



## ***Mary-ann's Natural Emporium Menu***

<https://menulist.menu>

1 Urtel Crescent, Somerset Mall Plaza (at 1st Floor, Triangle House, Same Building As Standard Bank), Cape Town, South Africa, 8005

+27870929103,+27218562500 - <https://www.mary-anns.com>



On this site, you can find the *complete* [menu](#) of Mary-ann's Natural Emporium from Cape Town. Currently, there are 23 meals and drinks up for grabs. For seasonal or weekly deals, please contact the owner of the restaurant directly. You can also contact them through their website. What [User](#) likes about Mary-ann's Natural Emporium: an incredible buffet with a lot of healthy and delicious AF food. everything is made in the house from broth to sauces. I wish it would be closer to where I live because I would eat here every day when half the chance is given. [read more](#). The premises on site are wheelchair accessible and can also be used with a wheelchair or physiological disabilities, Depending on the weather, you can also sit outside and have something. It's definitely always an event to be in a **typical saloon** and to enjoy; to feel like a cowboy for once with a beer and also the finger food like crispy fries, onion rings or a hearty burger, Inthemorning a **hearty brunch** is offered here. You have a special event and want to enjoy the food at your place? With the in-house catering service, that's no problem, the place offers however also dishes typical for Europe.

# Mary-ann's Natural Emporium Menu



## ***Appetizers***

YOGURT

## ***Süße Desserts***

BROWNIE

## ***Main courses***

LASAGNA

## ***Side Orders***

MAYO

## ***Mexican dishes***

CHILLI

## ***Asiatische Gerichte - Huhn***

THAI CURRY

## ***Beverages***

JUICES

## ***Popular Items***

SMOOTHIES

## ***Condiments and Sauces***

CURRY

## ***Nut Milks***

ALMOND MILK

## ***Restaurant Category***

GLUTEN FREE

VEGAN

## ***These types of dishes are being served***

PIZZA

BREAD

## ***Ingredients Used***



CHOCOLATE

MUSHROOMS

MILK

BUTTER

PEANUT BUTTER

HONEY

ZUCCHINI

QUINOA

STRAWBERRY

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Plaza (at 1st Floor, Triangle  
House, Same Building As  
Standard Bank), Cape Town,  
South Africa, 8005

**Opening Hours:**  
Thursday 09:00-17:00  
Friday 09:00-17:00  
Monday 09:00-17:00  
Tuesday 09:00-17:00  
Wednesday 09:00-17:00

Made with [menulist.menu](https://menulist.menu)

