



"WE DO NOT
REMEMBER DAYS,
WE REMEMBER
MOMENTS"
- CESARE PAVESE



"ALL HAPPINESS
DEPENDS ON A
LEISURELY BREAKFAST"
- JOHN GUNTHER



"PEOPLE WHO LOVE
TO EAT ARE ALWAYS
THE BEST PEOPLE"
- JULIA CHILD



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Breakfasts

Fruit Salad (V)

35

Seasonal Fruit bowl

Super breakfast bowl (V)

58

Fruits, Soaked Chia Seeds, Nut Cream, Raw Muesli

Cranberry Coppa

44

Yoghurt, Cranberries, Granola, Honey & Fruits

Quickster

32

2 Eggs Poached, Fried or Scrambled, 1 Toast
(Ciabatta, Seed, Rye or Gluten free)

Scramfu (V)

38

Scrambled Tofu & Marinated Raw Tomato Slices,
Served with a Toast of your choice

Em Oats (V)

44

Rolled Oats served with Apple, Cinnamon, and Flaked Almonds

Eggs Benedict

55

Ciabatta Toast, Topped with Spinach, Mushrooms and 2 Poached Eggs, Finished off with Hollandaise Sauce.

Omelette

44

2 Eggs, Mushrooms, Spinach, Tomato Served with Toast
Add a 3rd Egg

+10

Cheese & Mushroom Omelette

55

2 Eggs, Cheddar, Mozzarella and Sautéed Mushrooms
Served with a slice of Toast
Add a 3rd Egg

+10

Oh My Omelette (V)

55

Chickpea and Tofu Base, Herbed Mushrooms, Cherry Tomato, Kale

Breakfast Wrap

60

Scrambled Egg, Mozzarella, Tomato, Mushrooms, Avocado

Vegan Breakfast Wrap

52

Scrambled Tofu, Spinach, Mushrooms, Tomato, Avocado

Savoury Ciabatta French Toast

38

Parmesan, Herbs, Basil, Cherry Tomatoes

Ciabatta French Toast (V)

36

Marinated Tofu, Herbs, Basil, Cherry Tomatoes

Sweet Ciabatta French Toast (V)

36

Served with Maple syrup



"THE FONDEST
MEMORIES ARE MADE WHEN
GATHERED AROUND
THE TABLE"
- UNKNOWN



"ONE CANNOT THINK
WELL, LOVE WELL OR
SLEEP WELL IF ONE
HAS NOT DINED WELL"
- VIRGINIA WOOLF



"A RECIPE HAS NO SOUL.
YOU AS THE COOK, MUST
BRING SOUL TO THE
RECIPE"
- THOMAS KELLER



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Salads

Strawby

70

Watermelon, Baby Spinach, Feta, Toasted Pumpkin Seeds.
Dressed with a Lemon Vinaigrette

Radicchio & Rocket (V)

72

Italian Radicchio Leaves, Arugula, Herbed Croutons Parmesan
Shavings, Raw Almonds, Onion, Mustard Dressing

Broberry (V)

65

Broccoli, Red Cabbage, Cranberries, Carrots, Sunflower
Seeds in a Balsamic Mustard Dressing

Caprese

65

Tomato, Fresh Mozzarella & Basil Pesto

Avo & grilled Haloumi/Tofu

68

Served with Baby Lettuce, Tomato, & Cucumber

Va Va Voom Salad (V)

70

Baby Lettuce, Micro Greens, Mixed Toasted Seeds,
Strawberries and Avocado

Roasted Veg Salad (V)

65

Mixed Roasted Veggies Served on Baby Lettuce, Tomato,
Cucumber, Toasted Seeds

Italiana

55

Lettuce, Tomato, Onion, Olives, Raiola Cheese

The Mmmm (V)

70

Broccoli, Peas, Toasted Almonds, Red Onions Vegan Mayo

Platters

Mediterranean Platter (V)

55

Falafel Balls, Olives, Hummus, Pickled Cucumber,
Pickled Red Cabbage, Served with a Pita Bread

Pimpers Paradise Platter (serves 2)

145

Small Baked Camembert, Roasted Marinated Peppers,
Marinated Brinjal Slices, Olives & Caprese.
Served with a Small Herb Focaccia

Focaccia Favorita (V)

55

Topped with Roasted Veg, Hummus and
Tahini & Micro Greens



"FOOD IS ESSENTIAL TO
LIFE; THEREFORE,
MAKE IT GOOD."
UNKNOWN



"IN THE MIDST OF
MOVEMENT AND CHAOS,
KEEP STILLNESS INSIDE
OF YOU."
- DEEPAK CHOPRA



"YOU CANNOT SHAKE HANDS
WITH A CLENCHED FIST."
-INDIRA GANDHI



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Starters

Beetroot Carpaccio

58

Thinly sliced oven roasted Beets, layered with Red onion, Rocket and Parmesan. Dressed with Vegan Pesto Mayo, Olive oil & Balsamic mix, Salt & Pepper

Fritto Misto(V)

48

Deep fried seasonal vegetables coated in our delicious batter served with a Mild Tomato Salsa & Vegan Mustard Mayonnaise

Bruschettisima Trio (V)

48

*Three individual flavours; Marinated Brinjal & Capers, Peppers & Olives, Tomato & Basil, served on Bruschetta
add a cheese*

24

Nachos

58

Homemade Tortilla corn chips, layered with Pomodoro, fresh Tomato, Red onion, Mozzarella & Cheddar, Refried beans with a side of Guacamole

Falafel in Bianco

54

*Chickpea falafels in a rich cream, Garlic, Herbs & White Wine sauce served with a Pita bread
Vegan option served with Humus*

Pesto Mushrooms (V)

58

Large oven baked mushrooms with garlic and our basil pesto sauce.


add Parmesan or Camembert

24

Polenta e Funghi (V)

60

Polenta stacked with a large Mushroom, Crispy Tofu, Basil Pesto and Pomodoro



"THINGS WORK OUT BEST FOR
THOSE WHO MAKE THE BEST
OF HOW THINGS WORK
OUT."

- JOHN WOODEN



"DO NOT DWELL IN THE
PAST, DO NOT DREAM OF THE
FUTURE, CONCENTRATE THE
MIND ON THE PRESENT
MOMENT."


- BUDDHA



LIFE IS A COMBINATION
OF MAGIC AND PASTA
- FEDERICO FELLINI



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- 

Pizza

stoneground flour is used for all our bases

Pomodoro, Origano, Mozzarella(Vegan cheese-Large add R17/Medium add R10)

L M

Margherita

58 44

Pomodoro Sauce, Mozzarella and Origano

Mo Magic

82 62

Roasted tomatoes, Sundried tomatoes, Halloumi and Basil pesto

Mediterranean

90 68

Butternut, Zucchini, Peppers, Aubergine, Rosemary & Feta

Classico

85 64

Roasted tomato, Red peppers, Mushrooms, Olives and Capers

il Pazzo

94 71

Caramelised onion, Herbs, Garlic, Camembert

Quattro

92 69

Mushrooms, Artichokes, Olives, Fennel

Picante

90 68

Peppadew, Feta, Rocket and Avo

Buona

88 66

Spinach, Cherry Tomato, Mushrooms and Provolone

Captain Bluebeard

78 59

Pineapple and Mushroom

Golosa

90 68

Roasted Butternut, Olives, Pumpkin Seeds, Feta, Basil Pesto and Rocket

Inca

85 64

Marinated Black & Red Beans, Peppers, Sundried Tomato & Mushrooms

All Cheeses used contain no Animal Rennet



"A PINCH OF PATIENCE, A
DASH OF KINDNESS, A
SPOONFUL OF LAUGHTER AND
A HEAP OF LOVE"

-UNKOWN



"I AVOID LOOKING
FORWARD OR BACKWARD,
AND TRY TO KEEP LOOKING
UPWARD."

-CHARLOTTE BRONTE



"BE YOURSELF. EVERYONE
ELSE IS ALREADY TAKEN."

-OSCAR WILDE



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Wraps or Pita

We use a Wheat Flour

Gluten Free Wrap is available using a Rice Paper

Falafel Wrap (V)	50	Raw Wrap (V)	46
Chickpea Falafels, Pickled Red Cabbage, Gherkins, Hummus and Tahini		Carrots, Cucumber, Sprouts & Roasted Cashews and Sweet Chilli	
Tofu/Haloumi & Avo Wrap	58	Zope' Wrap (V)	54
Tofu or Halloumi, Avocado, Cucumber, Tomato, served with Creamy or Balsamic Dressing		Olive Pesto, Zucchini, Aubergine & Hummus	
		Veg Salad Wrap (V)	48
		Carrot, Red Cabbage, Peppers, Brown Rice & Peanut Sauce	


Toasted Sandwiches

Ciabatta, Seed Bread, Rye or Gluten Free

Anima Open Sandwich	58	Grilled Tofu (V)	42
Baby Spinach, Roasted Tomato, Mushrooms, Halloumi & Creamy Mustard Sauce		Grilled Tofu, Rocket, Capers, Dressing, Baby Leaves, Sun Dried Tomato	
3 Cheese & Tomato	46	Egg, Cheese & Mushroom	38
Cheddar, Halloumi & Mozzarella with Marinated Tomatoes		Herbed, Fried Egg, Cheddar cheese and Saute'ed Mushrooms	
		Braveheart (V)	56
		Artichokes, Marinated Peppers, Fried Brinjal, Mushroom Onion Rings, Mayonnaise	


Extras

Fries	18
Salad	18
Sautéed Veg	22
Sweet Potato Fries	22




"DO ONE THING EVERY DAY
THAT SCARES YOU."

-ELEANOR ROOSEVELT




"TRY NOT TO BECOME A
PERSON OF SUCCESS, BUT
RATHER TRY TO BECOME A
PERSON OF VALUE."

-ALBERT EINSTEIN



"THE BEST AND MOST
BEAUTIFUL THINGS IN THE
WORLD CANNOT BE SEEN OR
EVEN TOUCHED - THEY MUST
BE FELT WITH THE HEART."

-HELEN KELLER



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Power Burgers

Our Patties are made with Black Beans, Sweet Potato, Lentils & Quinoa.

Served on a Seed Roll with Lettuce, Tomato & Pickled Cucumber

Bella Burger (V) 56

Tomato Salsa & Cashew Cream

Cardinal Beauty (V) 50

Herbed Olive Oil Blend

Cheese Burger 58

Provolone, Cheddar & Parmesan

Monsoon (V) 56

Pineapple, Rum and Soya sauce

Real Danger Burger (V) 56

Caramelised Onion, Fresh Garlic & Chilli

Mushroom Burger (V) 56

Mushrooms in our Herb Olive Oil

Cheese & Mushroom Burger 62

Provolone, Cheddar & Parmesan, Mushrooms.

Go on, you know you wanna

Extras

Fries 18

Salad 18

Sautéed Veg 22

Sweet Potato Fries 22

"THERE IS NO LOVE
SINCERER THAN THE
LOVE OF FOOD"

-GEORGE BERNARD SHAW

"LIVE AS IF YOU WERE TO DIE
TOMORROW. LEARN AS IF
YOU WERE TO LIVE
FOREVER."

-MAHATMA GANDHI

"DO NOT GO WHERE THE
PATH MAY LEAD, GO INSTEAD
WHERE THERE IS NO PATH
AND LEAVE A TRAIL."

-RALPH WALDO EMERSON

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Mains

Gluten free Penne available +R15.00

Ravioli Arrabiatta (V) 80	Zucchini Stack 78
Filled with Butternut, Mushroom, Sundried Tomato Served in a Tomato and Chilli Sauce	Golden Fried Sliced Zucchini, Layered with Grilled Halloumi, Pesto and Pomodoro Sauce
Add Pesto Sauce 15	
Penne Pomodoro (V) 70	Melanzane Parmigiana 78
Hollow Tube Pasta in a Rich Tomato Sauce	Brinjal Layered with Mozzarella, Parmigiano Basil & Pomodoro sauce
Fettuccini Pesto (V) 88	Lasagna 85
Ribbon Pasta Served with a Basil & Pine Nut Sauce	Sundried Tomato, Butternut, Mushrooms in a Herbed Bechamel Sauce
Spaghetti Puttanesca (V) 85	Spaghetti Funghi e Piselli 80
Hollow Tube Pasta in a Tomato, Olive, Capers & Sundried Tomato Sauce	Spaghetti, Mushrooms, Peas, Cream & Herbs
Gnocchi homemade (V)	Risotto ai Funghi (V) 88
<i>Pesto sauce (V)</i> 85	Arborio Rice, Exotic Mushrooms & Wine
<i>Creamy Mushroom & Garlic sauce</i> 85	
<i>Pomodoro sauce (V)</i> 76	Risotto Milanese (V) 80
<i>Gorgonzola</i> 90	Tomato, Herbs & Wine
Verdure Picante in Pomodoro (V) 74	Melanzane al Limone 78
Potato, Broccoli, Cauliflower, Mushrooms, Carrot, Assorted Beans, Celery in a Rich, Thick, Spicy, Tomato Sauce	Crumbed Brinjal in a Lemon Butter White Wine Sauce Served with your choice of side
Verdure Picante e crema 80	
Potato, Broccoli, Cauliflower, Mushrooms, Carrots, Assorted Beans, Celery in a Rich, Thick, Spicy, Cream sauce.	
Fettuccini Ai Funghi e Olio di Tartufo (V) 92	
Pasta Ribbons with Exotic Mushrooms & Truffle oil	

Pasta: Half portion available at 70%

Vegan Parmesan available



"IN THREE WORDS I CAN
SUM UP EVERYTHING I'VE
LEARNED ABOUT LIFE: IT
GOES ON."

-ROBERT FROST



"THE WHOLE SECRET OF A
SUCCESSFUL LIFE IS TO FIND
OUT WHAT IS ONE'S DESTINY
TO DO, AND THEN DO IT."

-HENRY FORD



"DON'T JUDGE EACH DAY BY
THE HARVEST YOU
REAP BUT BY THE SEEDS
THAT YOU PLANT."

-ROBERT LOUIS STEVENSON



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Caffe'

The Coffee we use is Proudly "Free Trade" Certified


Alt Milks: Soy, Almond, Rice	10
Americano	22
Babyccino	10
Caffe Latte	26
Cappuccino	24
Chococcino	26
Espresso	17
Espresso Corretto (half tot Grappa)	30
Espresso Double	20
Macchiato	18
Hot Chocolate	28
Chai Cappuccino	30

Tea's

Camomile	23
Five Roses	18
Green	23
Matcha (Served traditional style)	48
Rooibos	18
Rooibos Cappuccino	24
Flavoured Tea's	24
Chai	30

Desserts

Buttamigiu 48	Chocolate Mouse Roulade 44
Our Rich and Decadent Version Laced with Brandy	Gluten Free
Anima Cheese cake (V) 38	Carrot Cake(V) 32
No Sugar or Artificial Sweeteners. Try this one!	Moist and Delicious
Raw Chocolate Tart (V) 44	Gelato Coppa: per scoop 18
Sugar and Artificial Sweetener Free	Chocolate, Vanilla or Mocha
Bella Cheese Cake 46	Sorbet Coppa (V): per scoop 18
Traditional Baked	Strawberry (V) Lemon or Mango
The Beautiful Mess 38	
Our spin on the favourite Eton Mess Classic	



"IN THIS PLATE OF FOOD,
I SEE THE ENTIRE
UNIVERSE SUPPORTING
MY EXISTENCE."

-A ZEN BLESSING



"HAPPINESS IS A BUTTERFLY,
WHICH WHEN PURSUED, IS
ALWAYS BEYOND YOUR
GRASP, BUT WHICH, IF YOU
WILL SIT DOWN QUIETLY,
MAY ALIGHT UPON YOU."

-NATHANIEL HAWTHORNE




"A SINGLE ROSE CAN BE MY
GARDEN... A SINGLE
FRIEND, MY WORLD."

-LEO BUSCAGLIA



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Superfood Smoothies

Milk of choice: Almond, Soy, Rice 12

Viola 42

Banana, Berries, Hemp-Chia Seeds Coconut Flakes with Almond Milk

Marrone 42

Avocado, Banana, Berries, Cocoa & Cashews

Quepla 40

Plum, Banana, Quinoa, Vanilla, Cinnamon, Goji Berries & Almonds

Verdissimo 44

Kale, Spinach, Spirulina, Matcha, Cashews & Pineapple

Passione 42


Strawberries, Maca, Pineapple, Cashews & Cacao Nibs

Big B 40

Beetroot, Apple, Ginger, Chia & Almonds

Frutti di Bosco 40

Pineapple, Mango, Berries, Sunflower Seeds & Flax Seeds



"THE TWO MOST IMPORTANT
DAYS IN YOUR LIFE ARE THE
DAY YOU ARE BORN AND THE
DAY YOU FIND OUT WHY."

-MARK TWAIN



"BE STRONG, BE FEARLESS,
BE BEAUTIFUL. AND BELIEVE
THAT ANYTHING IS POSSIBLE
WHEN YOU HAVE THE RIGHT
PEOPLE THERE TO SUPPORT
YOU."

-MISTY COPELAND




"IF THE PATH BE BEAUTIFUL,
LET US NOT ASK WHERE IT
LEADS."

- ANATOLE FRANCE



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Juices

Fresh cold pressed juices

30

Plain Fruit: Ask your waiter

Anima Mixes

35

Apple, Carrot & Pineapple

Apple, Celery, Cucumber & Spirulina

Anima Sunrise: Orange, Apple & Beetroot

Kale, Spinach, Pineapple & Celery

Wheat grass shot (25ml)

25

LifeShot

22

Lemon, Orange, Cayenne Pepper, Ginger (50ml)

Milkshakes

Vanilla, Chocolate, Strawberry, Banana, Lime

30

Ask waiter for special Anima flavour

Soft Drinks

Coke, Coke Light, Coke Zero

15



"WINE IS
BOTTLED POETRY."

-ROBERT LUIS STEVENSON



"AS YOU GROW OLDER, YOU
WILL DISCOVER THAT YOU
HAVE TWO HANDS, ONE FOR
HELPING YOURSELF, THE
OTHER FOR HELPING
OTHERS."

-AUDREY HEPBURN



"KEEP YOUR FACE ALWAYS
TOWARD THE SUNSHINE -
AND SHADOWS WILL FALL
BEHIND YOU."

-WALT WHITMAN



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"DO NOT MIND ANYTHING
THAT ANYONE TELLS YOU
ABOUT ANYONE ELSE. JUDGE
EVERYONE AND EVERYTHING
FOR YOURSELF."

-HENRY JAMES



"ALL PROGRESS TAKES PLACE
OUTSIDE THE COMFORT
ZONE."

-MICHAEL JOHN BOBAK



"THERE IS NO CHARM EQUAL
TO TENDERNESS OF HEART."

-JANE AUSTEN



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"I USUALLY FIND SEVERAL
WAYS TO EXPRESS MYSELF:
DIFFERENT MOODS,
DIFFERENT THINGS, I'M
LIGHTHEARTED TODAY, I'M
GONNA DO THIS. "

-FRED DURST



"THE MORE YOU PRAISE AND
CELEBRATE YOUR LIFE, THE
MORE THERE IS IN LIFE TO
CELEBRATE. "

-OPRAH WINFREY



"GOOD FOOD, GOOD WINE,
GOOD FRIENDS, GOOD
TIMES"

-UNKNOWN



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"RADIATE BOUNDLESS LOVE
TOWARDS THE ENTIRE
WORLD."

-BUDDHA



"THOUGH NO ONE CAN GO
BACK AND MAKE A
BRAND-NEW START,
ANYONE CAN START FROM
NOW AND MAKE A
BRAND-NEW ENDING."

-CARL BARD



"NOTHING GREAT WAS EVER
ACHIEVED WITHOUT
ENTHUSIASM."

-RALPH WALDO EMERSON



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"IT'S FUN TO GET
TOGETHER AND HAVE
SOMETHING GOOD TO
EAT AT LEAST ONCE A
DAY. THAT'S WHAT
HUMAN LIFE IS ALL
ABOUT, ENJOYING
THINGS"

-JULIA CHILD



THE ONLY THING I
LIKE BETTER THAN
TALKING ABOUT FOOD
IS EATING"

-JOHN WALTERS



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"TAKE UP ONE IDEA. MAKE
THAT ONE IDEA YOUR LIFE
, THINK OF IT, DREAM OF IT,
LIVE ON THAT IDEA. LET THE
BRAIN, MUSCLES, NERVES,
EVERY PART OF YOUR BODY BE
FULL OF THAT IDEA, AND
JUST LEAVE EVERY OTHER
IDEA ALONE. THIS IS THE
WAY TO SUCCESS"

-SWAMI VIVEKANANDA



"LIFE IS SHORT, AND IT IS
HERE TO BE LIVED."

-KATE WINSLET



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