fry 125*

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

desserts

Deep dark chocolate cake 55*

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

hot drink



made with our own recipe low fat, gluten-Free* oat mylk

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

made with our own recipe low fat, gluten-Free* oat mylk

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