

SQUEEZE BOWLS

ACAI BOWL GF SML LRG
15 18
Amazonia Organic Acai scoobale blend topped with banana, blueberries, raspberries, granola & coconut chips

SNICKERS BOWL GF14 17
Satisfy yourself with our blend of banana, peanuts, dates, cacao and coconut, topped with salted caramel blend, peanuts, chocolate sauce, banana and granola

DRAGON BOWL GF..... 14 17
Taste like cotton candy, our blend of pitaya, strawberries, goji berries and banana, topped with kiwi, blueberries, granola and coconut chips

SALTED CARAMEL BOWL ... GF ...14 17
Our sweet and salty blend is packed full of dates, banana, walnuts and almonds, topped with banana, granola, coconut yoghurt and raspberries

HULK BOWL GF..... 14 17
Go green with our blend of banana, spinach, kale, mint, walnut and cinnamon, topped with banana, strawberries, granola and coconut yoghurt

MANGO BOWLGF 15 18
Freshen up with our blend of mango, pineapple and orange, topped with kiwi, strawberries, passionfruit and granola

SUPERFOOD ACAI BOWL ... GF ... 15 17
Our super blend of acai, cacao, goji berries and banana, topped with blueberries, raspberries, goji berries, granola and coconut chips

NEW ACAI PEANUT BUTTER BOWL . GF 15 18
A Blend of Acai, frozen bananas & peanut butter topped with banans, strawberries, blueberries, granola and peanut butter

NEW COOKIES N CREAM BOWL . . 15 17
a blend of frozen bananas, cacao, and cookies , topped with bananas, strawberries , crushed cookies, gelato and nice majik.

CHARLIE'S AMAZEBOWLS .. GF .. 18 20
Take yourself back to the beginning with our original loaded Fruit AMAZEBOWL. Amazonia acai loaded with seasonal fruit.

All of our fruit is seasonal and subject to change.

Add a serve of coconut gelato , coconut yoghurt or fruit for just \$2

JUICES

WINTER FLU SML LRG
8 10
Pineapple, orange, ginger, turmeric, lemon & cayenne pepper

PUSH YOUR IMMUNITY 8 10
Orange, carrot, ginger, turmeric

LEAN GREEN 8 10
Spinach, kale, lemon, cucumber, celery & apple

NEW R U KIDNEY' ME8 10
carrots, cucumber , celery, beeteroot, ginger , and lemon.

NEW MORNING SUNSHINE 8 10
Apples, pineapples, turmeric, lemon, passion fruit and coconut water.

PREMIUM SMOOTHIES

Add protein , or coffee for \$1ea SML LRG

PEANUT BUTTER BLAST . . . GF..... 11 13

Blast your day with maca, peanuts, banana, rice malt syrup and almond mylk. Topped with crushed peanuts and a burst of peanut butter.

CHOC BANANA RAMA 11 13
Kick start your day with a boost of bananas, cacao, dates, maca and almond mylk pulsed to perfection. Topped with crushed cookies.

BULK THE HULK GF 12 14
Get green and bulk like the Hulk with spinach, kale, mint, banana, walnut, cinnamon and coconut. Topped with crushed walnuts and coconut chips.

VERY BERRY PROTEIN GF12 14
Take your workout to the next level with a blend of pitaya, protein, blueberries, strawberries, goji berries and banana. Topped with Coconut chips and raspberries.

SALTED CARAMEL 12 14
Get a sweet & salty with our blend of dates, banana, walnut, himalayan salt, gelato and almond mylk . Topped with crushed wafers & walnuts.

SUPERFOOD ACAI GF 12 14
Acai up your day with a combo of acai, cacao, goji berries, banana, almond mylk, dates, and topped with granola

MANGO BERRY GF 12 14
Get berry happy with mango, orange, raspberries and pineapple blend.

PINA COLADA GF 10 12
Feel the island vibes with our pina colada smoothie blended with pineapples, passionfruit & coconut water, topped with gelato and coconut chips.

NEW MINT TO BE ACAI GF 12 14
Acai , bananas, blueberries , fresh mint and coconut water, topped with coconut chips blueberries & mint leaves

NEW SNICKERS GF 12 14
bananas , peanuts, dates ,cacao on almond milk topped with peanuts and nice majik.

NEW COOKIES n CREAM 12 14
Bananas , cookies, cacao on coconut milk topped with gelato and cookies.

NEW WAKE ME UP BEFORE YOU GO GO.11 13
oats, cinnamon, bananas , oat milk , blueberries and rice malt, topped with rolled oats blueberries and rice malt syrup.

BELLY BUSTER SML LRG
8 10
Lemon, carrot, celery, apple, ginger

HEAT UP THE BEAT 8 10
Beetroot, carrot, ginger, lemon, pineapple & cayenne pepper

LIQUID GOLD 8 10
Lemon, pear, apple, pineapple

JUNGLE VIBES 8 10
Pineapple, watermelon, strawberries & passionfruit

TROPICANA 8 10
Kiwi fruit, watermelon, pineapple, mint

JUICES