



WAKE ME UP

MORINGA PANCAKES 85

Banana oat pancakes topped with dragon fruit, sliced almonds + pink coconut syrup.

CINNAMON FRENCH TOAST 80

Chia seed, no-egg batter, caramelised banana, spirulina 'nice cream', raw cacao sauce.

MATCHA CHIA PUDDING + FRUIT 75

Chia seeds soaked with matcha coconut milk + coconut flakes, seasonal fruit & homemade peanut butter

CHICK SCRAMBLE 75

Tumeric & paprika spiced chickpea mash with garlicky spinach, tomato on wheat toast + side of sambal

EGG SLIDER 75

Fried egg, caramelised onion, spicy mayo on bun burger + rosemary potatoes.

OAT MEAL 70

Oats meal cooked with coconut milk topped with cinnamon, coconut flakes + seasonal fruit.

all our bowls have a **banana** base and are topped with homemade '**rawnola**': oats, coconut, dates & cinnamon

 **VEGAN**

 **GLUTEN FREE**

MUSA BOWLS

RAW CACAO + MACA 75

Mood booster with coco 'meat', coco nectar, topped with grated coconut, banana, roasted peanuts + homemade peanut butter

PAPAYA + LIME 75

Refreseher with sorbet style papaya, cooling lime topped with pineapple, banana, grated coconut + pumpkin seeds

SPIRULINA + DRAGON FRUIT 75

Energizer with spirulina + coconut milk topped with dragon fruit, almond slice + ground flax seed

BEETROOT + SPINACH 75

Beetroot + spinach blended with mint & coco water topped with papaya, pumpkin seeds + coconut flakes

GOLD BOWL 75

Pineapple + banana blended with coconut milk, ginger and tumeric, topped with dragon fruit, pumpkin seeds + coconut flakes

DRAGON BOWL 75

Dragon + banana blended with coconut milk, topped with pineapple, pumpkin seeds + coconut flakes

SMOOTHIES

LAVA DRAGON 50

Acivated charcoal, dragon fruit, banana, coco milk

GLOW UP 50

Papaya, banana, carrot, soy milk, mint

POWER GREEN 50

Fresh spinach, moringa, banana, pineapple, coco water + pinch of cinnamon

INMUNE COLADA 50

Pineapple, turmeric, ginger, banana, coco milk



PB \$ OATS 50


Homemade peanut butter, banana, dates, soy milk + shot of espresso + 10k


ALL DAY


EDAMAME   40
with a touch of sesame oil + Himalyan pink salt


**STEAMED PUMPKIN
CARROT & COCONUT SOUP**  68
thick, creamy and oil-free topped with sesame & pumpkin
seeds served with toast or baby potatoes


CHAKRA SALAD   85
carrot, beetroot, cucumber, cherry tomato, pineapple,
mixed lettuce, soaked and cooked chickpeas with a
choice of vinaigrette:
balsamic & x virgin olive oil/ sesame ginger tahini


SPRING ROLL BOWL  85
vermicelli noodles (gf), edamame, mango, carrot, red
cabbage, cucumber, fresh mint and cilantro and a creamy
peanut sauce

COCO BLT  80
crispy coconut flake 'bacon', curly red lettuce, thick tomato
slices and spicy mayo stacked on a whole wheat toast


JACK FRUIT GYRO  90
souvlaki-style pita with roasted garlic tzatziki, tomato,
shallot, cucumber + rosemary baby potatoes

SLOPPY JOE  95
smoky lentils slow cooked with red bell pepper, carrot
and onion + spicy mayo, red cabbage on a mixed wheat
bun & rosemary baby potatoes

MUSA BURGER  105
patty from cannellini bean toasted cashew, brown rice,
onion and homemade BBQ sauce topped with tomato,
lettuce, spicy mayo on mixed wheat bun & rosemary baby
potatoes + salad

SNACK PLATTER FOR TWO  198
Pita bread
Baked 'gyro' style jackfruit
Pan roasted zucchini & eggplant
Smoky lentils from our sloppy joe
Cucumber wedges
Cashew Ricotta
Beetroot & chickpea patties (4)
Roasted garlic & lemon tzatziki dip



 @musa.cookery

ALL DESSERTS ARE VEGAN

NO EGGS
NO BUTTER
NO MILK
NO WHITE SUGAR

Only love

 SUGAR FREE

 VEGAN

 GLUTEN FREE



DESSERTS



- BROWNIE**   70
Fudgy raw cacao baked with dates and nut butter served with cashew coconut 'nice cream'
- PEANUT BUTTER CHEESECAKE**   70
No-bake creamy cashew + coconut 'cheese', homemade PB, coconut nectar in a date and oat crust.
- CARAMEL SLICE**  55
Three layers with coconut base, date 'caramel' middle, topped with sea-salted raw cacao
- BANANA BREAD** 55
made with oats + flax seed
then drizzled in raw cacao sauce
- AFFOGATO**   60
A shot of organic espresso poured over two scoops of cashew coconut 'nice cream'
- POPSICLES**  30
+ Mocha: raw cacao + espresso + coco milk
+ Tropic: coconut + chia seed + dragon fruit

SUPER JUICES

WATERMELON / MINT / GINGER

DRAGON FRUIT / MORINGA / MINT

CUCUMBER / MINT / GINGER

ACTIVATED CHARCOAL LIMEAID / PALM SUGAR

SHOTS

JAMU

Turmeric, ginger, lemongrass

LIME AID

Activated charcoal, lime, coco water

DRINKS

- 40 made with organic coffee beans
+ with soy milk or coco milk 5
- 40 **ESPRESSO** 30
- 40 **CAPUCCINO** 40
- 40 **LATTE** 40
- ICED LATTE** 40
- JAMU LATTE** 45
healing tonic from turmeric & ginger + cinnamon, soy milk
- ICED MATCHA** with soy milk 45
- 28 **TEA** mint/lemongrass/ginger 30
- 28 **YOUNG COCONUT** 30
- ★ **BINTANG** 40
- SOFT DRINKS** 20
cola, cola zero, Zoda, Sprite, Tonic water

Looking for something alcoholic?
Ask us!!