



# TAKEAWAY MENU

**SELECT YOUR BLEND:**



**ESTRELA**  
MEDIUM ROAST  
Known for its smooth & full flavour, with milk chocolate notes.



**OBRIGADO XX**  
MEDIUM DARK ROAST  
Our heritage blend. A strong, rich, golden espresso blend with notes of cocoa & honey.

## CAFFÈ

	SOLO	MUCHO	GRANDÈ
<b>ESPRESSO</b>			
Single	25	-	-
Double	29	-	-
<b>AMERICANO</b>	30	36	43
<b>CORTADO</b>			
Single	33	-	-
Double	37	-	-
<b>CAPPUCCINO</b>	34	40	46
<b>FLAT WHITE</b>	37	-	-
Double shot			
<b>CAFFÈ LATTE</b>			
Single shot	-	37	-
Double shot	-	40	43
<b>NEW SPANISH LATTE</b>	-	54	-
Double shot, condensed milk & steamed milk			
<b>FLAVOURED LATTES</b>	42	48	54
Caffè latte with syrup			
<i>Vanilla, Hazelnut or Caramel</i>			
<b>NEW CHERRY LATTE</b>	-	56	63
Double shot, cherry white chocolate powder & steamed milk			
<b>NEW APPLE CARAMEL LATTE</b>	-	56	63
Double shot, apple caramel powder & steamed milk			
<b>BULLET</b>	42	-	-
Double shot, milk & coconut oil			
<b>BOMBA ENERGIA</b>	-	46	-
Triple shot cappuccino			
<b>CON PANNA</b>	46	-	-
Double shot with a dash of hot water topped with cream			
<b>DIRTY CHAI</b>	-	48	54
Chai latte with espresso			
<b>CAFFÈ MOCHA</b>	-	49	56
Add white choc for R6			

	MUCHO	GRANDÈ
<b>AMERICANO</b>	36	43
Espresso with cold water over ice		
<b>NEW ICED SPANISH LATTE</b>	54	62
<b>CAFFÈ LATTE</b>	40	43
Double shot with micro foamed milk over ice		
<b>FLAVOURED LATTES</b>	48	54
<i>Vanilla, Hazelnut or Caramel</i>		
<b>GELADO</b>	56	64
Our signature iced caffè blended with milk, ice & vanilla		
<b>CAFFÈ MOCHA</b>	59	67
Espresso blended with chocolate, milk & ice		

## HOT DRINKS

	SOLO	MUCHO	GRANDÈ
<b>RED CAPPUCCINO®</b>	-	44	49
<b>CHAI LATTE</b>	-	46	52
<b>SEA SALT CARAMEL LATTE</b>	44	49	54
<b>NEW APPLE CARAMEL CHAI LATTE</b>	45	50	55
<b>LOTUS BISCOFF® LATTE</b>	-	59	68
Add a single shot of espresso R8			
<b>HOT CHOCOLATE</b>	42	47	52
<b>LEMON IMMUNITEA</b>	-	42	-
Lemon, ginger & turmeric tea			
<b>CLASSIC TEA</b>	-	29	-
Ceylon or Rooibos			
<b>SPECIALITY TEA</b>	-	37	-
100% loose leaf teas (see selection in-store)			

	MUCHO	GRANDÈ
<b>COFFEE FREEZO</b>	55	62
Coffee flavoured iced drink		
<b>CHERRY WHITE CHOC</b>	55	62
<b>SOUR CHERRY ENERGY</b>	60	68
with Guarana		
<b>WATERMELON STRAWBERRY</b>	48	55
<b>MANGO PASSION FRUIT</b>	48	55
<b>RASPBERRY DRAGON FRUIT</b>	48	55
<b>SEA SALT CARAMEL CHOCOLATE</b>	55	62

## FRIOSHAKE

	MUCHO	GRANDÈ
<b>CHOC CARAMEL</b>	60	68
A blended choc caramel flavoured iced drink topped with cream & brownie crumble		
<b>AERO CHOC MINT</b>	60	68
A blended Aero mint and chocolate flavoured iced drink topped with cream & brownie crumble		
<b>COOKIES &amp; CREAM</b>	60	68
Topped with cream		
<b>LOTUS BISCOFF® LATTE</b>	69	77
Topped with cream & Lotus Biscoff® crumble		

	SOLO	MUCHO	GRANDÈ
<b>MILK ALTERNATIVES</b>	5	6	7
ALMOND or OAT by <b>Bulldog</b>	-	-	-
SOY by <b>MILKLAB</b>	-	-	-

## MATCHA

	SOLO	MUCHO	GRANDÈ
<b>MATCHA LATTE</b>	42	46	52
<b>ICED MATCHA LATTE</b>	-	46	52
Served over ice			
<b>NEW HOT STRAWBERRY MATCHA LATTE</b>	49	56	63
Creamy matcha blend with fruit and strawberry puree			
<b>ICED STRAWBERRY MATCHA LATTE</b>	-	55	62
Served over ice with fruity strawberry puree			
<b>MATCHA FRIO</b>	-	55	62
Blended with ice & a hint of vanilla			

## COOLERS

	MUCHO	GRANDÈ
Flavoured cordials served over ice		
<b>SPICY PEACH</b>	48	55
Ginger & peach with fresh mint & lemon		
<b>STRAWBERRY ORANGE BASIL</b>	48	55
With fresh mint & strawberry pieces		
<b>RASPBERRY DRAGON FRUIT</b>	48	55
With fresh mint & dragon fruit pieces		

	MUCHO	GRANDÈ
<b>STRAWBERRY SUPRESA</b>	55	62
Strawberry, banana, apple juice & low fat frozen yoghurt		
<b>PEANUT FORÇA</b>	55	62
Peanut butter, banana, honey & low fat frozen yoghurt		
<b>CHOC PEANUT BUTTER</b>	59	66
Peanut butter, cocoa powder, banana, honey, milk & low fat frozen yoghurt		
<b>VIDA VITALITY</b>	59	66
Dragon fruit, mango, apple, oat milk & lemon juice		

	MUCHO	GRANDÈ
<b>CREAMY GREENS</b>	65	72
Avo, cucumber, apple, baby spinach, apple juice, lemon juice, chia seeds & mint		
<b>MUCHO POWER</b>	70	77
Grass-fed whey protein, peanut butter, banana, chia seeds & milk		
<b>SUPERFOOD BERRY</b>	65	72
Blueberry, banana, apple, apple juice & superfood powder		
<b>THE ALMOND</b>	65	72
Banana, almond milk, dates, granola, almond & macadamia nut butter & cinnamon		
<b>COCOA NUT BUTTER</b>	65	72
Banana, almond milk, dates, almond & macadamia nut butter & cocoa powder		

 VIDA LEGENDS

 VEGAN

 VEGETARIAN

 GLUTEN FREE

**CUSTOMISE YOUR VIDA**

**ASHWAGANDHA POWDER**

A plant extract classified as an adaptogen, helping the body adapt to stressors and promote overall well-being

**15**

**CBD POWDER**

**15**

**COLLAGEN POWDER**

by **Sally Ann CREEDY**

**15**

TOASTIES

Made fresh in store on our signature Bloomer or Gluten Free bread + R15

CLASSIC CHEESE	V	56
BBQ CHICKEN MAYO		66
SPICY CHICKEN MAYO		66
CLASSIC CHICKEN MAYO		66
BACON, EGG & CHEESE		66
HAM, CHEESE & TOMATO		66
BACON, MOZZARELLA & JALAPEÑO		66
QUATTRO	V	66
Four cheeses, spring onion & coriander		
CAPRESE	V	66
PLANT BASED CH*CKEN MAYO	V+	66
NEW TUNA MELT		72
PULLED BEEF PREGO		72
CHICKEN MASALA		72



FOCACCIAS

A filled artisanal flatbread with rosemary & rock salt		
NEW LEMON & HERB CHICKEN		69
CHICKEN MAYO		69
SUNDRIED TOMATO & FIOR DI LATTE	V	69
BEEF PREGO & MOZZARELLA		75
HAM & MOZZARELLA		75



PAOZINHOS

CAPRESE	V	54
CLUB		57

CROISSANT BUNS

BREAKFAST CROBUN		62
Bacon, egg & cheddar		
CROBURGER		65
Crumbed chicken breast, mixed leaves, tomato & mayo, topped with cheddar cheese		

WRAPS

Made with a multiseed wrap

SPICY CRUMBED CHICKEN	72
CHUNKY CHICKEN	72
BBQ CHICKEN & BACON	72
PLANT BASED ASIAN BBQ CH*CKEN	V+ 72
NEW HONEY MUSTARD CHICKEN	72
CHICKEN CAESAR WITH BACON	77



SANDWICHES

Made fresh in store on Rooibos & Rye bread

CHEDDAR & TOMATO	V	42
EGG MAYO	V	42
CLASSIC CLUB		55
SPICY CHICKEN MAYO		55
HAM & CHEDDAR		55

BAGELS

On a plain bagel. Try me toasted.

PASTRAMI, MUSTARD MAYO, RED ONION & PICKLES	72
CREAM CHEESE	V 42

SALADS

CHICKEN MAYO	75
Mixed leaves, chicken mayo, cucumber, cherry tomato, feta, carrot & tangy dressing.	
Allergens: Cow's milk, egg.	

GRANOLA & YOGHURT

BLUEBERRY	V	54
HONEY	V	54

OATS

V V+ Choose your plant milk to make it vegan

PLAIN CREAMY OATS	48
APPLE & CINNAMON WITH ALMOND FLAKES	52
BANANA & ALMOND WITH CHIA SEEDS	52
BLUEBERRY, CRANBERRY & COCONUT WITH MIXED SEEDS	52
PEANUT BUTTER, BANANA & CHOCOLATE	52

ALL FOOD ITEMS SUBJECT TO AVAILABILITY

FILLED CROISSANTS

TOMATO & FRESH MOZZARELLA	V 62
CHOURICO & FRESH MOZZARELLA	68
HAM & FRESH MOZZARELLA	68
CHICKEN, AVO & FRESH MOZZARELLA	72

FRITTATAS

SPINACH & FETA	V 38
SPINACH FETA & SUNDRIED TOMATOES	38
BACON, FETA & JALAPEÑO	38
BACON	38

CROISSANTS

Made with real butter

PLAIN	32
CHOCOLATE HAZELNUT	37

MUFFINS

APPLE, CINNAMON & DATE	46
QUATTRO	V 46
DECADENT CHOCOLATE BANANA, DATE & NUT BUTTER	V+ 46
NEW BLUEBERRY & BRAN	46
LOTUS BISCOFF® 	54

SWEET TREATS

NEW CINNAMON DOUGHNUT	12
NEW RUSKS	25
NEW LOACKER CLASSIC WAFER	28
PASTEIS DE NATA	29
Traditional Portuguese custard tart	
NEW APPLE STREUSEL	34
CHOCOLATE PECAN NUT BROWNIE	GF 38
ROCKY ROAD	38
NEW CINNAMON CRUFFIN	44
CAKE	62



BAKED LOAVES

BANANA BREAD	52
Toasted & buttered (2 slices per portion)	
CARROT CAKE	35
With cream cheese icing (1 slice per portion)	

SNACKS

SLICED BEEF BILTONG	34
BETTER BAR	GF 47