

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

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

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



Bananarama (GF)

Milk, Banana, Natural Frozen Yoghurt, Honey, Cinnamon

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

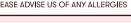
Popeye Power (GF, DF, V)

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



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

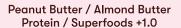
















WANT TO JAZZ IT UP?

Pop On A Little Something Extra With Our Add Ons





Coffee & Drinks



HOT DRINKS

Espresso



S 4.5 M 5.5 L 6.5

4.5

5.0

7.0

7.0

Long Black / Flat White Cappuccino / Latte Mocha / Hot Choc

Single 3.5 Double 4.3

Piccolo / Macchiato

Matcha / Turmeric / Dandelion 5.5

Loose Leaf Teas

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

Organic Chai Latte

Pot of local Masala blend soaked in honey, served with soy milk

Apple Mint Tea

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

ICED OPTIONS

Latte / Mocha / Choc / Chai 6.5

Iced Long Black 5.5

Milkshakes 8.0

EXTRAS

Extra Shot Espresso +0.8

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

Choc, Vanilla, Hazelnut, Caramel, Coffee.

Add Ice Cream +2.00

COLD PRESSED JUICES

(\$10.0

Immunify

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



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













