



Bowls, Nice Cream & Smoothies



THE OG BLENDED BOWLS

\$15.5

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

Sunshine Bowl

Milk, Pineapple, Lemon Sorbet, Mango Frozen Yoghurt, Passionfruit
Topping: Toasted Muesli & Seasonal Fruit

NICE CREAM (GF, DF, V)

GF, Dairy Free, & Vegan Alternative To Ice Cream

\$13.0

Snickaz

Almond milk, cacao, peanut butter, peanuts banana

Peanut Butter

Almond milk, peanut butter, peanuts, banana

Mango Sassy

Coconut milk, coyo, mango, banana

Pineapple Punch

Coconut milk, passionfruit, pineapple, banana

CLASSIC SMOOTHIES

\$10.5

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

\$12.5

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

✿ Make Your Smoothie Or Bowl Dairy Free (DF) +1.5 ✿

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

WANT TO JAZZ IT UP?

Pop On A Little Something Extra With Our Add Ons

Peanut Butter / Almond Butter Protein / Superfoods +1.0

Acai +2.0 Espresso +0.8



