



MAKING FOOD THAT LOVES YOU BACK

COFFEE BAR

espresso / 40
espresso double / 50
macchiato / 50
americano / 60
cappuccino or latte / 85
iced latte / 90
flat white / 90
bulletproof with org. MCT & cashew butter / 100
organic cold brewed / 90
extra oat, soy, coconut or almond milk / 20
homemade coconut whipped cream / 30

JUICES

SUNRISE SESH
coconut water, watermelon, lime, strawberry / 95

GREEN JUNKIE
spinach, org. apple cider vinegar, wheatgrass, lemon, parsley, cucumber, ginger / 85

SHINE ON
coconut water, org. spirulina, mango, chia, ginger / 100

ALKALINE GLOW
org. apple cider vinegar, lime, beet, carrot, ginger, apple / 85

LEMONADE DE JOUR
ask staff what is today's flavor / 75

FERMENTED DRINKS

org. kombucha by glass or liter / 90 - 200
Kat's artisan kombucha by glass / 100
org. coconut kefir by shot or glass / 45 - 120

WATER

sparkling water / 60
water glass / 10
water bottle (plastic-free) / 20

SPECIALTY LATTE / iced or hot

SALTED CARAMEL POPCORN
tahini coconut salted caramel, plant milk, popcorn, cinnamon / 125 / add a shot of espresso for / 15

HEALING ROSE WATER
espresso, rose water, steamed plant milk, creamy foam, dried rose petals / 125

BAOBAB GOLDEN MYLK
org. baobab, raw org. coconut oil, org. turmeric, cinnamon, date syrup, plant milk / 125

GINSENG CHAI
chai blend, raw org. coconut oil, Siberian ginseng, date syrup, plant milk / 125 / add a shot of espresso for / 15

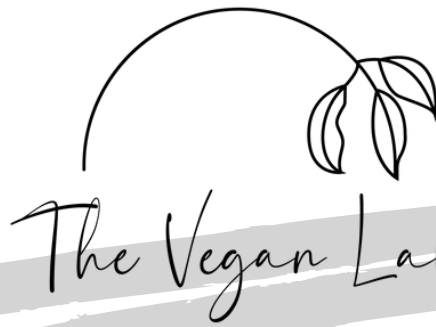
FRENCH VANILLA OAT LATTE
shot of espresso, french vanilla, plant milk / 125 / add coconut whipped cream for / 25

MIRACLE MACA CHOCOLATE
org. maca, black cocoa, ashwagandha, cinnamon, nutmeg, date syrup, plant milk, coco whip / 125

MATCHA
org. matcha latte / 125
org. matcha tea with purified water / 100



While we offer gluten-free menu options, we are not a gluten-free kitchen and cross-contamination could occur. The Vegan Lab is unable to guarantee that any item can be completely free of allergens. If you have any allergies or food requests please let us know before ordering and we'll do our best to accommodate you.



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SPECIAL BREAKFAST 7 AM TO 12 AM

BREAKFAST PLATTER (GF*) good to share
tofu scramble, maple sweet potato, cheezy ricotta, hummus, pickled beetroot, pan-fried tempeh, sourdough, muffin, peanut butter, SF homemade jam / 390 / make it gf +35

PUMPKIN SEED SCRAMBLE (GF*)
activated pumpkin seed scrambled with shiitake, served with herbed fermented ricotta, sourdough, house seasoning / 200 / make it GF +35

AVO & TOFU SCRAMBLE (GF*)
avo, istanboly cheeze tofu scramble, cracked pepper, sourdough / 160 / make it gf +35

HUMMUS TOAST (GF*)
homemade hummus, arugula, sun-dried tomato, sourdough, pumpkin seeds / 160 / make it gf +35

PESTO TOAST (GF*)
cheezy ricotta, pesto, tomato, balsamic reduction, sourdough / 160 / make it gf +35

AVO & BEET CARPACCIO (GF*)
avo, pickled beet carpaccio, candied walnuts, fermented ricotta, seeds, sourdough / 160 / make it gf +35

TOFU BENEDICT W/ HOLLANDAISE
english muffin, pan-fried eggy tofu, cashew Hollandaise sauce, spinach, seitan pastrami, tomatoes / 170

MINI HAWAIIAN PIZZA
english muffin pizza base, marinara sauce, seitan pastrami, pineapple, good earth® cheese, basil / 170

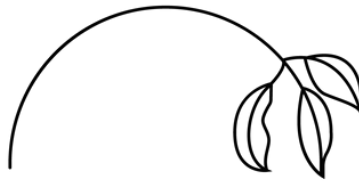
BETTER MORNING SANDWICH
english muffin, eggy tofu, avocado, good earth® cheese, tomato, basil, seitan pastrami, spiced jam / 170

CINNAMON - RAISIN PANCAKE (GF)
quinoa & rice flour, warm spices, raisins, roasted almond butter, chia, maple / 170

CHOCOLATE CHIP PANCAKES (GF)
quinoa & rice flour, Belgium choco chips, seasonal fruits, maple / 170

FLOURLESS PANCAKES (GF)
sugar-free protein coffee-flavored pancakes stacked with homemade coconut vanilla yogurt, cocoa dust / 210

GUT LOVING BOWL (GF*)
coconut yogurt, org. coconut kefir, quinoa granola, cinnamon, chia, date syrup, seasonal fruits, roasted almond butter / 230 / make it gf +35



The Vegan Lab

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SMOOTHIES & BOWLS

SMOOTHIE BOWLS

AFRIKA BOWL (GF*)

alkalized cocoa, homemade peanut butter, banana, carob, vanilla protein, coconut flakes, quinoa granola, Belgium choco chips, toasted coconut butter / 225

KIWI SPIRULINA (GF*)

org. spirulina, kiwi, cashew butter, mango, banana, vanilla protein, chia, grilled pineapple, almond butter, coconut flakes, quinoa granola, maple / 225

THE COOKIE DOUGH (GF*)

almond flour & belgium choco chips cookie dough folded into vanilla cashew banana nice cream, almond butter, seasonal fruit, quinoa granola / 225

CHERRY BERRY ACAI BOWL (GF*)

cherry, strawberries, goji berries, org. acai powder, banana, roasted coconut butter, seasonal fruits, quinoa granola / 225

SMOOTHIE TO DRINK

CHOCOLATE CHIP MINT (GF)

mylk, coconut yogurt, bananas, spinach, org. spirulina, vanilla protein, Belgium choco chips, garden mint / 150

VEGGIE CLEANSE (GF)

coconut yogurt, banana, steamed cauliflower, spinach, raw zucchini, vanilla protein, lemon, ginger / 150

ELEN'S GREEN OBSESSION (GF)

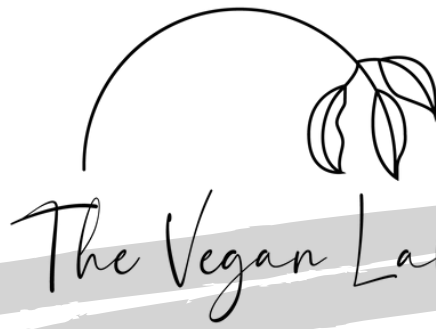
org. baobab, mango, strawberry, spinach, org. moringa, org. spirulina, org. wheatgrass, orange juice, vanilla protein / 170

NOURISH & RESTORE (GF)

mylk, almond butter, spices, banana, ashwagandha, chia, coconut tahini salted caramel, dates, vanilla protein / 150



free refill for any of your smoothie bowl toppings
make your smoothie bowl GF +35
try out our homemade grain-free and GF granola +35



MAKING FOOD THAT LOVES YOU BACK

ALL DAY BREAKFAST

SMOOTHIE BOWLS

AFRIKA BOWL (GF*)

alkalized cocoa, homemade peanut butter, banana, carob, vanilla protein, coconut flakes, quinoa granola, Belgium choco chips, toasted coconut butter / 225

KIWI SPIRULINA (GF*)

org. spirulina, kiwi, cashew butter, mango, banana, vanilla protein, chia, grilled pineapple, almond butter, coconut flakes, quinoa granola, maple / 225

THE COOKIE DOUGH (GF*)

almond flour & belgium choco chips cookie dough folded into vanilla cashew banana nice cream, almond butter, seasonal fruit, quinoa granola / 225

CHERRY BERRY ACAI BOWL (GF*)

cherry, strawberries, goji berries, org. acai powder, banana, roasted coconut butter, seasonal fruits, quinoa granola / 225

**free refill for any of your smoothie bowl toppings
make your smoothie bowl GF +35
try out our homemade grain-free and GF granola +35**

SMOOTHIE TO DRINK

CHOCOLATE CHIP MINT (GF)

mylk, coconut yogurt, bananas, spinach, org. spirulina, vanilla protein, Belgium choco chips, garden mint / 150

VEGGIE CLEANSE (GF)

coconut yogurt, banana, steamed cauliflower, spinach, raw zucchini, vanilla protein, lemon, ginger / 150

ELEN'S GREEN OBSESSION (GF)

org. baobab, mango, strawberry, spinach, org. moringa, org. spirulina, org. wheatgrass, orange juice, vanilla protein / 170

NOURISH & RESTORE (GF)

mylk, almond butter, spices, banana, ashwagandha, chia, coconut tahini salted caramel, dates, vanilla protein / 150

GOURMET TOAST

AVO & BEET CARPACCIO (GF*)

avo, pickled beet carpaccio, candied walnuts, fermented ricotta, seeds, sourdough / 160 / make it gf +35

AVO & TOFU SCRAMBLE (GF*)

avo, istanboly cheeze tofu scramble, cracked pepper, sourdough / 160 / make it gf +35

PESTO TOAST (GF*)

cheezy ricotta, pesto, tomato, balsamic reduction, sourdough / 160 / make it gf +35

HUMMUS TOAST (GF*)

homemade hummus, arugula, sun-dried tomato, sourdough, pumpkin seeds / 160 / make it gf +35

PANCAKES

CHOCOLATE CHIP PANCAKES (GF)

quinoa & rice flour, Belgium choco chips, seasonal fruits, maple / 170

CINNAMON-RAISIN PANCAKES (GF)

quinoa & rice flour, warm spices, raisins, roasted almond butter, chia, maple / 170

BOWLS

GUT LOVING BOWL (GF*)

coconut yogurt, org. coconut kefir, quinoa granola, cinnamon, chia, date syrup, seasonal fruits, roasted almond butter / 230 / make it gf +35



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SMALL BITES

hummus & veggies / 95

nori rolls with rainbow veggies & chuna salad / 140

SOUP DE JOUR

CREAMY SOUP

every day a new flavor served with homemade croutons
150 / free refill

SALADS

ENDLESS SUMMER (GF)

raw zucchini noodles, istanboly pesto, sun-dried tomatoes, red bell pepper, smoked coconut bacon, seeds, fermented ricotta / 200

RAINBOW TEMPEH SALAD

sweet & spicy miso almond lime glass noodles, herby org. tempeh, rainbow veggies, mango, seeds, peanuts / 200

LOADED ARUGULA (GF)

raisins, apple, curried candied walnuts, arugula, onions, balsamic reduction, plant parmesan, crispy bread / 200

MAIN

THRIVE BOWL (GF)

beyond Meat® & shiitake meatballs smothered in BBQ sauce served with maple roasted sweet potato, avocado, coleslaw and nutty herbed keto cauliflower "rice" / 310

DRAGON BOWL

korean ramen, creamy gochujang sauce, shiitake, sesame-crusted tofu, rainbow fresh and fermented veggies, seeds, sausage bites / peanuts 310

PINEAPPLE QUINOA STIR-FRY (GF*)

quinoa, bratwurst-style sausage by Beyond Meat®, eggy tofu scramble, garden herbs, rainbow veggies, peanuts, grilled pineapple, dish is served with gf mexican cornbread and creamy slaw / 330

GOOD KARMA POKE BOWL

teriyaki org. tempeh, avo, pickled ginger, black rice, shiitake, chuna salad, orange infused wakame, nori, mango, cabbage, seeds, miso almond lime dressing / 310

BURGERS & SANDWICHES

SMOKY BBQ

smoked mixed beans patty, avo, tomato, red onion, good earth® cheeze, smoked coconut bacon, pickles, veganaise, lettuce, charcoal brioche / 220

SASSY TOFU

teriyaki sesame-crusted tofu, grilled pineapple, red onion, sriracha "honey" veganaise, grilled pineapple, good earth® cheeze, lettuce, charcoal brioche / 250

THE HEARTBREAKER

Beyond Meat®, jalapeño-lime aioli, good earth® cheeze, shiitake, tomato, lettuce, charcoal brioche / 310

CRISPY TEMPEH CHICK'N (GF*)

crispy org. maple tempeh chick'n, good earth® cheeze, smoked coconut bacon, avo, lettuce, tomato, jalapeño-lime aioli, charcoal brioche / 250 / make it gf +35

TACOS & BURRITOS

MEXICAN TACOS

Beyond Meat®, nutty keto cauliflower "rice", lettuce, red onion, jalapeño, good earth® plant parmesan shreds, guacamole, kitchen's choice of tortilla / 330

THAI TACOS

crispy sesame-crusted tofu, herbed black rice, homemade refried black beans, veggies, avo, smoky & spicy candied cashews, miso almond lime dressing, kitchen's choice of tortilla / 250

MEDITERRANEAN BURRITO

eggy tofu scramble, herbed olives, veggies, maple roasted sweet potato, hummus, fermented ricotta, kitchen's choice of tortilla / 250

DESSERTS

raw tiramisu (GF) / 130

raw cheesecake of the day (GF) / 90

raw cake of the day (GF) / 120

truffles / 45

muffins of the day (GF & sugar-free) / 75

cookie of the day / 50

quinoa & rice breakfast cookie (GF) / 65



MAKING FOOD THAT LOVES YOU BACK

TAKE OUR PRODUCTS HOME

FIRM TOFU

non-GMO soybeans, vinegar, water / 95

ORGANIC TEMPEH

non-GMO org. soybeans, vinegar, starter / 95

COCONUT YOGURT (GF, SF)

270 gr jar - coconut cream, 100 billion CFU - 10 probiotic strains, coconut milk, agar-agar, corn starch / 135

VANILLA OAT MILK (GF)

720 ml jar - oats, vanilla essence / 75

NOTECCA (GF, SF)

270 gr jar - pure hazelnut butter, black cocoa powder, date syrup, hazelnut milk, vanilla essence, spices / 135

CREAMY HUMMUS (GF)

270 gr jar - chickpeas, tahini, olive oil, spices, lemon juice, garlic / 95

PLANT MAYO (GF)

270 gr jar - aquafaba, sunflower oil, kala-namak, dijon, apple cider vinegar, brown sugar / 85

MULTI-GRAIN GLUTEN-FREE LOAF

450 gr - quinoa flour, rice flour, tapioca flour, corn starch, xanthan gum, olive oil, GF oats, seeds, yeast, psyllium husk, pink salt, baking soda, apple cider vinegar, caraway / 150

RICOTTA SPREAD (GF)

270 gr jar - coconut yogurt, tofu, olive oil, garlic, lemon, pink salt, zaatar, apple cider vinegar, istanboly cheeze / 135

NUTTY BANANA BREAD (GF, SF)

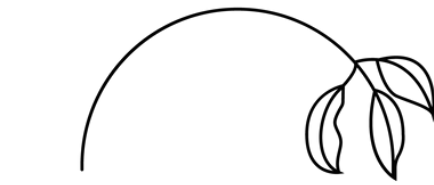
quinoa flour, rice flour, tapioca flour, corn starch, xanthan gum, GF oat flour, banana, nut butter, date syrup, spices, baking powder, baking soda, chia, apple cider vinegar, plant mylk, raisins / 150

SIGNATURE CAKES

we've crafted a whole menu filled with baked and raw cakes for special occasions. We're proudly able to cater to specific dietary needs such as gluten-free, sugar-free, and even oil-free. Ask our staff.



All our products are hand-crafted daily by our kitchen staff. Your order may be delivered the same day or within 24h. Ask our crew.



The Vegan Lab

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SPECIAL CAKES MENU

CHOOSE YOUR CAKE FLAVOR

Madagascar-Bourbon vanilla
Orange & chocolate
Coconut
Cappuccino
Biscoff
Cookies & Cream
Double chocolate
Carrots, walnuts & raisins
Warm spices chocolate

CHOOSE YOUR CAKE FILLING

Coconut & tahini salted caramel
Whipped biscoff
Chocolate ganache
Mocha ganache
Orange & chocolate ganache
Homemade NOtella
Fruit custard
Blueberries
Raspeberries

CHOOSE YOUR CAKE BUTTERCREAM

Caramel
Mocha
Peanut butter
Warm spices mix
Cinnamon
Chocolate
Cookie butter & orange
Lemon
Pistachio & rose

FAVORITE COMBO FLAVORS

Cookies & Cream

Madagascar-Bourbon vanilla cake with crushed cookies, chocolate ganache, and cookies n cream buttercream.

Tropical Island

Coconut cake, pineapple custard, Madagascar-Bourbon vanilla buttercream. Add rum essence for some pina-colada vibes!

Brazilian "Honey" Cake

Spiced chocolate cake infused with a touch of molasses, whipped Biscoff, and caramel buttercream.

Cookie Butter Cake

Biscoff cake, lotus biscuits, biscoff ganache, cookie butter & orange buttercream.

Classic Orange & Chocolate Cake

Black cocoa and orange cake, homemade NOtella, orange buttercream.

CAKE SIZE & PRICES

cupcakes - minimum 12 units order / 55 USD
16 cm with 4 layers - serve 8 people / 75 USD
20 cm with 4 layers - serve 12 people / 75 USD
25 cm with 4 layers - serve 20 people / 95 USD

ADD ON

sugar-free or gluten-free extra charge / 12 USD
express cake delivery / 10 USD

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we accept payments in cash or via Wise | you can pay in USD or EGP | 20% deposit is required

The Vegan Lab

DRINKS MENU

COLD DRINKS

PINK LEMONADE

Traditional lemonade mixed with a hint of grenadine / 04

TRADITIONAL COKE

Traditional cola made using the original recipe & distilled in oak casks / 04

ELDERFLOWER

Homemade elderflower cordial mixed with soda water and a dash of lime / 06

GINGER & LEMON

Fresh ginger steeped in bitter lemon juice & mixed with wild honey / 06

MOCKTAILS

CITRUS FIZZ

Organic marmalade cordial & Seedlip blended with soda water / 14

SHIRLEY GINGER

Lemon & lime, traditional ginger beer, grenadine, soda water and a dash of lime juice / 15

STRAWBERRY FIELDS

Strawberry syrup, hibiscus syrup blended with soda water & poured over ice / 11

WINTER SHANDY

Non-alcoholic beer crafted with a blend of spices, apricot syrup & a dash of lemon / 15

DAMASCUS

Red wine vinegar, cherry cordial & coffee syrup / 06

COFFEE

CAFFÈ AMERICANO

Coffee beans from Venezuela lightly roasted and served with foamy milk / 10

CAFÉ DE OLLA

Mexican inspired coffee flavoured with cinnamon and panela / 07

CIVET FLAT WHITE

Our simplest coffee ground in-house using coffee beans from Civets / 06

TEA

EARL GREY

A pot of traditional Early Grey served with a slice of fresh lemon / 05

FENNEL & ANISE

An all natural blend of fennel, star anise, cinnamon steeped at just the right temperature / 05

CAMOMILE & HONEY

An all natural blend of camomile & New Zealand Manuka honey / 08

HOT DRINKS

HOT CHOCOLATE

Rich Belgian chocolate whipped together with whole cream with chocolate dusting / 06

CHAI LATTE

Sweet and spicy chai blended with foamy milk & topped with cinnamon dust / 06

The Willows

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CHAI LATTE

Sweet and spicy chai blended with foamy milk & topped with cinnamon dust / 06



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espresso / 30
espresso double / 40
machiato / 40
americano / 40
cappuccino / 60
latte, hot or iced / 65
flat white / 70
bulletproof with org. MCT oil & cashew butter / 80
organic cold brewed / 60
extra milk gf oat, soy, almond or coconut / 15
extra shot / 10

JUICES

SUNRISE SESH
ococonut water, watermelon, lime, strawberry / 80

GREEN JUNKIE
spinach, org. apple cider vinegar, org. wheatgrass,
lemon, parsley, cucumber, ginger / 70

SHINE ON
coconut water, org. spirulina, mango, chia, ginger / 90

ALKALINE GLOW
org. apple cider vinegar, lime, beet, carrot, ginger,
apple / 70

LEMONADE DE JOUR
ask staff today's flavor / 55

FERMENTED DRINKS

org. kombucha by glass or liter / 70 - 145
Kat's artisan kombucha by glass / 90
org. coconut kefir by shot or glass / 35 - 95

WATER

san benedetto sparkling water / 35
water glass / 10
water bottle (plastic-free) / 20

SPECIALTY LATTE

SALTED CARAMEL POPCORN
tahini coconut salted caramel, plant milk, popcorn,
cinnamon / 70 add a shot of espresso for / 5

HEALING ROSE WATER
espresso, rose water, steamed plant milk, creamy
foam, dried rose petals / 70

BAOBAB GOLDEN MYLK
org. baobab, raw org. coconut oil, org. turmeric,
cinnamon, date syrup / 90

GINSENG CHAI
chai blend, raw org. coconut oil, Siberian ginseng,
date syrup / 70 add a shot of espresso for / 5

MIRACLE MACA CHOCOLATE
org. maca, black cocoa, ashwagandha, cinnamon,
nutmeg, date syrup, coco whip / 90

PUMPKIN SPICE
pumpkin spice, pumpkin puree, vanilla, maple,
espresso, coco whip / 80

MATCHA LATTE
org. matcha, mylk / 100

BULLETPROOF MATCHA
org. matcha, org MCT oil, cashew butter / 115

HIGH-PROTEIN MATCHA
org. matcha, vanilla protein powder, mylk / 115

MATCHA TEA
org. matcha, purified water / 90



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The Willows

FINE DINING MENU

STARTERS

MOZARELLA STICK

Breaded sticks of Italian mozzarella cheese and deep fried to perfection / 04

ROASTED SQUASH SOUP

Oven roasted seasonal squash, mildly spiced and served with homemade crusty bread / 06

FETA SALA

Wild rocket, sundried tomatoes, pomegranate with crumbled feta / 08

MAINS

LEBOWSKI TOWER BURGER

Jack cheese, smoked bacon, fried green tomatoes, two onion rings, black Russian bbq sauce with a baked pineapple / 26

PISSALADIÈRE

French pizza with seasonal olives, anchovies, wild thyme & Port Salut cheese / 18

SPAGHETTI AGLIO

Extra virgin olive oil, garlic a dash of chilli & fresh parsley / 20

NEW ZEALAND LAMB

Rack of New Zealand free range lamb with a herb crust, served with pan fried new potatoes and seasonal root vegetables / 28

MOROCCAN TAGINE

Sweet potato tagine with prunes, almonds, preserved lemons and saffron served with lemon and parsley cous cous / 23

SIDES

SWEET POTATO FRIES

Triple cooked fries seasoned to perfection with chilli salt / 07

GARLIC BREAD

Homemade crusty bread with wild garlic butter / 06

CHEESEY FRIES

Jack cheese coated triple cooked locally sourced potatoes / 07

DESSERTS

MANGOMISU

Tropical rendition of classic tiramisu made with ripe Malaysia mangoes / 14

CHOCOLATE TORTE

Rich Belgian chocolate torte on a base of oat crumb and brandy / 15

BURNT CHEESECAKE

Lighter than air rose scented cheesecake served with wild flowers / 16



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PINK LEMONADE

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TRADITIONAL COKE

Traditional cola made using the original recipe & distilled in oak casks / 04

ELDERFLOWER

Homemade elderflower cordial mixed with soda water and a dash of lime / 06

GINGER & LEMON

Fresh ginger steeped in bitter lemon juice & mixed with wild honey / 06

MOCKTAILS

CITRUS FIZZ

Organic marmalade cordial & Seedlip blended with soda water / 14

SHIRLEY GINGER

Lemon & lime, traditional ginger beer, grenadine, soda water and a dash of lime juice / 15

STRAWBERRY FIELDS

Strawberry syrup, hibiscus syrup blended with soda water & poured over ice / 11

WINTER SHANDY

Non-alcoholic beer crafted with a blend of spices, apricot syrup & a dash of lemon / 15

DAMASCUS

Red wine vinegar, cherry cordial & coffee syrup / 06

DRINKS MENU

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TEA

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A pot of traditional Early Grey served with a slice of fresh lemon / 05

FENNEL & ANISE

An all natural blend of fennel, star anise, cinnamon steeped at just the right temperature / 05

CAMOMILE & HONEY

An all natural blend of camomile & New Zealand Manuka honey / 08

HOT DRINKS

HOT CHOCOLATE

Rich Belgian chocolate whipped together with whole cream with chocolate dusting / 06

CHAI LATTE

Sweet and spicy chai blended with foamy milk & topped with cinnamon dust / 06

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CHAI LATTE

Sweet and spicy chai blended with foamy milk & topped with cinnamon dust / 06