

Summer Menu



Serenity Bowl (GF, DF, V)

Coconut water, blue spirulina, coconut sorbet blueberries and mango. Topped with our gluten free muesli and seasonal fruit

SMALL: 17.5 LARGE: 21.0

ADD SEA MOSS: 2.0

Siren Smoothie (GF)

Coconut water, blue spirulina, sea moss, vanilla protein, natural frozen yoghurt, banana and blueberries

SMALL: 14.5 LARGE: 16.5

Paradise Punch Smoothie (GF, DF, V)

Coconut water, mint, passionfruit, coconut sorbet, pineapple and mango

SMALL: 13.5 LARGE: 15.5

Health Shots 4.5

DESTRESS

Ashwagandha, lavender tea, lemon & honey

GUT RELIEF

Activated charcoal, chia seeds, ginger, orange, lemon & honey

HYDRATE

Watermelon, mint, cucumber, lemon & electrolytes

Iced Tea

Green tea, passionfruit, ginger, mint, honey & lemon

SMALL: 8.0 LARGE: 9.0

Cold Brew

6.5

House made cold brew to keep you caffeinated

Toastie

12.5

CLASSIC HAM

A go-to classic: ham, cheese and tomato toasted to perfection

Smoked Salmon Bagel

13.5

Smoked salmon, cream cheese and rocket on a bagel

Avocado Toast 12.5

Two slices of toast topped with mashed avocado, sprouts and salt and pepper

Ham & Cheese Croissant

11.5

A freshly toasted croissant filled with layers of ham and cheese