LANZERAC

1692

VITALITY CORNER MENU

FOOD & SMOOTHIES

BREAKFAST

available from 9am – 11am

AVOCADO PESTO EGGS (HF, V, N) | R130
poached free range eggs, smashed avocado, basil pesto, sourdough toast, rocket, tomato, grana padano

FRUIT & BERRY BOWL (HF, VE-SA, DF, GF, N, S) | R130
seasonal fruits, berries, banana, coconut yoghurt, mint, honey, granola

2 EGG OMELETTE (V-SA, GF, HF) | R170
smoked salmon, cream cheese, dill, avocado, spinach

CHEESY SCRAMBLE (HF, V) | R140
croissant, scrambled eggs, cheddar cheese, avocado, tomato, herbs

For your safety and ours, Lanzerac is a cashless establishment.
(VE) VEGAN | (V) VEGETARIAN | (HF) HALAAL FRIENDLY | (P) CONTAINS PORK | (N) CONTAINS NUTS
(S) CONTAINS SEEDS | (DF) DAIRY FREE | (GF) GLUTEN FREE | (-SA) SUBSTITUTE AVAILABLE

LIGHT LUNCH DISHES

Add a protein
CHICKEN R50 | PRAWN R120 | TUNA R90 | SALMON R100 | TOFU R60
BEEF R60 | PORK R50 | SOY CURED EGG R35

RICE PAPER SPRINGROLLS (VE, DF, HF) | R75
spring onion, carrot, cabbage, daikon, coriander, chilli soy dip
chefs' recommendation is to add salmon R100 or prawn R120

EDAMAME (VE, DF, HF, GF) | R75
steamed soya beans, sea salt

RAMEN BOWL (V, S, DF, HF) | R120
tom yum broth, nori, carrot, crispy ginger, aromatic oil, rice noodle, mushroom, sesame
chefs' recommendation is to add soy cured egg R35 or prawn R120

POKE BOWL (V, HF, DF, S) | R95
sticky rice, spring onion, carrot, radish, edamame, togarashi sauce, sesame seeds
chefs' recommendation is to add salmon R100 or tuna R90

SRIRACHA WRAP (V, HF, S) | R100
carrot slaw, cucumber, yoghurt, sesame, spring onion, avocado, sriracha dressing
chefs' recommendation is to add chicken R50 or pork R50

TOM YUM BROTH (HF, S, DF, GF) | R65
tofu, chilli, shitake, spring onions, wakame, sesame seeds

SALMON TARTARE (GF, DF, S, HF) | R160
sushi rice, salmon roe, smashed avocado, wasabi dressing, spring onions, nori crackers

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CHICKEN R50 | PRAWN R120 | TUNA R90 | SALMON R100 | TOFU R60
BEEF R60 | PORK R50 | SOY CURED EGG R35

TUNA TATAKI (DF, GF, HF, S) | R140
seared tuna, tataki dressing, lime, coriander, cucumber, radish, chilli, pomegranate

KIMCHI FRIED RICE (V, S, HF, DF, GF) | R120
kimchi, rice, egg, sesame seeds, seaweed, spring onions, sriracha sauce
chefs' recommendation is to add prawn R120 or chicken R50

PHO NOODLE BOWL (HF, DF, GF, DF) | R120
rice noodle, basil, fish sauce, chilli, lime, coriander, bean sprouts, spicy sauce
chefs' recommendation is to add beef R60 or prawn R120

RAINBOW SLAW (V, VE-SA, DF, GF, HF) | R95
beetroot, red cabbage, spring onion, carrot, coriander, radish, lemon mayo, pomegranates
chefs' recommendation is to add chicken R50 or prawn R120

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SUSHI CORNER

all sushi comes with wasabi, pickled ginger & soya sauce
see chef for weekly specials

AVOCADO MAKI (4) | R50

TUNA SASHIMI (3) | R80

SALMON SASHIMI (3) | R90

SALMON ROSES (4) | R120

PRAWN NIGIRI (4) | R115

SPICY TUNA & AVOCADO RAINBOW ROLLS (4) | R85

PRAWN & AVOCADO CALIFORNIA ROLL (4) | R70

SMOKED SALMON & CREAM CHEESE ROLL (4) | R75

SHARE PLATTER | R290
salmon roses, prawn nigiri, avocado maki, smoked salmon & cream cheese rolls

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STEAMED BAO BUNS

2 bao buns, served with an Asian slaw, kewpie mayo, sesame seeds

PRAWN, CORN & CORIANDER (S, HF, DF) | R130

AROMATIC PORK & GINGER (S, P, DF) | R100

CHILLI CHICKEN & SPRING ONION (HF, DF, S) | R90

POTSTICKERS

4 potstickers, served with a dipping sauce

PRAWN, CORN & CORIANDER (S, HF, DF) | R120

AROMATIC PORK & GINGER (S, P, DF) | R90

CHILLI CHICKEN & SPRING ONION (HF, DF, S) | R80

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SOMETHING SWEET

ask the vitality corner team for daily options

COCONUT STICKY RICE (GF, DF, VE, HF, S) | R120
with seasonal fruit

GRIDDLED PINEAPPLE & COCONUT YOGHURT (VE, HF, GF, DF, N) | R130
honey, pistachio

MATCHA PANNACOTTA (S, GF, V, HF) | R130
with strawberry compote, soaked chia

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SMOOTHIES

order either a 420ml glass or as a smoothie bowl

COCOA PEANUT BUTTER BOMB (V, N, GF, HF) | R85
peanut butter, cocoa, banana, yoghurt, almond milk

GLOWING MILK (V, GF, HF) | R80
mango, pineapple, coconut milk, turmeric, citrus spiced honey, lemon, ginger, yoghurt

SALTED CARAMEL (V, N, GF, HF) | R85
banana, dates, almond milk, macadamia butter, whey protein, desert salt

BERRY BLISS (V, GF, HF) | R80
strawberries, raspberries, banana, lime, yoghurt

TROPICAL VITAMIN BOOST (VE, GF, N, DF, HF) | R85
mango, orange, pineapple, pawpaw, almond flakes, vitamin C

CITRUS SPICE (V, S, GF, HF) | R80
orange, lemon, lime, yoghurt, chia seeds, collagen, honey, star anise, cinnamon

DIRTY CHAI (V, HF) | R85
espresso shot, chai spice, yoghurt, honey, coconut milk

BOOSTERS TO ADD

vitamin C | R20 per gram
vegan collagen | plant protein | whey protein | R40 per 10 grams
matcha green tea | cocoa maca super food | goji berry | R40 per 10 grams

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WINE &
BEVERAGES

WINE SELECTION

Glass/Bottle

CAP CLASSIQUE & SPARKLING WINE

Villiera Tradition Brut NV	100	420
Villiera Tradition Brut Rosé NV	100	420
Lanzerac Cap Clasique	210	720

JONKERSHOEK RANGE

Lanzerac Pinotage Rosé	75	255
Lanzerac Sauvignon Blanc	75	255
Lanzerac Chardonnay	125	490
Lanzerac Merlot	140	480
Lanzerac Pinotage	150	520
Lanzerac Cabernet Sauvignon	150	520
Lanzerac Reserve	140	480

HERITAGE RANGE

Lanzerac Mrs English	380	1525
Lanzerac Pionier Pinotage	690	2400
Lanzerac Lé General	460	1590

BEERS & CIDERS

Black Label	42
Castle Lite	42
Corona	50
Heineken	50
Heineken Silver	50
Jack Black Lager	64
Jack Black Cherry Ale	65
Windhoek Draught	60
Savanna Light	54
Savanna Dry	54

GINS

Six Dogs Blue	63
Six Dogs Pinotage	63
The Botanist	95

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NON-ALCOHOLIC DRINKS

SPARKLING WINE

De Krans Muscat Nectar	42	165

BEERS, CIDERS & COOLERS

Devil's Peak Hero	50
Heineken 0.0	50
Hunters Zero	50
Savanna Lemon	56

SPRITZERS

Steelworks	75
Rock Shandy	65

MIXERS

Fitch & Leeds Blue Tonic	35
Fitch & Leeds Pink Tonic	35
Fitch & Leeds Indian Tonic	35

NON-ALCOHOLIC SPIRITS

Abstinence Floral Gin juniper, rose geranium, angelica root, coriander, lemon	37
Abstinence Citrus Gin citrus fruits, buchu, cassia, fennel, ginger, coriander	37
Abstinence Cape Dark Spice Rum honeybush, coconut, allspice, cassia bark, coriander, cardamom	37
Abstinence Malt rooibos, rye, wheat, corn, vanilla	37

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RAW JUICES

(all raw juices are, vegan, dairy free & gluten free)

Lemon & Gingerade lemon, ginger, apple, coconut water	75
Cleansing Greens cucumber, celery, apple, kale, lemon, ginger	70
Chilli Pineapple Cooler pineapple, cucumber, apple, mint, chilli, ginger, desert salt	75
Virgin Apple Mojito cucumber, apple, lime, mint	60
Boost Your Immune orange, lemon, lime, mint, ginger	65
Healthy Paradise orange, lemon, lime, yoghurt, chia seeds, collagen, honey, star anise, cinnamon	70
Create Your Own select up to 6 ingredients for your personalized juice	90

INGREDIENT OPTIONS
orange | lemon | lime | grapefruit
celery | beetroot | ginger | apple | mint
cucumber | pineapple | spinach | carrot
turmeric | flax seed | coconut water

Freshly Squeezed Juice	60
Raw Ginger Shot	40

COLD BEVERAGES

Coke/Zero		40
Lemonade/Ginger Ale		40
Appletiser/Grapetiser		60
Ice Tea Lemon/Peach		50
Still Water 330ml/750ml	35	60
Sparkling Water 330ml/750ml	35	60

HOT BEVERAGES

Double Americano		37
Cappuccino/Double Cappuccino	31	42
Espresso/Double Esspresso		30
Latte		45
TWG Tea		43
Milk Alternatives soy | almond | oat		12

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FINE WATER SELECTION

a list of imported and local still and sparkling waters

JERMUK SPARKLING | R198

ARMENIA

Contains essential mineral salts and trace elements beneficiary for the body`s normal functioning, making it suitable for daily consumption. Its special chemical composition, including rare minerals and biologically active components, supports the treatment and prevention of various health issues through drinking and topical use.

PERLAGE SPARKLING | R325

POLAND

Sourced from the Nateczow Spa area, is a premium natural mineral water known for its low sodium content and unique, fine bubbles created through a patented carbonation process. Perlage preserves its natural purity and mineral-rich composition, offering a refined experience in its signature deep blue glass bottle.

ISKLD STILL | R575

DENMARK

Draws purity from a pristine artesian aquifer near Skanderborg. Denmark, offering exceptional natural water with a refreshing identity. With its name subtly re-imagined, Iskld continues to embody Scandinavian excellence in every bottle. With a pH of 7.6 at the source, Iskld is naturally alkaline and features a medium level of total dissolved solids.

SOCOSANI SPARKLING | R650

PERU

Originating from the snow melt of Peru's Chachani volcano, filtering through volcanic strata before emerging naturally in the pristine Socosani valley. Bottled at the source to preserve its purity.

MOUNTAIN FALLS STILL OR SPARKLING | R35/R60

SOUTH AFRICA

Still/Sparkling 330ml or Still/Sparkling 750ml

Pure and refreshing, sourced from the Klein River mountains with a balanced pH of 7 and rich in calcium and magnesium, a rare find above global standards.

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FOOD BENEFITS

KNOWING THE BENEFITS OF THE FOOD WE EAT

ALMONDS

Are the most nutritionally dense nut, meaning they offer the highest concentration of nutrients per calorie per ounce.

APPLES

Are a great low-calorie source. Plus, upping apple intake has been associated with reduced risk of cardiovascular disease, certain cancers, diabetes & asthma

AVOCADOS

Support for heart and blood vessels might be surprising to some people who think about avocado as too high in fat for heart health.

BANANAS

A good source of vitamins and minerals, as well as fibre.

BEETROOT

Contains tons of vitamins, minerals and antioxidants that can help fight disease and strengthen vital organs.

CARROTS

Best known for their rich supply of the antioxidant nutrient that was named for them: beta-carotene, but also of a wide variety of antioxidants and other health-supporting nutrients.

COCOA

Aids in lowering blood pressure and improving the elasticity of blood vessels, research studies have shown that cocoa exhibits higher antioxidant activity than against black tea, green tea, and red wine.

CUCUMBER

At the top of the phytonutrient list for cucumbers are its cucurbitacin's, lignans, and flavonoids. Providing us with valuable antioxidant, anti-inflammatory, and anti-cancer benefits.

FLAXSEEDS

Are high in omega-3 fatty acid. Lignans - which are fibre-like compounds, but in addition to their fibre-like benefits, they provide antioxidant protection structure.

GINGER

Great for gastrointestinal distress. It possesses numerous therapeutic properties including antioxidant effects, an ability to inhibit the formation of inflammatory compounds and direct anti-inflammatory effects.

HONEY

Reduces ulcers and other gastrointestinal disorders, Anti-bacterial and anti-fungal, increases athletic performance, reduces cough and throat irritation.

PEANUTS

Rich in energy (567 calories per 100 g) and contain health nutrients, minerals, antioxidants, and vitamins that are essential for optimum health.

SPINACH

Antioxidants, anti-inflammatories, and vitamins that promote vision and bone health are what make this little ol' green so super.

TURMERIC

Is a powerful medicine that has long been used in the Chinese and Indian systems of medicine as an anti-inflammatory agent to treat a wide variety of conditions, including flatulence, jaundice, menstrual difficulties, bruises, chest pain and colic.

YOUR JOURNEY TO CALM BEGINS HERE

Scan to discover the Lanzerac Spa etiquette guide

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