

## WELLNESS BOWLS

<b>PROTEIN BOWL</b>	\$10
Tender chicken breast, happy gut chipotle mayo, cauliflower rice (High Protein/Keto Friendly/100% Paleo/Gluten Free)	
<b>BUDDHA BOWL</b>	\$10
White and red quinoa, falafel, hommus, red cabbage, vegan aioli (Vegan/Gluten Free/High Protein)	
<b>HAPPY GUT BOWL</b>	\$10
Brown rice, beet kraut, nutritional yeast flakes, hemp seeds, turmeric roasted cauliflower (Probiotic Benefit/Gluten Free/Vegan)	
<b>POKE BOWL</b>	\$10
Dry slaw, capsicum, brown rice, tuna, wasabi mayonnaise and tangy ponzu sauce (Rich Omega 3/Resistant Starch)	
<b>VIETNAMESE CHICKEN SALAD</b>	\$12
Shredded chicken breast, Vietnamese dressing, slaw, Coriander, mint, rice noodles, rocket, peanuts & sesame seeds	

## IN THE FRIDGE

Bliss Balls	\$4
	3 for \$10
C4 On The Go Pre Work Out	\$6
Kommunity Brew Kombucha	\$5
Protein Cookies	\$5
Crunchbox Bars & Cakes (Vegan/Gluten Free)	\$6.50
Fat Boi Brownies	\$6.50
Fat Boi Cookies	\$6.50
Crunchbox Cookies (Vegan/Gluten Free)	\$6

## BAGELS G/F

Cream cheese & bagel seasoning	\$8	
Ham & cheese	\$8	
Bacon, egg, cheese & spinach. (Choice of bbq or tomato sauce)	\$12.95	
Extras:		
Avo \$1.50	Bacon Slice \$1.50	Cheese \$1
Egg \$1.50	Spinach \$0.50	

## TOAST TOPPERS

<b>BANANARAMA</b>	\$9.95
G/F V toasted bread topped with peanut butter, sliced bananas, chia seeds and drizzled with sugar free maple syrup	
<b>PB&amp;J MY WAY</b>	\$9.95
G/F V toasted bread topped with peanut butter, 95% less sugar strawberry jam, strawberry slices and chia seeds	
<b>SMASH AN AVO</b>	\$13.50
G/F V toasted bread with smashed avo, feta, pepitas and drizzled with a balsamic glaze	

## ALL DAY BREAKFAST

<b>QUICK OATS</b>	\$8
Served with protein powder, choice of fruits, toppings (milk or water)	
<b>BACON &amp; EGG ROLL COMBO</b>	\$10
Bacon & Egg roll with an Iced or Hot Coffee (choise of bbq or tomato sauce)	

<b>BACON &amp; EGG ROLL</b>	\$7.95
Bacon, egg & spinach roll (choice of bbq or tom sauce)	

<b>EGGS ON TOAST</b>	\$13
G/F V toasted bread with 2 fried eggs	

<b>OMELETTE</b>	\$15
Bacon & spinach w/ 1 slice of toast Or Spinach & feta w/ w slice of tost	

<b>TOAST</b>	\$5
G/F V toasted bread with strawberry jam or vegemite or peanut butter or dairy free butter	

<b>WAFFLES</b>	\$15
G/F V waffles with a scoop of vegan coconut gelato, Strawberries, & sugar free maple syrup	

Extras:		
Avo \$1.50	Bacon Slice \$1.50	Cheese \$1
Egg \$1.50	Spinach \$0.50	

## ACAI BOWLS

*Add Peanut Butter \$1.50 Protein Powder \$2.00 Vegan Nutella \$1.50 Extra Granola \$1.50*

<b>THE O.G</b>	S:\$12.50 R:\$14 L:\$16
Acai, coco nuff vegan gelato, g/f, v granola topped with seasonal fruits, coconut & peanut butter	

<b>CHOCOHOLIC</b>	S:\$12.50 R:\$14 L:\$16
Acai, coco nuff vegan gelato, g/f, v granola topped with banana, strawberries, choc chips, almonds + drizzled with Nutella	

<b>GO NUTS</b>	S:\$12.50 R:\$14 L:\$16
Acai, coco nuff vegan gelato, g/f, v granola topped with banana, blueberries, almonds, peanuts, coconut + drizzled with peanut butter	

<b>BERRY-LICIOUS</b>	S:\$12.50 R:\$14 L:\$16
Acai, coco nuff vegan gelato, g/f, v granola topped with blueberries, strawberries, raspberries + coconut	

<b>APPLE CRUMBLE</b>	S:\$12.50 R:\$14 L:\$16
Acai, coco nuff vegan gelato, g/f, v granola topped with apple slices, cinnamon, coconut, almonds and drizzled with sugar free maple syrup	

<b>PB &amp; J</b>	S:\$12.50 R:\$14 L:\$16
Acai, coco nuff vegan gelato, g/f, v granola, topped with banana, strawberries, raspberries & peanut butter	

<b>SUMMER LOVIN</b>	S:\$12.50 R:\$14 L:\$16
Acai, coco nuff vegan gelato, g/f v granola, kiwi fruit, mango, raspberry & passionfruit	

<b>PRIVATE BOWL</b>	S:\$12.50 R:\$14 L:\$16
Use any combo from the acai bowl ingredients above to create your own unique acai bowl <b>(additional charges depending on extras)</b>	

<b>BABY BUDDHA</b>	\$10
Acai, coco nuff vegan gelato, coconut flakes, banana + strawberries	

**Text to order: 0439 390 715**

buddhabowlbar.com.au  
Instagram: @buddhabowl\_bar  
Facebook: @buddhabowlsuperfoodbar  
buddhabowl.hq@gmail.com

**PROTEIN SMOOTHIES** \$9.50  
*Add "Super Greens"* \$1.50

**AH-SAH-EE**  
Acai, banana, mango, coconut water + ice

**NUTTY POPEYE**  
Spinach, peanut butter, vanilla protein powder, dates, banana

**CHOC BOUNTY**  
Banana, chocolate protein powder, desiccated Coconut + ice

**STRAWBERRY DREAM**  
Banana, strawberries, milk of choice, vanilla protein powder + ice

**THE INCREDIBLE HULK**  
Spinach, banana, mango, water, vanilla protein powder

**PB & J**  
Peanut butter, strawberries, blueberries, vanilla protein powder

**MORNING GLORY**  
Banana, espresso shot, dates, peanut butter, protein powder

**MANGO MADNESS**  
Mango, banana, vanilla protein powder

**NUTS ABOUT YOU**  
Peanut butter, dates, vanilla protein powder

**GUCCI SMOOTHIE**  
Banana, oats, dates, plant based salted caramel protein

**MATCHA MADE IN HEAVEN**  
Matcha green tea, banana, dates, oats, vanilla protein powder

**BLUE LAGOON**  
Banana, dates, peanut butter, vanilla protein, blue spirulina

**PRIVATE BLEND**  
Use any combo from the smoothie ingredients above to create your own unique smoothie (additional charges depending on extras)

**FRUIT SMOOTHIES** \$9

**FRUIT TINGLE**  
Watermelon, pineapple, apple, orange, passionfruit, coconut

**GREEN TROPICO**  
Spinach, pineapple, mango + coconut water

**MANGO PASSIONE**  
Mango, pineapple, passion fruit + coconut water

**PINK SUNRISE**  
Watermelon, pineapple + coconut water

**JUICE** \$8

**REFRESH**  
Watermelon, pineapple, apple

**SUMMER FLING**  
Apple, orange, strawberry, pineapple

**LACEYS**  
Celery, cucumber, green apple

**IMMUNITY**  
Carrot, celery, orange, apple

**HYDRATE**  
Apple, watermelon, orange, lemon

**DETOX**  
Lemon, apple, cucumber, cayenne pepper

**O.J**  
Variety of oranges

**APPLE**  
Variety of red & green apples

**JUICE YOUR WAY**  
Use any combo from our juice range to create your own

**ICED DRINKS** \$5  
*Alt Milks* \$0.50  
Iced Latte Iced Matcha  
Iced Mocha Iced Turmeric  
Iced Chocolate Iced Beetroot Latte  
Iced Black Iced Chai

**PRE-WORKOUT** \$5

Ask our staff what flavour is available

**PROTEIN SHAKE** \$6.50

Your choice of protein flavour with water + ice

**KIDS MYLKSHAKE** \$5

Chocolate Mylk Strawberry Mylk Banana Mylk

**HOT BEVERAGES** S R L  
4.20 4.60 5

Cappuccino	Flat white	Latte
Long Black	Mocha	Hot Chocolate
Chai Latte	Dirty Chai	Matcha Latte
Beetroot Latte	Turmeric Latte	Bounty Hot Chocolate

Espresso/Espresso Macchiato \$3.50

Long Macchiato	S	R	L
	4.50	5	5.50

Alternative Milks: \$0.50  
Almond, Soy, Oat, Macadamia, Coconut, Lactose

MCT Oil/ Cordyceps Mushroom Booster \$1.50

Sugar Free or Normal Syrups 75c  
Vanilla, Caramel, Hazelnut

Extra Shot 75c

Baby-Cino \$1.50

**TEA SELECTION** \$4

*XO Range*

Day Bed: Lemon Grass and Ginger

California Current: Peppermint

Shaded: Green Tea

The Royal: English Breakfast

The Empress: Earl Grey

Popsicle: Apple, Lemon, Myrtle and Raspberry

Seven Sisters: Masala Chai