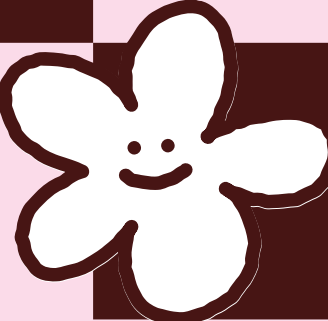
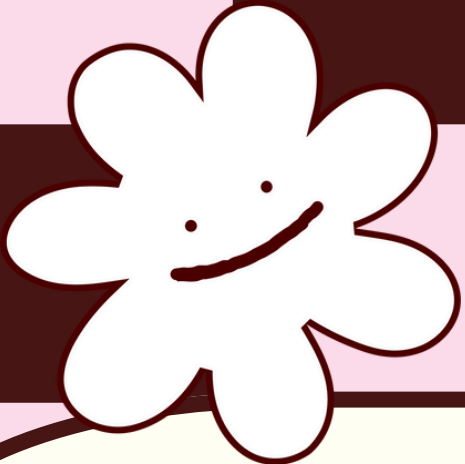




Blended

HEALTH BAR



SUPERFOOD SMOOTHIES

ACAI BERRY (GF, DF, V)

Apple juice, acai, mixed berries, banana

CHOC DREAM (GF, DF, V)

Almond milk, cacao, almond butter, dates, banana

FUNKY MONKEY (GF)

Almond milk, organic hemp seeds, cacao, peanut butter, natural frozen yoghurt, banana

HASTINGS HULK (GF)

Almond milk, spinach, vanilla protein peanut butter, natural frozen yoghurt, banana

LEAN AND GREEN (GF, DF, V)

Coconut water, spinach, kale, banana, mango, pineapple

MACA SMACKA (GF, DF, V)

Almond milk, maca powder, dates, salted caramel protein, peanut butter, banana

POPEYE POWER (GF, DF, V)

Coconut water, prebiotic greens, spinach, mint, passionfruit, lemon sorbet, banana

CLASSIC SMOOTHIES

BANANARAMA (GF)

Milk, honey, cinnamon, natural frozen yoghurt, banana

MIXED BERRY (GF)

Milk, strawberry frozen yoghurt, mixed berries, banana

MANGO BANANA CHILLER (GF)

Milk, honey, mango frozen yoghurt, mango, banana

PINK LEMONADE (GF, DF, V)

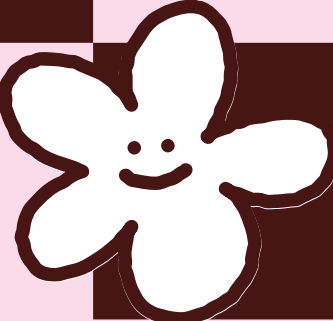
Coconut water, lemon sorbet, mixed berries

PINEAPPLE ZEST (GF)

Milk, passionfruit, lemon sorbet, mango frozen yoghurt, pineapple

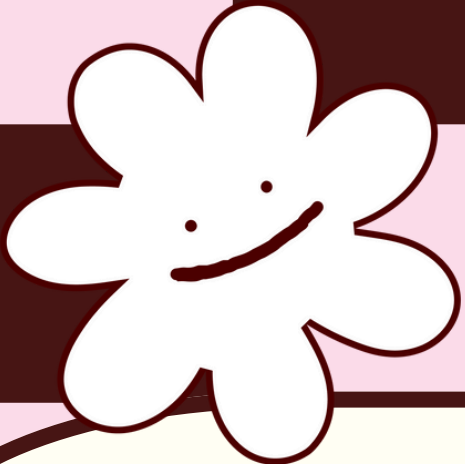
SUNRISE (GF)

Pineapple juice, passionfruit, mango frozen yoghurt, mixed berries



Blended

HEALTH BAR



BLENDED BOWL

ACAI BOWL (GF, DF, V)

Apple juice, acai, mixed berries, banana
Topping: GF muesli and seasonal fruit

CACAO BOWL (GF, DF, V)

Almond milk, cacao, almond butter, dates, banana
Topping: GF muesli and seasonal fruit

SUNSHINE BOWL

Milk, passionfruit, lemon sorbet, mango frozen yoghurt, pineapple
Topping: Toasted muesli and seasonal fruit

BERRY BOWL

Milk, strawberry frozen yoghurt, mixed berries, banana
Topping: Toasted muesli and seasonal fruit

BANANA BOWL

Milk, honey, cinnamon, natural frozen yoghurt, banana
Topping: Natural muesli and seasonal fruit

ALOHA BOWL (GF, DF, V)

Coconut water, fresh mint, lemon sorbet, passionfruit, pineapple, banana
Topping: GF muesli and seasonal fruit

HASTINGS HULK BOWL (GF)

Almond milk, spinach, vanilla protein, peanut butter, natural frozen yoghurt, banana
Topping: GF muesli and seasonal fruit

NICECREAM

Dairy free, gluten free and vegan alternative to ice cream

PEANUT BUTTER

Almond milk, peanut butter, crushed peanuts, banana

MANGO SASSY

Coconut milk, coconut sorbet, passionfruit, mango, banana

PINEAPPLE PUNCH

Coconut milk, lemon sorbet, passionfruit, pineapple

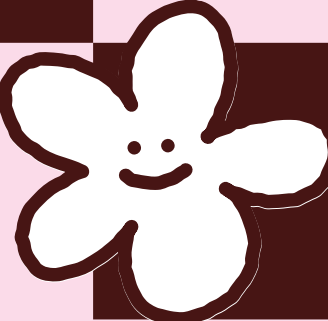
FRUIT AND NUT

Almond milk, dates, cacao nibs, almonds, banana

SNICKAZ

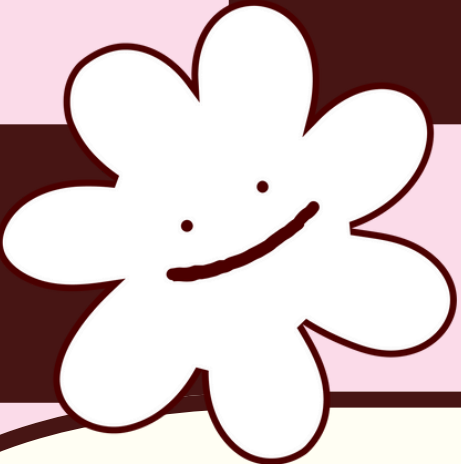
Almond milk, salted caramel protein, peanut butter, crushed peanuts, banana

**UPGRADE ANY NICECREAM TO A BOWL
WITH MUESLI AND FRUIT**



Blended

HEALTH BAR



COLD PRESSED JUICE

IMMUNIFY

Orange, green apple, carrot, ginger, turmeric

GREEN FIELDS

Green apple, pineapple, kale, lemon, ginger, kiwi

ZESTY ZING

Orange, pineapple, carrot, lime

RED DELIGHT

Watermelon, beetroot, strawberry, mint, lemon

DETOX

Green apple, celery, kale, lemon, ginger

LIVER CLEANSE

Carrot, green apple, beetroot, lemon, ginger

CELERY

100% Celery

ORANGE JUICE

100% Orange

HOT OATS

CRUNCH CRISIS

Creamy oats topped with peanut butter, banana, almonds, peanuts and honey

CHOC MANIA

Creamy oats with cacao and chocolate protein, topped with almond butter, coconut flakes, strawberries and cacao nibs

APPLE CRUNCH

Creamy fruit oats topped with apple, cinnamon, almonds, dates and honey

