

## SMOOTHIES



LGE \$10.00 SML \$5.50

### 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



\$15.00

### 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 \$8.00 SML \$5.00

### 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

\$6.00

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

(UNLESS INDICATED)

## 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 \$3.50

TWO SCOOP ICE CREAM \$6.00

### ICED TEA

SERVED OVER CRUSHED ICE WITH SEASONAL FRESH FRUIT

PEACH  
APPLE  
STRAWBERRY

\$6.50