



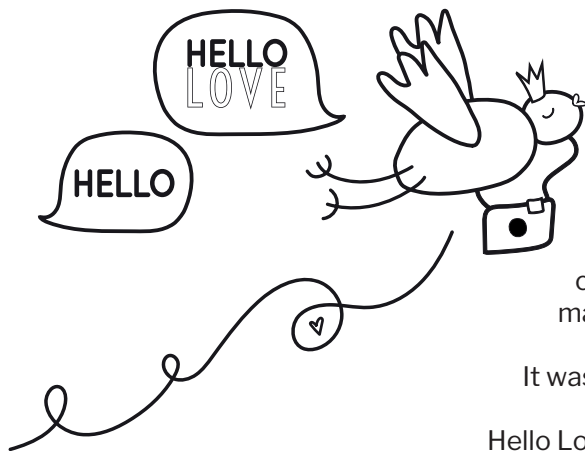
HELLO  
LOVE



MR SOUVLAKI



MR REUBEN



## A bit about us...

It started with a sign, literally. Sipping on a coffee at our local coffee spot we learnt the shop could be ours...

Armed with a passion for coffee and a thirst for the challenge, the decision was made to take on the space and make a fresh brew of it.

It was love at first lattè.

Hello Love opened its stacking doors on 26 August 2018.

We are all about the coffee. But also the produce, the food, the music, the team, the fresh selection of unique tasty foods, kosher, gluten-free and vegan options too. We believe in only using the crème de la crème of produce, you can taste it on our plates. It makes all the difference. Heart and hands go into every cup, cake and crumb on a plate.

Hello Love expanded, pregnant with new ideas and demands, we opened in Norwood Mall.

Listening to our customers wants and needs, we went on to open Mr Reuben. Authentic family treasured recipes are used in our best selling hot beef on rye and handsome hot dogs.

The Hello love family grew further into a whole new genre, Greek Street Food. Mr Souvlaki, a favourite spot of ours was adopted and re-ignited into a tasty, fresh, food lover's dream.

Instilling our principles of only using the finest quality produce we created a menu that feeds every palate.

Watch this space as the family grows.

Coming Soon:

Mrs Pokè (from fresh salmon, black rice, sliced veggies and more, create your own poh-keh bowl).

Superbowl (straight from nature, superfoods and nutritious bits to create your own body boosting bowls).

Mr Grain (every cereal you can think of with the milk of your choice, from dairy to almond, cashew, coconut and oat).

We like it how you like it. May our love be tasted in every dish. x



## THAT GOOD GUT FEELING

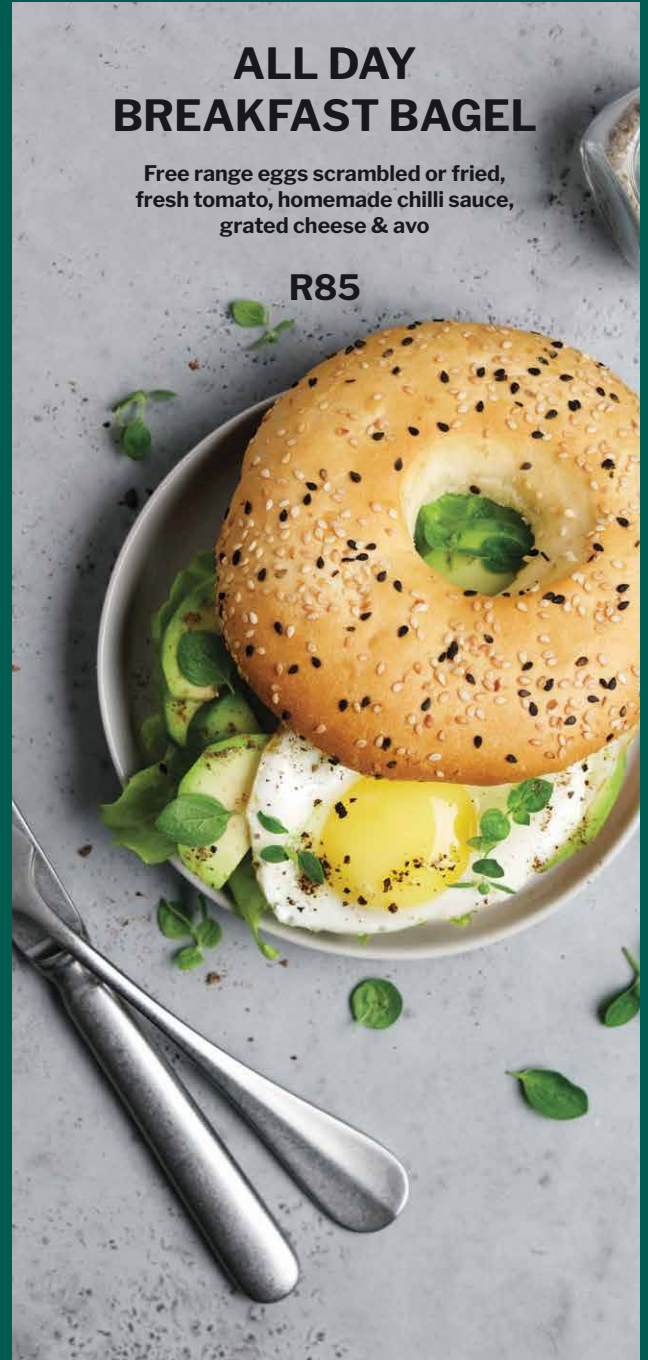
Get your gut into it with this colon  
cleansing, toxin removing power juice!  
Apple, ginger, lemon & himalayan salt.

**R49 / 250ml**

## ALL DAY BREAKFAST BAGEL

Free range eggs scrambled or fried,  
fresh tomato, homemade chilli sauce,  
grated cheese & avo

**R85**



# EAT ME ALL DAY

white, rye, sourdough, or health bread

~ **gluten-free +16**

## FRUIT AND FRIENDS 59

assortment of cut seasonal fruits

~ **add stonelodge granola +20**

~ **add gourmet greek yoghurt +20**

## PAW-PAW PATROL 70

half a paw-paw filled with plain gourmet greek yoghurt, topped with stonelodge granola and honey

## TOTES OATS 55

rolled oats, banana, chia seeds, goji berries, honey, cinnamon, happy cow milk

~ **dairy free +5 ~ gluten-free +12**

## BLUEBERRY PIE OVERNIGHT OATS 55

gluten-free oats, gourmet greek yoghurt, blueberries, maple syrup

~ **make it vegan +20**

## BUTTER-ME-UP 32

all natural peanut butter on toasted health/bagel/rye

~ **almond/cashew/macadamia nut butter +10**

## AVO RYE NOW 65

## BALSAMIC MUSHROOM AVO TOAST 75

served on sourdough

## A BOILED EGG WITH AVO ON RYE 49

## THE EGGSRESSO 55

scrambled or poached eggs on toast

~ **add grated cheddar or mozzarella +15**

## POACH EGGS NOT RHINOS 75

2 perfectly poached eggs, smashed avo and our flippin' delish chilli sauce, on your choice of bread

~ **add smoked salmon +50**

## SILKEN OMELETTE 75

spinach, tomato, parmesan and rye

## SMOKED SALMON AND SPRING ONION EGGS 79

silky eggs with strips of smoked salmon served on sourdough

## SPINACH, PARMESAN AND CHILLI EGGS 75

spicy start to the day! served with toast of choice

## CROISSANTS (from France, #JustSaying)

baked fresh, subject to availability

pain au chocolat 25

butter 25

almond 39

chocolate 28

cheesy scrambled eggs 65

## BANANA BREAD 30

## PERKY PANCAKES 49

perfect for anytime of the day

## JUST PROTEIN PANCAKES 99

only 132.5 calories per serving, vanilla or choc

## MAMMY BEANS 69

gently steamed edamame beans sprinkled with sea salt

## THE GAZZA 95

our famous chicken mayo with all the trimmings, served on toasted Reuben Rye buttered with avo

## BREAKFAST BAGEL/WRAP 85

eggs scrambled or fried, fresh tomato, chilli sauce, grated cheese, avo

“Hello Love is everything  
I love about Joburg”

- HL customer

# WRAP-IT-UP

 ~ **gluten-free +16**

## **V** CHEESE THE WRAPPER 59

grilled cheddar/mozzarella/combo and tomato

## **V** CHICKPEA WRAP 79

chickpeas, tzatziki, lettuce, tomato, cucumber, lemon, garam masala, touch of chilli

## **V** LITTLE MISS SUNSHINE 89


free-range hard boiled egg, diced rainbow tomatoes, white cheddar cheese, baby spinach and a drizzle of secret dressing

## **V** HALLOUMI AND AVO 79

Gourmet Greek halloumi with avo, tomato, red onion, tzatziki

## SCHNITZ CREEK 109

chicken schnitzel, avo, sauce on a wrap

 ~ **make it vegan +20**

## THE EMINEM 99

free-range chicken, shredded carrot and cabbage, edamame, crunchy noodles, toasted sunflower seeds and asian dressing

 ~ **make it vegan +20**

## THE JAY-Z 109

smoked salmon, cream cheese, pickles, lettuce, tomatoes

## THE NOTORIOUS BIG 80

egg/tuna/chicken mayo, lettuce, tomatoes, cucumber

## THE SNOOP DOGG 99

lentils, chickpeas, avo, green beans, cabbage, orange, toasted sunflower seeds, dressing

# BAE-GOALS

replace your bagel with rye, sourdough or health bread +6  
all bagels come with crisps, upgrade to Mr Souvlaki Chips +15

## **V** THE BIDEN 59

smearred gourmet greek cream cheese with gherkin or cucumber

## **V** THE BLAKE 69

free-range, homemade egg mayo

## **V** THE CHAD 69

avo and lemon

## **V** THE DONALD TRUMP 69

toasted white cheddar and tomato

## THE INDIA 79

free-range, homemade chicken mayo

## THE IONA 79


homemade, dolphin-friendly tuna mayo

## **V** THE IVANKA TRUMP 69

toasted mozzarella and tomato

## SCHNITZ CREEK BAGEL 105

chicken schnitzel, sauce on a bagel or make it carb friendly on a lettuce leaf

 ~ **make it vegan +20**

## THE TALIBABES 109

smoked salmon, cream cheese and pickles

## **V** PRINCESS ALICE 85

mozzarella, baby tomatoes, pesto princess

**ADD** ~ avo +20, onion +6, pickles +6, cucumber +6, tomato +6, free-range hard boiled egg +15

## **V** LOOSE BAGEL 12

# HELLO LOVE

new  
items are  
highlighted  
in green

 **vegan**

 **gluten-free**

 **kosher**

 **vegetarian**

# SALADS

## ✓ GREEN BOWL 85

quinoa, lettuce, avo, cucumber, cashew nuts, basil, mint, parsley, lime

## LOVER'S SALAD 119

egg/tuna/chicken mayo, crunchy lettuce, chickpeas, rainbow tomatoes, raisins, sunflower seeds and crunchy noodles

## ✓ PLANT POWER BOWL 95

chickpeas, lentils, green beans, cabbage, avo, orange, toasted sunflower seed

## ✓ MR SOUVLAKI GREEK SALAD 95

classic, simple greek salad with ripe tomato, cucumber, kalamata olives, mixed peppers, red onion, feta and greek dressing  
~ add a chicken skewer +35

## SHAN'S CAESAR 99

cos/romain lettuce, roast chicken breast, boiled egg, baby tomatoes, bagel croutons with a secret dressing

## ✓ SHEV'S CRUNCHY CABBAGE 75

shredded carrot and cabbage, edamame, crunchy noodles, toasted sunflower seeds and asian dressing

## SORT OF NICOISE 99

tuna, capers, cucumber, baby tomatoes, lettuce, carrot ribbons, edamame beans, boiled egg

## THE NATHAN'S CHICKEN SALAD 109

honey mustard chicken, avo, lettuce, tomatoes, shredded carrot, feta and sesame seeds

**ADD** ~ chicken +29, avo +20, free-range hard boiled egg +15

this place runs  
on love,  
laughter  
and a  
whole lot  
of coffee



# THE LITTLE LOVERS

## ✓ MINI SMASHED AVO TOAST 45

## ✓ CHEESY EGG WRAP 55

free-range scrambled eggs, white cheddar

## CHEESY CHICKEN WRAP 55

free-range chicken, white cheddar, mayo

## LITTLE RAINBOW WRAP 59

free-range chicken, avo, rosa tomatoes, carrot, greens, mayo

## ✓ LITTLE SCRAMBLED EGGS ON TOAST 39

free-range scrambled eggs on toast

## ✓ PEANUT BUTTER BANANA TOAST 39

banana, sugar-free peanut butter, honey, cinnamon

## ✓ PEANUT BUTTER POT 55

yoghurt, banana, sugar-free peanut butter, toasted almonds, honey

# SWEETS and SNACKS

## POP IT LIKE IT'S HOT 16

freshly popped popcorn

## ① CRUNCHIES 27

## ① CAKES from 45 ~ selection in-store

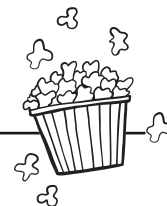
# HOUSE-MADE SWEETS

## BAKLAVA 69

crispy, buttery phyllo pastry, hand layered with a selection of crushed nuts, drenched with our mouth-watering syrup

## SWEET PITA 45

hot crispy pita served with a generous lathering of nutella



# MR REUBEN

## MENU

### REUBEN'S HOT DOG

High quality pure beef sausage in a toasted bun, lathered with mustard.

**Single dog** 59

**Double dog** 95

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### REUBEN'S SANDWICH

(From the days of Reubens at Oaklands)  
toasted rye, the real brisket, pickles and tangy mustard.  
It's messy, it's a vibe.

**Reuben full sandwich** 129

**Reuben half sandwich** 79

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### EXTRAS

- ✔ **George's crisps** 15
  - ✔ **Souvlaki chips** 20
  - ✔ **Cabbage salad** 20
  - ✔ **Switch it up for a bagel** 10
  - ✔ **Add tomato, cucumber and onion** 15
- 



# MR SOUVLAKI

## DIPS

- ✔ **TZATZIKI** 39  
greek yoghurt, cucumber, mint and dill
- ✔ **TIROSALATA** 45  
our signature dip, creamy feta blended with peppers and mild chilli
- ✔ **HUMMUS** 45  
the classic favourite, made with blended chickpeas, tahini, lemon, garlic, cumin and paprika
- ✔ **BEETROOT HUMMUS** 45  
roasted beets, hummus
- ✔ **MELITZANOSALATA** 45  
tasty roasted eggplant, garlic, parsley, family-recipe dressing, olive oil and black pepper
- ✔ **TAMOSALATA** 45  
a tangy cod roe blend with a gentle seafood flavour
- ✔ **FETA AND MINT DIP** 59  
great as a dip, spread or a side dish
- ✔ **TAHINI** 45  
roasted sesame seeds, olive oil and spices
- ✔ **OLIVE DIP** 59  
a family favourite
- ✔ **MINI TRIO OF DIPS** 115  
3 mini dips of your choice served with pita bread

## SIDES

- ✔ **PITA BREAD** 17  
buttered, served hot and crispy
- ✔ **SALAD** 49  
classic greek salad with ripe tomato, cucumber, mixed kalamata olives, sliced red onion and feta with greek dressing
- ✔ **CHIPS** 20/35  
fat and crispy, topped with our signature spice

- ✔ **GREEK LEMON RICE** 39  
orzo, rice, with garlic, onion, lemon and fresh herbs, try it with a souvlaki on the plate for a whole new experience

- ✔ **FETA CHIPS** 45/59  
gourmet feta crumbled over crispy, hand-cut chips

## SALADS

- ✔ **CHICKEN and HALLOUMI SALAD** 125  
grilled chicken thigh fillet, halloumi (grilled or fried) served on a bed of wild rocket and mixed peppers with creamy avocado and greek dressing

- ✔ **VEGAN SALAD** 89  
crispy falafels (beetroot or classic) on a bed of wild rocket, with creamy avocado, ripe tomato, mixed red and yellow peppers topped with a tahini salad dressing

- ✔ **GREEK SALAD** 79  
classic, simple greek salad with ripe tomato, cucumber, kalamata olives, mixed peppers, red onion, feta

- ✔ **MR SOUVLAKI SALAD** 139  
greek fantasy - one lamb (or beef) souvlaki skewer, served atop our classic greek salad

- ✔ **BEET and HALLOUMI SALAD** 109  
pickled beetroot and golden halloumi with sesame seeds, roasted walnuts and a balsamic glaze

- ✔ **ARTICHOKE and HALLOUMI SALAD** 115  
a mediterranean feast - silky halloumi and artichokes with crispy cannellini beans, toasted pumpkin seeds and a lemon-honey dressing

## ON THE PLATE

- served with hot and crispy pita, our famous tzatziki, chips and greek salad. Switch chips for greek lemon rice + 10

- ✔ **SOUVLAKI**  
portioned on a skewer (100/200/300g)

**chicken thigh fillet** single/double/triple 109/149/179

**beef fillet** single/double/triple 159/225/279

**lamb** single/double/triple 159/225/279

**bifteki** (minced lamb) single/double/triple 139/189/239

✔ **herbivore** (minced) single/double/triple (coming back soon)

✔ **seasonal veg** single/double/triple

(baby marrow, brinjals, mixed peppers and red onion) 99/119/145

- ✔ **SHAVED GYRO MEAT** 249  
240g thin strips of free-range artisanal beef fillet  
~ **half portion 165**

- ✔ **SKINNY LAMB CHOPS 250g/500g** 249/399  
with garlic, lemon and oregano ~ grilled to perfection



# GYROS

## CLASSIC GYRO

wrapped in a hot and crispy pita with thinly sliced red onion, ripe tomato and our famous tzatziki ~ full size/mini. The minis are great for trying different flavours, and the full size for the really hungry.

**beef fillet** 115/60

**chicken thigh fillet** 89/49

**chicken breast** 69/45

**lamb** 109/59

**bifteki (minced lamb)** 99/49

🌿 **herbivore bifteki (minced)** (coming back soon)

🌿 **veg (baby marrow, brinjals, mixed peppers and red onion)** 59/39

🌿 **trio of mixed mini gyros** 175

## THE MR SOUVLAKI 119/59

signature lamb with our home-made tirosalata dip, thinly sliced red onion and ripe tomato

## THE FAT GREEK 125/95/119/109

beef fillet/chicken thigh fillet/lamb/bifteki with thinly sliced red onion, rocket, ripe tomato, our famous tzatziki, stuffed with crispy chips (the greek way)

## 🌿 THE MRS SOUVLAKI 85/49

halloumi (fried/grilled), rocket, thinly sliced red onion, ripe tomato and our famous tzatziki

## SCHNITZ GREEK GYRO 115

crispy coated signature chicken schnitzel with thinly sliced red onion, tomato and our famous tzatziki

## 🌿 THE VERY VEGAN 99/119/119

falafel, (original/classic/beetroot) hummus, sliced red cabbage, rocket and tahini

## CHICKEN and HALLOUMI 119/65

chicken, halloumi, onion, peppers, thinly sliced red onion and our famous tzatziki

## LAMB and HALLOUMI 139/75

tender lamb, halloumi, onion, peppers, thinly sliced red onion, ripe tomato and our famous tzatziki

# MEZE

## 🌿 DOLMADES 44

steamed vine leaves stuffed and rolled with a tasty rice filling, served with a dollop of greek yoghurt (4 in a portion)

## 🌿 HALLOUMI 65

hand-crafted halloumi wedge served grilled or fried, topped with oregano and a side of our famous tzatziki

## 🌿 HALLOUMI CHIPS 65

hand-crafted halloumi, sliced into chips, served grilled or fried, topped with oregano and a side of our famous tzatziki

**CHICKEN THIGH FILLET/BEEF/LAMB/VEG** 49/89/85/40  
grilled and served on a skewer

## BIFTEKI 59

3 tasty hand-rolled lamb mince patties served with our famous tzatziki, red onion and parsley

## 🌿 HERBIVORE BIFTEKI (coming back soon)

3 hand-rolled minced patties served with our famous tzatziki, red onion and parsley

## CHICKEN LIVERS 75

a house favourite, cooked in peri-peri sauce with a splash of fresh cream served with pita

## 🌿 ORIGINAL MR SOUVLAKI FALAFEL 75

3 hand-rolled, fried chickpea balls served with thinly sliced red onions and hummus

## 🌿 OUTCAST FALAFEL 109

**classic:** cumin, coriander, cilantro, turmeric  
**beetroot:** beet, cardamom, poppy and a hint more chilli

## 🌿 SPANAKOPITA 45

deveined spinach leaves and hand-crafted feta delicately wrapped in crispy, buttery phyllo pastry, sprinkled with sesame seeds

## 🌿 MIXED OLIVES 59

a greek delicacy symbolising peace, friendship and association

## 🌿 BABY MARROW 35

fried zucchini served with fresh mint and a dollop of greek yoghurt

## 🌿 BEETROOT 35

beets pickled in bay leaves, cinnamon and red onion

## 🌿 KOLOKITHOKEFTEDES 45

greek zucchini fritters with mint, red and spring onion, egg, feta, breadcrumbs and tzatziki

## 🌿 TRADITIONAL DOMATOKEFTETHES 45

santorini tomato fritters with zucchini, spices, onion, mint, parsley, flour and hummus

## 🌿 PITA CHIP DIP BASKET 75

perfect for sharing - basket of golden chips centred around a feta and mint dip

## COFFEE Drinks available in SMALL, REGULAR, LARGE

Our house blend from the award winning Father roastery is warm, comfy, and easy. Components are seasonal, so this coffee evolves constantly. The intent, however, remains the same - great flavour, body and balance.

- AMERICANO** 27/30/34
- BABYCCINO** on the house/dairy free 12
- CAPPUCCINO** 32/38/43
- FLAT WHITE** 31/37/42
- MOCHA** 39/47/54
- FRENCH PRESS** 44/50
- NUTTY BUTTER CAPP** 40
- RED CAPPUCCINO** 41
- MACCHIATO** 28/34
- ESPRESSO** SINGLE 25/DOUBLE 27
- CORTADO** 30
  - ~ grind of the month +7
  - ~ pump it with caramel, gingerbread, hazelnut or vanilla +9
  - ~ save the cows, dairy free milk from +9
  - ~ extra shot +7

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## \*LATTE

- BEETROOT and COCOA** 43
- CAFÉ** 38
- CARAMEL** 43
- CHAI** 41
- DIRTY CHAI** 46
- GINGERBREAD** 45
- HAZELNUT** 45
- MATCHA** 48
- ROOIBOS** 38
- TURMERIC** 43
- VANILLA** 43

\* Also delish chilled

## NOT COFFEE

- MILO** 38
- HOT CHOCOLATE** 38/41/44
- POT OF TEA** 28  
5 Roses, Chamomile, Rooibos, Lemon & Ginger
- FRESH MINT LEAF TEA** 30

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## FREEZO and SHAKES

- FREEZO** 49/55  
bar-one/chai/choc/coffee/mango/peach/smoes/strawberry/  
white choc  
  
milky bar/aero peppermint +7
- SHAKES** 46/55  
banana/bar-one/choc/coffee/lime/salted-caramel/strawberry/vanilla  
  
subject to availability

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## BODY SHOTS

- BEAUTY SHOT** 32  
plant collagen, cucumber, granny smith apple
- FIRE TONIC** 19  
cayenne pepper, chilli, garlic, ginger, kombucha, onion, turmeric
- IN THE PINK** 32  
grapefruit, ginger, mint
- IMMUNE KICK** 32  
cayenne pepper, ginger, honey, lemon
- JINJA-NINJA!** 22/42  
apple, ginger

# JUICE

**THE BEET-BOXER** 55/63  
apple, beetroot, carrot, ginger, lemon

**THE BLUE+YELLOW** 55/63  
pressed apple, celery, cucumber, kale, mint

**SECRET SUNRISE** 55/63  
apple, carrot, celery, orange, lemon

**THE SIMPSONS** 45/55  
freshly squeezed orange/grapefruit

**PUFF DRAGON** 57/66  
dragon fruit, granny smith apple, cucumber, celery, ginger  
~ add ginger +18

**GUT JUICE** 49  
subject to availability

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# THIRSTY

**H2O** STILL/SPARKLING from 18

**IMPORTED VOSS SPARKLING WATER** 70  
selection varies in store

**LOCAL SOFT DRINKS** 19  
Coke, Coke Zero, Sprite, Fanta, Creme Soda

**IMPORTED SOFT DRINKS** from 23  
selection varies in store

**SAN BENEDETTO** 27  
ICED TEA - peach / lemon

**KOMBUCHA** 33  
~ blueberry and basil  
~ cucumber and mint  
~ ginger and lemon  
~ rooibos chai

**KOMBUCHA WATER KEFIR** 33  
passion fruit/peach-lemon/wild berries

**ARIZONA ICE TEA** from 37  
selection varies in store

**WHOLE EARTH ORGANIC  
SPARKLING LEMONADE** 36  
cranberry/ginger/elderflower/lemonade

# SMOOTHIES

**BERRY BANGER** 56/62  
banana, frozen yoghurt, honey, milk, seasonal berries

**BUILD ME UP BUTTER CUP** 56/62  
banana, cacao powder, plain fro-yo, peanut butter, milk

**GET YOUR GREENS ON** 56/62  
banana, ginger, kale, mango, moringa, pressed apple juice

**SQUIRREL NUTKINS** 69/79  
GF whey, peanut butter, milk, banana, cacao, gourmet greek yoghurt  
~ plant protein option available

**THE LOVERS** 67/73  
double shot espresso, froyo, coco milk, cacao, milk

**MILK NUTS NOT COWS** 73/82  
macadamia nut butter, raw cashews, cacao nibs, banana, dates, coco milk, almond milk

**THE NUTTY VEGAN** 56/62  
almond milk, blueberries, banana, dates, H<sub>2</sub>O, vegan peanut butter

**THE TRISH** 56/62  
banana, nut milk, cacao nibs, goji berries, maca powder, chia seeds, spinach

**VANILLA HIGH** 56/62  
almond milk, banana, blueberries, almond butter, chia, vanilla extract, raw cacao, spirulina

**PLANT BASED POWER** 67/77  
chickpeas, spinach, chia & flax seeds, cashew milk, peanut butter, banana

## ADD

- ~ baobab +15
- ~ cayenne +15
- ~ ginger +15
- ~ spirulina +15
- ~ charcoal +15
- ~ colloidal silver +15
- ~ moringa +15
- ~ vegan protein powder +22
- ~ grass-fed whey protein powder +22
- ~ collagen powder +10

new  
items are  
highlighted  
in green

 vegan

 gluten-free

 kosher

 vegetarian

# BRANCHES

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## ILLOVO

060 363 4776  
Post Office Centre,  
cnr Rudd & Otto Street, Illovo



## NORWOOD

079 835 2002  
Inside Pick n Pay, Norwood Mall,  
3 Sarie Marais Road, Norwood



## WAVERLEY

065 652 1418  
62 Knox Street, Waverley



# FOLLOW US

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“Friends bring happiness into your life.  
Best friends bring coffee.”

Bolt

Uber  
Eats



MR  
YUM