

# Bowls, Nice Cream & Smoothies





#### THE OG BLENDED BOWLS



#### Acai Bowl (GF, V)

Apple Juice, Acai, Banana, Mixed Berries
Topping: GF Granola Mix & Seasonal Fruit

#### Aloha Bowl (GF, DF, V)

Coconut Water, Passionfruit, Fresh Mint, Pineapple, Banana, Lemon Sorbet

Topping: GF Granola Mix & Seasonal Fruit

#### Banana Bowl

Milk, Banana, Natural Frozen Yoghurt, Honey, Cinnamon Topping: Natural Muesli & Seasonal Fruit

#### Berry Bowl

Milk, Mixed Berries, Banana, Strawberry Frozen Yoghurt Topping: Toasted Muesli & Seasonal Fruit

#### Cacao Bowl (GF, DF, V)

Almond Milk, Cacao, Almond Butter, Dates, Banana, Topping: GF Granola Mix & Seasonal Fruit

#### Hulk Bowl (GF)

Almond Milk, Banana, Vanilla Protein, Spinach, Peanut Butter, Natural Frozen Yoghurt Topping: GF Granola Mix & Seasonal Fruit

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#### Sunshine Bowl

Milk, Pineapple, Lemon Sorbet, Mango Frozen Yoghurt, Passionfruit

Topping: Toasted Muesli & Seasonal Fruit

#### NICE CREAM (GF, DF, V)



### Ice Cream

#### Snickaz

Almond Milk, Cacao, Peanut Butter, Peanuts, Banana, Salted Caramel Protein

#### **Peanut Butter**

Almond Milk, Peanut Butter, Peanuts, Banana

#### Mango Sassy

Coconut Milk, Coyo, Mango, Banana

#### Pineapple Punch

Coconut Milk, Passionfruit, Pineapple, Banana

#### **CLASSIC SMOOTHIES**



#### Bananarama (GF)

Milk, Banana, Natural Frozen Yoghurt, Honey, Cinnamon

#### Mixed Berry

Milk, Mixed Berries, Banana, Strawberry Frozen Yoghurt

#### Mango Banana Chiller (GF)

Milk, Banana, Mango Frozen Yoghurt, Honey

#### Pink Lemonade (GF, DF, V)

Coconut Water, Mixed Berries, Lemon Sorbet

#### Pineapple Zest (GF)

Milk, Pineapple, Lemon Sorbet, Mango Frozen Yoghurt, Passionfruit

#### Sunrise (GF)

Pineapple Juice, Mango Frozen Yoghurt, Mixed Berries, Passionfruit

#### SUPERFOOD SMOOTHIES



#### Acai Berry (GF, DF, V)

Apple Juice, Acai, Mixed Berries, Banana

#### Choc Dream (GF, DF, V)

Almond Milk, Cacao, Banana, Almond Butter, Dates

#### Funky Monkey (GF)

Almond Milk, Organic Hemp Seeds, Cacao, Peanut Butter, Natural Frozen Yoghurt, Banana

#### Hulk (GF)

Almond Milk, Vanilla Protein, Spinach, Banana, Peanut Butter, Natural Frozen Yoghurt

#### Lean And Green (GF, DF, V)

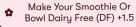
Coconut Water, Kale, Spinach, Mango, Pineapple, Banana

#### Maca Smacka (GF, DF, V)

Almond Milk, Maca Powder, Salted Caramel Protein, Dates, Peanut Butter, Banana

#### Popeye Power (GF, DF, V)

Coconut Water, Prebiotic Greens, Spinach, Mint, Passionfruit, Banana, Lemon Sorbet





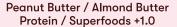




(DF) DAIRY FREE (GF) GLUTEN FREE (V) VEGAN PLEASE ADVISE US OF ANY ALLERGIES



Pop On A Little Something Extra With Our Add Ons











## Coffee & Drinks



#### **HOT DRINKS**



Long Black / Flat White Cappuccino / Latte Mocha / Hot Choc S 5.0 M 5.5 L 6.5

Espresso

Single 3.5 D

Double 4.3

Piccolo / Macchiato

4.5

Matcha / Turmeric / Dandelion

\$ 5.0 M 5.5 L 6.5

Loose Leaf Teas

5.0

Earl Grey, English Breakfast, Green, Lemon Grass and Ginger, Peppermint, Chamomile, Masala Chai

**Deconstructed Chai Tea** 

7.0

Pot of local Masala blend soaked in honey, brewed on hot water, served with a side of soy milk

**Apple Mint Tea** 

7.0

Pot of steamed fresh apple juice infused with mint, lemon, ginger and honey

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#### **ICED OPTIONS**

Latte / Mocha / Choc / Chai

6.5

Iced Long Black

5.5

Milkshakes

8.0

Choc, Vanilla, Hazelnut, Caramel, Coffee.

#### **EXTRAS**

Extra Shot Espresso +0.8

Lactose Free / Soy / Almond / Oat / Coconut +0.8

Add Ice Cream +2.00

#### **COLD PRESSED JUICES**

(\$10.0

#### **I**mmunify

Orange, Apple, Carrot, Ginger, Turmeric

#### Detox

Celery, Kale, Lemon, Ginger, Apple, Cucumber

#### Liver Cleanse

Beetroot, Carrot, Ginger, Lemon, Apple

#### Green Fields

Apple, Kale, Lemon, Ginger, Pineapple, Kiwi

#### **Red Delight**

Watermelon, Beetroot, Strawberry, Lemon, Mint

#### Zesty Zing

Pineapple, Orange, Carrot, Lime

#### **HOUSE MADE JUICES**

\$10.0

#### Envy

Apple, Pineapple, Lime, Ginger, Mint

#### Pride

Celery, Cucumber, Spinach, Apple, Parsley

#### Gluttony

Watermelon, Strawberry, Apple, Mint

#### Greed

Carrot, Beetroot, Celery, Orange, Lemon

#### Lust

Pineapple, Orange, Passionfruit

#### Sloth

Apple, Pineapple, Strawberry, Guava















@BLENDED\_COTTONTREE

