



MENU

"SW - SWEET HEAT"

Sweet kiss followed by a light kick.
This is the way we use chili

VIETNAMESE COFFEE

TRADITIONAL HOT COFFEE | R35

Condensed milk is added & the beverage is served piping hot

OVER ICE | R45

Condensed milk is added & the beverage is served chilled over ice

SILVER COFFEE | R55

A layered coffee of condensed milk, coconut milk, ice & frothed coffee, served chilled over ice

EGG COFFEE | R55

Vietnamese nationally acclaimed specialty! Made of egg sabayon, condensed milk & the beverage is chilled over ice

AVOCADO COFFEE | R55

The blend of the bitterness of coffee, the rich taste of sweet avocado & the crunch of toasted coconut will absolutely blow your mind & the beverage is chilled over ice

MANGO AVOCADO COFFEE | R60

Coffee combined with avocado & mango purees another mindbender for coffee lovers & the beverage is chilled over ice

ICED COFFEE FRAPPE | R55

Coffee blended with condensed milk or coconut milk and ice

FRESH JUICE

INTENSIFIER | R55

Apple, Beetroot, Celery, Raw Ginger, Lemon

GREEN MACHINE | R60

Spinach, Apple, Cucumber, Organic Spirulina

HIGH C | R60

Orange, Kiwi, Carrot, Raw Ginger

INVIGORATOR | R55

Orange, Spinach, Carrot, Apple

REHYDRATOR | R65

Spinach, Pineapple, Mint, Apple, Apple Juice

VITALISER | R55

Carrot, Apple, Celery, Spinach

DETOXIFIER | R65

Lemon, Raw Ginger, Cucumber, Apple Juice

REJUVENATOR | R55

Carrot, Apple, Cucumber, Beetroot

FRESH FRUIT

FRUIT SALAD | R65

Our combo of fresh seasonal fare, topped with honey & greek yoghurt

SMOOTHIES or SOUL BOWLS

Topped with all the goodness of toasted coconut, muesli and organic honey

500ml Smoothies | R65

670ml Soul Bowls | R105

BLACK MANGO

Pineapple, Mango, Banana, Blueberries, Activated Charcoal, Dates, Chia Seeds

GREEN & LEAN

Pineapple, Ginger, Lemon, Cucumber, Baby Spinach, Honey Juiced Apple, Spirulina

BREAK UR FAST

Mixed Berries, Honey, Coconut Yoghurt, Chia Seeds, Banana

CARAMELT ME

Coconut Milk, Himalayan Salt, Dates, Honey, Banana, Oats, Vanilla Extract

PEANUT COFFEE BUTTER

Coffee, Dates, Coconut Milk, Peanut Butter, Banana, Chia Seeds

NUTTY CHOCOHOLIC

Cacao Nibs, Cocoa, Peanut Butter, Coconut Milk, Honey, Almonds, Banana

BERRY OVERWHELMING

Mixed Berries, Honey, Coconut Yoghurt, Chia Seeds, Banana

LEMON – SO BAE

Pineapple, Pressed Lemon, Coconut Milk, Turmeric, Dates, Chia Seeds

FRUITY TOOTY

Banana, Pineapple, Mango, Blueberries, Raspberries



CHAI PUDDING

STRAWBERRY CHEESECAKE | R65

Layers of strawberry thick greek yoghurt, chia pudding, macadamia butter and crunchy coconut

CHOCOLATE & BANANA | R65

Fresh cut banana, toasted coconut & sesame dark chocolate, macadamia butter and crunchy coconut

APPLE PIE | R65

Stewy apples & raisins in coconut syrup & cinnamon layer with chia pudding, macadamia butter and crunchy coconut

VERY BERRY | R65

Mixed berry breakfast pudding topped with this season's berries, macadamia butter and crunchy coconut

WAFFLES & BAONUTS

A high protein waffle that is light & crispy outside; fluffy & airy inside, served 3 in a portion

STRAWBERRIES & VANILLA WAFFLES | R95

Strawberries, blueberries, banana, coconut crunch, honey & toasted coconut

COCONUT SYRUP & BUTTER WAFFLES | R75

Topped with melting butter and sweet coconut syrup

TAIWANESE CHEERY JAM BAONUTS | R55

Fluffy, pillowy, homemade bao buns... filled with cherry jam. The finishing touch: a lip-licking five spice sugar!

EGGS

THAI PRAWN OMELETTE | R105

A combination of fresh farm eggs, prawn meat, spring onion and coriander, slow cooked till light and fluffy. Served with sweet chilli sauce and steamed mantou buns

SANDWICHES

CHICKEN KATSU SANDO | R95

Crispy crumbed chicken cutlet sandwich with a japanese bbq sauce in a fluffy white bao

ASIAN SALADS

SPICY SALMON NOODLE SALAD | R165 **SW**

Perfectly cooked, flaked salmon is the ideal accompaniment to this zingy noodle salad, which is full of fresh herbs, zesty lime and a good hit of chili

LEMONGRASS CHICKEN SALAD | R135

Vermicelli noodles topped with fresh vegetables and herbs, an incredible lemongrass marinated chicken and drizzled with nuoc cham, the chili garlic sauce that's served with everything in vietnam

VIETNAMESE SALAD ROLLS

A vietnamese dish traditionally consisting of prawn, vegetables, noodles and other ingredients wrapped in rice paper

| | SINGLE | DOUBLE |
|--------|--------|--------|
| Prawn | R50 | R100 |
| Salmon | R75 | R145 |
| Avo | R50 | R95 |

ASIAN SOUP

PRAWN WONTON NOODLE SOUP | R105

Turmeric noodles in a prawn broth with 3 prawn wontons topped with coriander, bean sprouts & spring onion

VEGETABLE WONTON NOODLE SOUP | R95

Turmeric noodles in a vegetable broth with 3 veg wontons topped with coriander, bean sprouts & spring onion

CLASSIC JAPANESE MISO SOUP | R85

Traditional japanese miso soup consisting of a dashi stock into which softened miso paste, wakame seaweed and soft tofu is mixed

TOM YUM PRAWN | R125

A spicy, sour and aromatic soup that is traditionally served with rice it is comprised of shallots, lemongrass, fish sauce, galangal, mushrooms, lime leaves, tomato, butternut, lime juice, minced chili, carrot and prawns

RAMEN BOWLS

A bowl of steaming, soupy noodles topped with your choice of toppings that is tasty, filling and incredibly good for you

| | | | |
|-------------|-----------------|--------------|----------------|
| TOFU R105 | MUSHROOM R115 | PRAWN R125 | CHICKEN R120 |
|-------------|-----------------|--------------|----------------|

SUSHI HOT DOGS

A unique pangeli creation – where childhood nostalgia meets modern-day sushi crispy – deep-fried – smothered in 7 unique sauces. Rice to meet you, bring out the chopsticks!

| | | |
|----------------------|--------------|---------------|
| TEMPURA PRAWN R125 | PRAWN R120 | SALMON R125 |
| AVOCADO R105 | TOFU R105 | TUNA R115 |

SIGNATURE FUTOMAKI

8 pcs PER roll, served with GWS
(includes ginger, wasabi, soy)

SALMON GIMBAP | R175

Korean sushi roll of toasted seaweed, sushi rice, salmon, avocado, carrot pickle, cucumber, spring onion & tamago (omelette) on the inside; caviar, teriyaki sauce, red pepper mayo, sesame oil, toasted sesame seeds, fresh chives & tempura shards outside

BANGKOK PRAWN | R165

tempura prawn, salmon, chives, avo & cucumber inside, spicy lime mayo, toasted sesame, spring onion & caviar outside

PENANG PULLED PRAWN | R185 SW

avo and pulled prawn on top, double tempura prawn inside, red coconut curry sauce, coriander toasted sesame, chili strands & lime oil outside

SEARED TUNA | R175 SW

7-spice seared tuna, avo & chive inside, avo with caviar outside; tempura crunch, spicy coconut lime chili sauce, mayo, teriyaki, toasted sesame, coriander & micro greens dressing it up

REAL DEAL VEGETARIAN (V) | R125

avo, cucumber, red pepper, daikon, coriander, chives & carrot inside; avo, toasted sesame, spicy cashew mayo & micro greens outside; with a side of house cucumber kimchi

SMOKEY JOE (V) | R135

avo, asparagus, roasted red pepper & jalapeño chili jam inside; avo, mayo & microgreens outside; dressed with crispy quinoa, toasted sesame, ginger-lime miso dressing, tempura crunch, radish & fresh chili

PRAWN CRUNCH | R175

tonkatsu nori roll, avo, prawn, chives & rice inside; outside lemon cream spicy-tangy-sweet mayo, toasted seeds, spring onion & eel sauce

SEARED SALMON | R195

layered seared salmon, avo, caviar, daikon & cucumber, teriyaki, spicy yuzu mango, citrus mayo, orange rind

ROSES FOR 2 (13pcs) | R275

salmon outside, sushi rice inside, avo, salmon & sushi mayo on top

SALMON BENTO | R390 Serves 2

Sashimi, Roses, Nigiri, Maki & Slippers with fragrant Sushi Rice, Pickled Daikon, Pickled Carrot Salad, Pickled Cucumber, Seaweed Salad, Shiitake Mushroom, Tamago (Japanese Sweet Omelette) Snowflake Mushroom, Bamboo & Mustard Pickle.

CEVICHE & SASHIMI

SALMON SASHIMI | R145

thinly sliced, raw salmon topped with citrus mayo, 7-spice & avo

TUNA CEVICHE | R125

sliced raw tuna drizzled with olive oil, lemon juice and Asian seasonings

6 SEAWEED TACO COMBO | R395

a selection of 6 individual tempura seaweed tacos Pangeli Style filled with sushi rice, shredded cabbage and eel sauce then topped with the following:

SPICY SALMON
PRAWN SALAD

SPICY TUNA
CRAB SALAD

FIRECRACKER TUNA
TEMPURA TOFU

DUMPLINGS & WONTONS

DUMPLINGS (6) SW

delicate, bite-sized treats of different fillings wrapped in a thin layer of dough served in our special spicy chili soy

CHICKEN & SPRING ONION | R95

PRAWN & MUSHROOM | R115

MIXED VEGETABLE | R85

WONTONS (6) SW

a small piece of pastry wrapped around the filling and cooked in boiling water served with our spectacular Pangeli chili sauce

CLASSIC PANGELI PRAWN | R95

CLASSIC PANGELI VEG | R75

CLASSIC PANGELI CHICKEN | R85

CLASSIC SUSHI

ALL SOLD IN PORTIONS OF 4 PIECES

California Rolls

| | |
|---------------|-----|
| Prawn | R75 |
| Salmon | R80 |
| Spicy Salmon | R85 |
| Seared Salmon | R90 |
| Tuna | R75 |
| Spicy Tuna | R80 |
| Seared Tuna | R85 |
| Tempura Prawn | R80 |
| Avocado | R60 |

Bamboo Rolls

| | |
|---------------|-----|
| Prawn | R80 |
| Salmon | R85 |
| Spicy Salmon | R90 |
| Seared Salmon | R95 |
| Tuna | R80 |
| Spicy Tuna | R85 |
| Seared Tuna | R90 |
| Tempura Prawn | R85 |
| Avocado | R65 |

Maki

| | |
|---------------|-----|
| Prawn | R45 |
| Salmon | R45 |
| Spicy Salmon | R45 |
| Seared Salmon | R50 |
| Tuna | R45 |
| Spicy Tuna | R45 |
| Seared Tuna | R50 |
| Tempura Prawn | R45 |
| Avocado | R45 |

Fashion Sandwich

| | |
|--------------|-----|
| Prawn | R75 |
| Salmon | R80 |
| Spicy Salmon | R85 |
| Tuna | R75 |
| Spicy Tuna | R80 |
| Avocado | R60 |

Hand Roll Cucumber

| | |
|---------------|------|
| Prawn | R90 |
| Salmon | R110 |
| Spicy Salmon | R115 |
| Seared Salmon | R120 |
| Tuna | R100 |
| Spicy Tuna | R105 |
| Seared Tuna | R110 |
| Tempura Prawn | R100 |
| Avocado | R70 |

Hand Roll Nori

| | |
|---------------|------|
| Prawn | R85 |
| Salmon | R105 |
| Spicy Salmon | R110 |
| Seared Salmon | R115 |
| Tuna | R95 |
| Spicy Tun | R100 |
| Seared Tuna | R105 |
| Tempura Prawn | R95 |
| Avocado | R65 |

Bean Curd

| | |
|---------------|------|
| Prawn | R90 |
| Salmon | R100 |
| Spicy Salmon | R105 |
| Seared Salmon | R110 |
| Tuna | R95 |
| Spicy Tuna | R100 |
| Seared Tuna | R105 |
| Avocado | R75 |

Wasabi Parcels

| | |
|--------------|-----|
| Prawn | R80 |
| Salmon | R85 |
| Spicy Salmon | R90 |
| Tuna | R80 |
| Spicy Tuna | R85 |
| Avocado | R65 |

Nigiri

| | |
|--------------|-----|
| Prawn | R80 |
| Salmon | R85 |
| Spicy Salmon | R90 |
| Tuna | R80 |
| Spicy Tuna | R85 |
| Avocado | R75 |

Rainbow Roll

| | |
|--------------|-----|
| Prawn | R75 |
| Salmon | R80 |
| Spicy Salmon | R85 |
| Tuna | R75 |
| Spicy Tuna | R80 |
| Avocado | R60 |

Sashimi

| | |
|---------------|------|
| Salmon | R130 |
| Spicy Salmon | R135 |
| Seared Salmon | R140 |
| Tuna | R125 |
| Spicy Tuna | R30 |
| Seared Tuna | R135 |

Roses

| | |
|--------|------|
| Salmon | R100 |
| Tuna | R90 |

PANGELI SUSHI PLATTERS

12 PC - SALMON | R205

| |
|--------------------|
| 4 California Rolls |
| 4 Maki |
| 4 Rainbow Rolls |

24 PC - SALMON | R410

| | |
|--------------------|----------------------|
| 4 California Rolls | 4 Fashion Sandwiches |
| 4 Roses | 4 Rainbow |
| 4 Maki | 4 Bean Curd |

36 PC - SALMON | R645

| | |
|--------------------|----------------------|
| 8 California Rolls | 4 Roses |
| 4 Maki | 4 Fashion Sandwiches |
| 4 Rainbow Rolls | 4 Bean Curd |
| 4 Sashimi | 4 Wasabi Parcels |

12 PC - MIXED | R195

| |
|--------------------|
| 4 California Rolls |
| 4 Maki |
| 4 Rainbow Rolls |

24 PC - MIXED | R390

| | |
|--------------------|----------------------|
| 4 California Rolls | 4 Fashion Sandwiches |
| 4 Roses | 4 Rainbow Rolls |
| 4 Maki | 4 Bean Curd |

36 PC - MIXED | R445

| | |
|--------------------|----------------------|
| 8 California Rolls | 4 Roses |
| 4 Maki | 4 Fashion Sandwiches |
| 4 Rainbow Rolls | 4 Bean Curd |
| 4 Sashimi | 4 Wasabi Parcels |

12 PC - VEG | R135

| |
|--------------------|
| 4 California Rolls |
| 4 Maki |
| 4 Rainbow Rolls |

24 PC - VEG | R270

| | |
|----------------------|------------------|
| 4 California Rolls | 4 Bean Curd |
| 4 Fashion Sandwiches | 4 Rainbow Rolls |
| 4 Maki | 4 Wasabi Parcels |

SIGNATURE BUDDAH BOWLS

Regular | R95 Large | R105
(Excludes your choice of protein)

INTUITION BUDDA BOWL | HAWAIIAN SHOYU DRESSING

Edamame, Pickled Daikon, Cabbage, Pickled Red Onion, Bean Carrot, Sprouts, Pickled Shiitake, Cauliflower, Marinated Broccoli, Ramen Egg, Toasted Sesame, Chives & Sundried Onion

WAVERIDER BUDDA BOWL | COCONUT LIME CHILI DRESSING SW

Edamame, Seaweed Salad, Marinated Broccoli, Ramen Egg, Pickled Shiitake, Pak Choi, Pickled Daikon, Carrot, Cucumber, Pickled Red Onion, Toasted Sesame, Chives & Sundried Onion

SIMPLICITY BUDDA BOWL | GINGER DASHI DRESSING

Edamame, Pickled Ginger, Pickled Shiitake, Ramen Egg, Cucumber, Pickled Daikon, Spring Onion, Cabbage, Marinated Broccoli, Seaweed Salad, Toasted Sesame, Chives & Sundried Onion

EQUINOX BUDDA BOWL | YUZU LIME CHILI DRESSING

Cashew Nuts, Edamame, Pickled Ginger, Pickled Shiitake, Carrot, Ramen Egg, Pickled Daikon, Zucchini, Cabbage, Pickled Red Onion, Seaweed Salad, Toasted Sesame, Chives & Sundried Onion

CHOOSE YOUR BASE FROM:

Sushi Rice, Glass Noodles,
Quinoa or Salad Greens

ADD:

| PER PORTION | 50g | 100g |
|----------------|-----|------|
| Salmon | R60 | R120 |
| Tuna | R55 | R110 |
| Tempura Prawns | R55 | R110 |
| Poached Prawns | R45 | R90 |
| Tempura Tofu | R40 | R80 |
| Avocado | R40 | R80 |

CREATE YOUR OWN BUDDAH BOWL

Regular | R90 – Choice Of 5 Veges, 1 Sauce, 2 Toppings
(Excludes your choice of protein)

Large | R100 – Choice Of 7 Veges, 1 Sauce, 2 Toppings

CHOOSE YOUR BASE FROM: Sushi Rice, Glass Noodles, Quinoa or Salad Greens

ADD YOUR PROTEIN:

| PER PORTION | 50g | 100g | 50g | 100g |
|----------------|-----|------|----------------|---------|
| Salmon | R60 | R120 | Poached prawns | R45 R90 |
| Tuna | R55 | R110 | Tempura tofu | R40 R80 |
| Tempura prawns | R55 | R110 | Avocado | R40 R80 |

VEGETABLES

FRESH

Avo Broccoli
Carrot Cauliflower
Chili - Green Coriander
Corn Cucumber
Edamame Micro Greens
Pak Choy Pineapple
Cabbage Spring Onion
Sprouts Zucchini

PICKLED

Yellow Daikon
Red Onion
Seaweed Salad
Shiitake
Snowflake Mushroom
Pickled Ginger

FLAVOUR MAGIC

Blackout Chili Mayo
Coconut Lime Chili
Eel Sauce
Ginger Dashi
Hawaiian Shoyu
Sushi Mayo
Yuzu Lime Chili
Sweet Chili Sauce

TOPPINGS

Sundried
Onion
Sesame
7-Spice
Cashew Nuts
Spring Onion

CLASSIC PANGELI SEAWEED TACOS

Tempura seaweed tacos pangeli style filled with sushi rice, shredded cabbage and eel sauce then topped with the following:

| | SINGLE | DOUBLE |
|--|--------|--------|
| SPICY SALMON fresh salmon, mayo & our house chili spice | R75 | R145 |
| SPICY TUNA fresh tuna, mayo & our house chili spice | R75 | R145 |
| TEMPURA PRAWN tempura prawns topped with our sweet & spicy avalanche sauce | R80 | R155 |
| FIRECRACKER TUNA fresh tuna in a spicy red pepper, sesame and honey sauce | R75 | R145 |
| PRAWN SALAD poached prawns in a tangy mayo with fresh edamame beans | R65 | R125 |
| CRAB SALAD surimi crab and fresh corn in our homemade sweet chili mayo | R65 | R125 |
| TEMPURA TOFU SALAD tempura tofu pillows mixed with garden veg and vegan mayo | R60 | R115 |

CLASSIC PANGELI BAO BUNS

Home-made steamed bao buns pangeli style filled with shredded cabbage and eel sauce then topped with the following:

| | SINGLE | DOUBLE |
|--|--------|--------|
| SPICY SALMON fresh salmon, mayo & our house chili spice | R85 | R165 |
| SPICY TUNA fresh tuna, mayo & our house chili spice | R85 | R165 |
| TEMPURA PRAWN tempura prawns topped with our sweet & spicy avalanche sauce | R85 | R165 |
| FIRECRACKER TUNA fresh tuna in a spicy red pepper, sesame and honey sauce | R85 | R165 |
| PRAWN SALAD poached prawns in a tangy mayo with fresh edamame beans | R75 | R145 |
| CRAB SALAD surimi crab and fresh corn in our homemade sweet chili mayo | R70 | R135 |
| TEMPURA TOFU SALAD tempura tofu pillows mixed with garden veg and vegan mayo | R65 | R125 |