



## Superfood Smoothies

### **ACAI BERRY: (DF,GF,V)**

Acai, Mixed Berries, Banana, Apple Juice

### **LEAN & GREEN: (DF,GF,V)**

Kale, Spinach, Mango, Pineapple, Banana, Coconut Water (Chia seeds)

### **POPEYE POWER (DF,GF,V)**

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

### **BLENDED MOJITO (DF,GF,V)**

Pineapple, Mint, Spinach, Coco sorbet, Passionfruit, Pineapple juice (Shredded coconut)

### **MACA SMACKER: (DF,GF,V)**

Banana, Maca, Dates, Peanut Butter, Salted Caramel Protein, Almond milk (Crushed nuts)

### **FUNKY MONKEY (GF)**

Banana, Cacao, Peanut butter, Hemp seeds, Natural Frozen Yoghurt, Almond milk (Cacao nibs)

### **HASTINGS HULK (GF)**

Vanilla Protein, Banana, Peanut Butter, Natural Frozen Yogurt, Spinach, Almond Milk (Crushed nuts)

### **CHOC DREAM (DF, GF, V)**

Cacao, Banana, Almond Butter, Dates, Cacao Nibs, Almond Milk

Make your smoothie DF + 1.5

## Classic Smoothies

### **BANANARMA: (GF)**

Banana, Natural Frozen Yogurt, Honey, Cinnamon, Milk

### **MIXED BERRY: (GF)**

Mixed Berries, Banana, Strawberry Frozen Yogurt, Milk

### **MANGO BANANA CHILLER: (GF)**

Milk, Banana, Mango Frozen Yogurt, Honey

### **PINEAPPLE ZEST: (GF)**

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

### **PINK LEMONADE: (DF,GF,V)**

Mixed Berries, Lemon Sorbet, Coconut Water

### **SUNRISE (GF)**

Pineapple Juice, Mango Frozen Yogurt, Mixed Berries, Passionfruit



# Blended Bowls

## **ACAI BOWL: (DF,GF,V)**

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

## **BERRY BOWL:**

Mixed Berries, Banana, Strawberry Frozen  
Yogurt, Milk  
Topping: Toasted Muesli + Seasonal Fruit

## **SUNSHINE BOWL:**

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

## **BANANA BOWL:**

Banana, Apple, Natural Frozen Yogurt, Honey,  
Cinnamon, Milk  
Topping: Natural Muesli + Fruit

## **CACAO BOWL: (DF, V)**

Banana, Dates, Raw Cacao, Almond Butter,  
Coconut Sorbet, Almond Milk  
Topping: GF Granola Mix + Seasonal Fruit

## **HASTINGS HULK BOWL**

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

## **ALOHA BOWL: (DF, V)**

Coconut Water, Passionfruit, Fresh Mint,  
Pineapple, Banana, Lemon Sorbet.  
Topping: GF Granola Mix + Seasonal Fruit

# Nicecream

## **PEANUT BUTTER**

Banana, peanut butter, crushed nuts,  
almond milk

## **MANGO SASSY**

Mango, banana, coconut vegan ice cream,  
passionfruit, coconut milk

## **PINEAPPLE PUNCH**

Pineapple, lemon sorbet, passionfruit,  
coconut milk

## **FRUIT AND NUT**

Banana, cacao, dates, almonds, cacao  
nibs, almond milk

## **SNICKAZ**

Banana, cacao, caramel protein, peanut  
butter, crushed nuts, almond milk

**UPGRADE ANY NICE CREAM TO A BOWL  
WITH MUESLI AND FRUIT FOR \$3.50**

# Cold Pressed Juices

**DETOX:**

Celery, Kale, Lemon, Ginger, Apple

**LIVER CLEANSE**

Beetroot, Carrot, Ginger, Lemon, Apple

**CELERY JUICE**

Celery

**GREEN FIELDS**

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

**IMMUNIFY:**

Orange, carrot, green apple, ginger + turmeric

**ZESTY ZING:**

Pineapple, orange, carrot, lime

**RED DELIGHT:**

Watermelon, beetroot, strawberries, lemon and mint.