

# Revive Bar

FRESH | LOCAL | ORGANIC

## HOT DRINKS

Cashew, Oat or other substitute mylks	+ 80/-
ESPRESSO	250/-
CAPPUCCINO	250/-
LATTE	250/-
KENYAN TEA POT	250/-
HIBISCUS TEA POT	300/-
FRESH MINT TEA POT	300/-
TURMERIC & GINGER	300/-
CASHEW/COCONUT CHAI	400/-
GREEN TEA	300/-
CAFE MOCHA	250/-
HOT CHOCOLATE	250/-
DAWA	200/-

## COLD DRINKS

<b>PINEMELON</b>	350/-
<i>Pineapple and watermelon</i>	
<b>MANGO PASSION</b>	350/-
<i>Mango, passionfruit, lemon</i>	
<b>SUPER GREEN</b>	350/-
<i>Spinach, pineapple, apple, parsley, mint, cucumber, celery, lemon, ginger</i>	
<b>REHYDRATE</b>	100/-
<i>Water, lemon, salt, honey</i>	
<b>MADAFU</b>	150/-
<i>Fresh coconut water</i>	

**PLEASE NOTE THERE IS A 35/- ADDITIONAL COST FOR TAKEAWAY ITEMS.  
ALL OUR TAKEAWAY PACKAGING IS NON PLASTIC & COMPOSTABLE**



## SMOOTHIES

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<b>BANANA KICK</b> <i>Banana, dates, oat milk</i> <i>Carbohydrates &amp; dried fruit; perfect for a pre-workout pick me up</i>	490/-
<b>COCO PROTEIN</b> <i>Banana, peanut butter, cocoa, coconut milk</i> <i>Packed with protein; perfect for a post-workout boost</i>	590/-
<b>BERRY BOOSTER</b> <i>Berries, avocado, pineapple</i> <i>An antioxidant boost for a mini detox</i>	590/-
<b>PHYTO POWER</b> <i>Banana, mint, spinach, coconut milk</i> <i>Powered with age-fighting phytochemicals</i>	490/-
<b>MAN-GO GREEN</b> <i>Mango, basil, fresh coconut, coconut milk</i> <i>Anti-inflammatory and antioxidant boosting</i>	490/-
<b>CARONATION</b> <i>Banana, carrot, cinnamon, ginger, coconut milk</i> <i>Full of antioxidants and flavonoids</i>	490/-

MAKE YOUR OWN SMOOTHIE : 590/- | JUICE : 350/-

*Feel like mixing things up? Make your own healthy smoothie or juice with up to any 4 fresh ingredients available.*

## SMOOTHIE BOWLS

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<b>THE GLOW BOWL (VV)</b> <i>Mango, papaya, orange, turmeric; topped with banana, coconut and seeds</i> <i>Packed with Vitamin C supporting your immune system</i>	520/-
<b>THE HULK BOWL (VV)</b> <i>Banana, peanut butter; topped with granola and coconut</i> <i>A protein punch managing blood sugar levels and boosting potassium and fibre</i>	520/-

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## HEALTHY SHOTS

**- CELERY SPINACH BASE**

*Ginger, lime*

**- CELERY BASE**

*Ginger, lime, turmeric*

**- ORANGE BASE**

*Ginger, turmeric*

**- APPLE BASE**

*Ginger, turmeric*

**- SPINACH BASE**

*Ginger, lime, turmeric, apple*

**- PURE CELERY SHOT**

*Fresh celery*

**- PURE SPINACH SHOT**

*Fresh spinach*

**200/-per shot**

## BRUNCH MENU

*Available all day*

**AVOCADO TOAST (VV)**

*Avocado, gluten free seeded bread, rocket chillies & micro greens*

**600/-**

**GRANOLA BOWL (V)**

*Granola, dehydrated fruits & natural greek yoghurt*

**500/-**

**HUMMUS**

*Chickpeas, tahini, lemon, salt olive oil*

**590/-**

**ROTEM SALAD (V)**

*Lettuce, cucumber, carrot, avocado, seeds, parsley, tahini, olive oil, lemon, egg*

**650/-**

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# TASTY TREATS

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<b>CHIA RASPBERRY POD</b> <i>Chia seeds, raspberries, coconut milk, honey, vanilla</i>	400/-
<b>OVERNIGHT OAT POD</b> <i>Oats, banana, dates, cinnamon, seeds, coconut cream</i>	400/-
<b>ENERGY BALL</b> <i>Dates, mixed seeds, raisins, cashews, cocoa</i>	100/-
<b>FUDGE CUBE</b> <i>Dates, coconut oil, cocoa, vanilla</i>	120/-
<b>NO BAKE GRANOLA BAR</b> <i>Oats, cashews, peanut butter, flax seeds, sultanas, honey</i>	300/-
<b>RASPBERRY ICE LOLLY</b> <i>Raspberries, coconut milk, banana, lime, honey</i>	200/-
<b>SPINACH CRISPS PORTION</b> <i>Spinach, cashews, sunflower seeds, sesame, lemon, olive oil, cayenne, salt</i>	300/-
<b>KALE CRISPS PORTION</b> <i>Kale, salt, olive oil</i>	300/-
<b>NUT BUTTER POT (VV)</b> <i>Home made cashew butter and apple slices</i>	320/-
<b>CASH-BROWNIE (gf, V)</b> <i>Gluten free brownie made with cashew flour, dark chocolate, butter, eggs, castor sugar</i>	250/-

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