



THE JUICES

GOLDEN GLOW 2,500N

CARROT, PINEAPPLE, FRESH TURMERIC AND GINGER

MEAN GREEN 2,300N

KALE, SPINACH, PARSLEY, CELERY, APPLE, CUCUMBER AND LIME

BEET IT 2,300N

PINEAPPLE, BEETROOT AND ORANGE

VAB "C" 2,300N

PINK GRAPEFRUIT, ORANGE AND BAOBAB

THE CLASSICS 2,000N

YOUR CHOICE OF APPLE, PINEAPPLE, ORANGE, CARROT OR FRESH COCONUT WATER

THE PAPAYA 2,500N

BAOBAB, PINEAPPLE, ORANGE, PAPAYA

THE BOOSTER SHOTS

SUPER SHOT 1,200N

GINGER, A.C.V. CAYENNE PEPPER, TURMERIC

APPLE SHOT 1,200N

APPLE, A.C.V. CINNAMON AND GINGER
*A.C.V. = APPLE CIDER VINEGAR

THE SMOOTHIES

"GUILT FREE" STRAWBERRY 2,800N

BANANA, STRAWBERRY, HOMEMADE COCONUT MILK AND FLAXSEEDS

PINEAPPLE KALE 2,800N

SPINACH, PINEAPPLE, BANANA, ALMOND BUTTER AND HONEY

BANANA BUTTER 2,800N

BANANA, HOMEMADE COCONUT MILK, ALMOND BUTTER, PEANUT BUTTER, PROTEIN POWDER AND MACA POWDER

CHOCOLOCO 2,800N

BANANA, CACAO, HONEY, PEANUT BUTTER AND HOMEMADE COCONUT MILK

TROPI-BAOBAB 2,800N

PINEAPPLE, TROPICAL FRUITS, COCONUT MILK, BAOBAB

***PLEASE NOTE THAT ALL JUICES ARE COLDPRESSED DAILY**

*All prices are inclusive of VAT, SC and CT



FLOWERSHOP *Cafe*

FLOWERS | COFFEE | LANDSCAPING LAGOS

COFFEE

ESPRESSO	1,200N
DOUBLE ESPRESSO	1,500N
SHORT MACCHIATO	1,600N
LONG MACCHIATO	1,800N
CAFÉ LATTE	1600N
CAPPUCCINO	2,000N
AMERICANO	1,000N
FLAT WHITE	1,800N
AFFOGATO	2,500N
MOCACCINO	2,500N
HOT CHOCOLATE	2,000N
CARAMEL MACCHIATO	2,500N
FRAPUCCINO (caramel, vanilla, hazelnut, chocolate)	2500N
CHAI LATTE	1,500N
KUSMI TEA (selection)	1,800N
INFUSION (mint / ginger)	1,200N

*ALMOND MILK /SKIMMED MILK AVAILABLE

DRINKS

SOFT DRINKS	800N
SMALL WATER	600N
LARGE WATER	1,200N
EVIAN WATER SMALL	1,500N
PERRIER	1,500N
B&Q SODA	1,500N
B&Q TONIC	1,500N
B&Q HIBISCUS	1,500N
FIBS ROSE AND CUCUMBER (virgin Gin&tonic)	2,000N

FLOWERSHOP Cafe

BREAKFAST (SERVED TILL 1PM)

SCRAMBLER 4,500N

Fluffy buttery scrambled eggs with cheese and spring onions on a slice of our house sourdough bread, served with a side of merguez sausage, grilled new tomatoes and greens

THE GREEN BENEDICT 4,800N

White wheat bread, served with roasted spinach, onions, parmesan cheese and avocado, two poached eggs, topped with chia seeds

FLOWERSHOP SUNNY SIDE UP 5,800N

Two sunny side eggs in a brioche pocket topped with brown butter served with a side of merguez sausage, potato hash, grilled portobello mushroom and crispy turkey bacon

BRIE OMELETTE 4,800N

Fluffy omelette stuffed with brie cheese served with a side of arugula, sausage beef patties with our in-house tomato sauce, toasted viennois house bread

INA KWANA BREAKFAST POT 4,200N

Mixed yam hash with sausage all cooked in a spicy tomato "jaa" sauce with crayfish, topped with a sunny side egg and served with nigerian beans and a side of fried plantain

MINI MEZZA BREAKFAST PLATE 4,800N

A trio plate of a labneh bowl, grilled halloumi cheese and a bowl of marinated feta served with a side of fresh veggies, chia zaatar crackers and grilled lebanese bread

BREAKFAST BURRITO 4,200N

Scrambled eggs, sausage, turkey bacon, cheese, avocado, black beans with a side of tomato jalapeno salsa

MORNING PARFAIT BOWL 3,500N

Yoghurt with coconut flakes, honey, granola and fresh berries

SALADS (SERVED AFTER 12PM)

FALAFEL SALAD 4,500N

Mixed greens, cherry tomato, sliced radish, pickled beetroot, roasted baby carrots, grilled red onions and green falafel served with a tahini dressing and grilled pita bread

CHICKEN QUINOA SALAD 4,500N

Mediterranean style quinoa with tomatoes, cucumber, mint, basil red onions and grilled eggplant, grilled chicken breast and avocado served with a herb balsamic dressing

PROSCIUTTO MELON 6,200N

Rocket salad, melon slice, prosciutto, mozzarella, pine nuts, olive oil and cracked sea salt

GOAT CHEESE SALAD 5,500N

Mixed greens, beetroot, clementine, avocado, marinated cherry tomatoes and toasted almond served with a clementine dijon vinaigrette

SWEET

CLASSIC PANCAKES 3,200N

Homemade pancakes served with a nub of butter and a trio of sides (maple syrup, berries and nutella)

BELGIAN WAFFLE 3,800N

Homemade bubble waffle served with salted caramel apple sauce and whipped cream

FRENCH TOAST 4,000N

Our brioche french toast served with citrus mascarpone, fresh seasonal

SANDWICHES (SERVED AFTER 12PM)

(served with a side of french fries or green salad)

BUFFALO CHICKEN BURGER 6,200N

Brioche burger bun, with a piece of crispy chicken breast coated in our house buffalo sauce, pickled, garlic, chili sauce, served with a side of smoked apple ribs

OUR SIGNATURE CAFE BURGER 8,000N

Avocado burger bun, with a piece of organic chicken breast coated in our house signature sauce, pickled, garlic, chili sauce, served with a side of smoked apple ribs

CHICKEN PESTO PANINI 4,200N

Panini bread with marinated chicken, homemade mayo, pesto and mozzarella cheese

LAMB WRAP 5,500N

Slow cooked lamb belly, tzatziki sauce, pomegranate all rolled in a homemade wrap, potato wrap

BEEF SHORTRIB BAGUETTE 5,500N

Slow cooked beef short rib in a baguette with pickled cabbage slaw, caramelized onion and rocket

VEGETARIAN WRAP 4,000N

Masala roasted cauliflower, chickpeas, spinach, potato, fennel and cumin topped with tahini yoghurt sauce

SMOKED SALMON BAGEL 5,500N

Homemade bagel, cream cheese, lemon and arugula

HOT DISHES (SERVED AFTER 12PM)

CHICKEN POT PIE 6,800N

Chicken with braised leek, mushroom and potato topped with a puff pastry with a side green salad

BEEF FILLET

Beef fillet (200g) grilled and served with mashed potatoes, sauteed greens

South African Beef 9,500N

Australian Beef 14,000N

THE "PAPILLOTE" 8,500N

Citrus baked fish on a bed of vegetables, cooked in a paper parcel served with a white sauce

ROASTED TOMATO PENNE 4,800N

Penne pasta topped in a roasted tomato sauce served with sun dried tomatoes and parmesan cheese

All prices are inclusive of VAT and CT