

crush

Handmade with the finest fresh ingredients



vegan



gluten-free



omega rich



vegetarian

SANDWICHES

Bread options: sourdough, ciabatta roll & 5 grain sourdough bread

Chickpea Tahini Salad Sarmie (V) with celery, onion & lettuce	75
Tofu 'Egg' Salad Sarmie (V) with dill, gherkins & rocket	75
Egg Mayo (V) with dill, gherkins & rocket	70
Organic Farm Cheese (V) with pesto, tomato & rocket	75
Mozzarella & Basil Pesto (V) with tomato	75
Smoked Salmon (om)	125
with rocket, gherkin, cream cheese & dill	
Roast Butternut & Basil Pesto (V)	75
topped with feta and roast cherry tomato	
BLT bacon, lettuce, tomato, mayo	75
Gypsy Ham & Emmentaler with tomato, rocket and wholegrain mustard	80
Pastrami Beef with cheese, tomato, rocket and mayo	85
Tuna Mayo with tomato & rocket	80
Crush Free-range Chicken Mayo with gherkin & rocket	85

WRAPS

Served in a fresh flour tortilla / gluten free - add R15

Falafel Wrap (V) spicy chickpea herb falafel with homemade hummus, salsa, shredded veg & lettuce	85
Mediterranean Roast Veg Wrap (V) cous cous, roast veg, feta, pesto, salsa, lettuce	85
Mexican Bean Wrap (V) mexican beans w grated cheddar, salsa, shredded vegetables & lettuce	85
Chermoula Free-range Chicken Strips chicken strips, salsa, shredded vegetables & lettuce	95
Thai Chicken Wrap stir fry chicken strips w shredded veg broccoli and spicy peanut sauce	95
Aztec Wrap beef chilli con carne with grated cheddar, salsa & shredded cabbage salad	95

SALADS

Small & Large salads with our homemade dressing

Brown Rice Poke Bowl (V) shortgrain brown rice tossed with herbs, olive oil, tamari, lemon, spinach, broccoli, cabbage, carrots, radish & toasted pumpkin seeds	75/95
Falafel Salad (V) (gf) tossed with homemade hummus, shredded veg, crush salsa, lettuce & mustard dressing	75/85
Roast Butternut salad (V) tossed with feta, roast cherry tomatoes, lettuce & roast pumpkin seeds with basil pesto	75/85
Superfood Quinoa Salad (V) tossed with broccoli, pesto, butternut, rocket, feta, quinoa & mixed seeds	75/95
Hotrock Smoked Salmon (om) with mustard mayo, served on a bed of lettuce, cucumber, cherry tomatoes & spring onions	125/165
Chermoula Free-range Chicken Salad tossed with shredded veg, lettuce, tomato onion salsa & chive yoghurt	75/95
Hot Smoked Chicken Salad with fennel & walnuts served on a bed of lettuce, cucumber, tomato & mustard mayo	75/95

JUICES & SMOOTHIES

Freshly Squeezed and Blended

Energiser - Juice carrot, apple & lemon	40 / 55
Revitaliser - Juice carrot, beetroot, apple, lemon & ginger	40 / 55
Green Alkaliser - Juice apple, cucumber, spinach, celery & ginger	45 / 50
Berry Booster - Smoothie strawberries, blackberries, orange juice & banana	45 / 50
Refresher - Smoothie pineapple, mint & ginger	45 / 50
Choco Hemp Protein Booster - Smoothie banana, hemp seeds, cacao nibs & almond milk	60 / 70
Halva Date Shake - Smoothie tahini, banana, dates, almond milk, cinnamon & vanilla	60 / 70

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