

SMOOTHIES



LGE \$11.00 SML \$6.50

GRAB A GREENIE

BANANA, KALE, SPINACH, PINEAPPLE, MATCHA, SPIRULINA, MINT, COCONUT, ALKALINE WATER

MANGO PASSION

BANANA, MANGO, TURMERIC, PASSIONFRUIT, COCONUT MILK, COCONUT

SALTY CARAMEL

BANANA, MESQUITE, FRESH DATES, CASHEW BUTTER, SALT FLAKES, COCONUT MILK, CARAMELISED BUCKINIS

SUPER ACAI

ACAI, BANANA, BLUEBERRIES, COCONUT WATER, COCONUT

PINK DRAGON

DRAGON FRUIT, BANANA, MANGO, COCONUT WATER, COCONUT

CHOCO-LICIOUS

BANANA, RAW CACAO, ALMOND BUTTER, FRESH DATES, MACA, ALMOND MILK, CHOC GRANOLA

COCO BERRY

STRAWBERRY, COCONUT, CASHEW BUTTER, VANILLA, MAPLE SYRUP, COCONUT MILK

CHEEKY MONKEY

BANANA, CINNAMON, GRANOLA, PEANUT BUTTER, ALMOND MILK

EXTRAS

RAW CACAO, COLD PRESSED COFFEE, PROTEIN POWDER, MACA, SPIRULINA, CHIA SEEDS, MESQUITE, ACAI POWDER, GRANOLA, NUT BUTTER, MY TRIBE TYPE ADAPTOGENS, MATCHA

EXTRAS \$1.50 EACH

SUPER BOWLS



\$16.00

SMOOTHIE BOWLS

TOPPED WITH SEASONAL FRUIT & COCONUT FLAKES

1. CHOOSE A SMOOTHIE
2. CHOOSE 3 ADDITIONAL TOPPINGS



OATS BOWL

OATS, PSYLLIUM HUSK, COCONUT YOGHURT, MAPLE SYRUP, VANILLA, ALMOND MILK, LEMON RIND, CINNAMON TOPPED WITH CHOPPED NUTS, COCONUT YOGHURT, SEASONAL FRESH FRUIT

MAY CONTAIN GLUTEN

CHIA BOWL

CHIA, ALMOND MILK, VANILLA, MAPLE SYRUP, ORANGE RIND TOPPED WITH GRANOLA, COCONUT YOGHURT, SEASONAL FRESH FRUIT

TOPPINGS

CHOCOLATE BUCKINIS, CARAMEL BUCKINIS, CHIA PUDDING, COCONUT YOGHURT, ALMONDS, PISTACHIOS, HEMP SEEDS, NUT BUTTER, CACAO NIBS, GRANOLA

EXTRA TOPPING \$1.50EA

GRANOLA BOWL

CHOCOLATE OR PLAIN GRANOLA WITH FRESH SEASONAL FRUIT & YOUR CHOICE OF ALMOND OR COCONUT MILK

ALL PRODUCTS ARE VEGAN AND FREE FROM DAIRY, SOY, GLUTEN AND REFINED SUGAR

(UNLESS INDICATED)

COLD PRESSED JUICES



LGE \$8.50 SML \$5.50

THE GARDENER

SPINACH, KALE, APPLE, CELERY, CUCUMBER, LEMON, GINGER

ECLIPSE

ORANGE, CARROT, PEAR, GINGER, TURMERIC, CAYENNE

UP-BEET

BEETROOT, CARROT, APPLE, LEMON, GINGER, TURMERIC

FRESHLY SQUEEZED OJ

100% FRESH ORANGE

WANDERLUST

SEASONAL JUICE

\$7.00

FRAPPE

SERVED OVER CRUSHED ICE WITH ICE CREAM

BEETROOT / TURMERIC
MATCHA / CHOCOLATE
COLD BREW COFFEE /
CHAI

(CHAI CONTAINS RAW HONEY)

\$8.50

OTHERS



NAUGHTY BUT NICE-CREAM

1. CHOOSE ICE CREAM
2. CHOOSE RAW SLICE
3. CHOOSE NUT BUTTER
4. CHOOSE SAUCE

\$15.50

FROZEN TREATS

HOUSE MADE ICY POLES
\$4.00

ONE SCOOP ICE CREAM
\$4.00

TWO SCOOP ICE CREAM
\$7.00

ICED TEA

SERVED OVER CRUSHED ICE WITH SEASONAL FRESH FRUIT

PEACH
APPLE
STRAWBERRY

\$7.00