

# SPECIALTY DRINKS.

## PROTEIN SMOOTHIES

All smoothies are dairy free + vegan friendly.  
All Calories and Macros are an estimate.

- ✓ **LA DOLCE VITA** *Post Workout | Muscle & Brain Fuel | Energy Boost* **\$14.00**  
Organic Chocolate Protein, Premium Creatine, Organic Maca Powder, Cacao Nibs, Banana, Honey, Coconut Water  
*335 Cals | P22 | C60 | F2*
- ✓ **GREEN GAINS** *Gut Health | Detox | Nutrient Rich* **\$13.00**  
Spinach, Mango, Banana, Honey, Coconut Water, Coconut Cream, Organic Pea & Rice Protein, Spirulina, Barleygrass, Wheatgrass, Chlorella, Marine Plant Minerals  
*248 Cals | P15 | C48 | F1*
- PINK POWER** *Cell Regeneration | Immunity | Antioxidant Rich* **\$14.00**  
Banana, Mango, Pink Dragonfruit Powder, Organic Vanilla Protein, Organic Maple Syrup, Celtic Salt, Coconut Cream, Coconut Milk  
*486 Cals | P18 | C53 | F23*
- ✓ **MORNING BOOST** *Daily Fuel | Brain Boost | Energising* **\$14.00**  
Banana, Organic Chocolate Protein, Almond Butter, Organic Granola, Organic Cacao Nibs, Organic Maple Syrup  
Tip: Add a shot of coffee  
*434 Cals | P18 | C54 | F13*
- BANANA BLAST** *Muscle Recovery | Energising | Daily Fuel* **\$13.00**  
Banana, Cinnamon, Honey, Organic Vanilla Yellow Pea Protein, Almond Milk  
Tip: Add a shot of coffee or peanut butter  
*313 Cals | P23 | C39 | F10*
- BUILD YOUR OWN PROTEIN SHAKE** **\$9.00**  
Choice of Organic Protein and Milk  
Tip: Add your favourite add ons

### BUILD + ADD ONS

Organic Protein Powder: Vanilla or Chocolate	\$2.00
Premium Creatine Powder	\$2.00
Organic Maca Powder	\$2.00
Organic Blue Spirulina	\$2.00
Pink Dragonfruit Powder	\$2.00
Organic Greens Protein Powder	\$3.00
Peanut Butter	\$1.00
Almond Butter	\$1.00
Organic Turmeric	\$1.00
Coffee Shot	\$1.00
Celtic Salt	\$0.50

✓ = Top Pick

## FRUIT SMOOTHIES

All smoothies are dairy free + vegan friendly  
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- ✓ **THAT BLUE ONE** *Anti-Inflammatory | Nutrient Rich | Antioxidant Rich* **\$12.50**  
Banana, Blueberries, Honey, Organic Blue Spirulina, Organic Maca Powder, Organic Chia Seeds, Celtic Salt, Coconut Cream, Coconut Milk  
*312 cal | P5 | C45 | F13*
- BERRY STRONG** *Heart Health | Immunity | Antioxidant Rich* **\$11.50**  
Mixed Berries, Organic Acai, Banana, Honey, Almond Milk  
*201 Cals | P4 | C23 | F10*
- INNER GLOW** *Anti-Inflammatory | Liver Support | Anti-Aging* **\$11.50**  
Mango, Banana, Honey, Organic Turmeric, Coconut Water  
*233 Cals | P2 | C58 | F1*

## COLD PRESSED JUICES

- ORGANIC COLD PRESSED JUICES** **\$8.50**  
**PURE ORANGE**  
100% Australian Oranges
- IMMUNITY**  
Carrot, Orange, Pineapple, Celery, Lemon, Turmeric
- ENERGISE**  
Pineapple, Spinach, Cucumber, Silverbeet, Cos Lettuce, Lime, Mint
- TROPICAL BLISS**  
Orange, Mango, Passionfruit, Lucuma

## DRINKS

### HOT DRINKS

- COFFEE** **R \$5.00 | L \$6.00**  
Cappuccino | Flat White | Latte  
Long Black | Mocha | Piccolo
- Macchiato | Espresso **\$4.00**
- Babyccino **\$2.00**
- Chai Latte | Hot Chocolate **R \$5.00 | L \$6.00**
- Matcha Latte **R \$6.00 | L \$7.00**
- ORGANIC TEA** **\$5.00**  
Sticky Chai | Chamomile | Earl Grey | English Breakfast | Green Tea | Lemongrass & Ginger | Peppermint

### COLD DRINKS

- ICED DRINKS** **S \$6.50 | L \$7.50**  
Iced Latte | Iced Long Black | Iced Chocolate | Iced Mocha
- Iced Matcha **S \$7.50 | L \$8.50**  
Iced Strawberry Matcha **S \$8.50 | L \$9.50**
- MILKSHAKES** **S \$5.50 | L \$7.50**  
Biscoff | Caramel | Chocolate | Strawberry | Vanilla | Peanut Butter | Pistachio | Nutella

### EXTRAS

Almond   Oat   Soy   Coconut	+\$1.00
Extra Coffee Shot	+\$1.00
Honey   Decaf   Syrup	+\$0.50



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C A F E

# HEALTHY FOOD.

## ALL DAY FOOD

All wraps are made with Spinach Tortillas  
All Sandwiches are made with Seeded Sourdough

✓ <b>SMASHED AVO ON TOAST</b> Avocado, Tomato, Greek Feta, Dukkah	<b>\$12.50</b>
<b>BANANA TOAST</b> Almond Butter, Banana, Honey, Cinnamon	<b>\$11.50</b>
<b>TOAST AND SPREADS</b> Sourough Toast with a selection of Spreads	<b>\$8.00</b>
✓ <b>SIGNATURE PESTO CHICKEN WRAP</b> Pesto Chicken, Avocado, Tomato, Mozzarella Cheese, Olives, Spinach, Rocket	<b>\$14.50</b>
✓ <b>PESTO CHICKEN SANDWICH</b> Pesto Chicken, Avocado, Tomato, Spinach, Dijon Mayonaise	<b>\$16.50</b>
<b>MAYO CHICKEN SANDWICH</b> Chicken, Mayonaise, Avocado, Celery, Rocket	<b>\$15.50</b>
<b>PESTO VEGETERIAN SANDWHICH</b> Avocado, Tomato, Greek Feta, Pesto, Spinach	<b>\$14.50</b>
<b>HAM &amp; CHEESE TOASTIE</b> Sourdough Bread, Double Smoked Ham, Mozzarella Cheese Add Tomato +\$1   Add Avocado +\$2	<b>\$12.50</b>
✓ <b>PESTO CHICKEN SALAD</b> Pesto Chicken, Olives, Tomato, Cucumber, Greek Feta, Rocket, Spinach, Balsamic Vinegar	<b>\$13.50</b>

## LIGHT BITES

<b>BANANA BREAD</b>	<b>\$5.50</b>
<b>GLUTEN FREE BANANA BREAD</b>	<b>\$6.50</b>
✓ <b>HEALTH NUTT CARAMEL SLICE</b> <i>Paleo   GF   Vegan</i>	<b>\$6.50</b>
<b>HEALTH NUTT PEANUT BUTTER SLICE</b> <i>Raw   GF   Vegan</i>	<b>\$6.50</b>
<b>HEALTH NUTT FIG AND GRAIN BAR</b> <i>GF   DF</i>	<b>\$6.50</b>
<b>PROTEIN BALLS</b> <i>GF</i> Peanut Butter   Chocolate	<b>\$4.00</b>

## ORGANIC ACAI BOWLS

### HEALTHY BOWLS

✓ <b>THE OG</b> Organic Granola, Fresh Strawberries & Banana, Honey +\$2 Peanut Butter	<b>M \$15.50   L \$17.50</b>
<b>TROPICAL PASSION</b> Organic Granola, Mango, Strawberries, Coconut Flakes, Passionfruit Pulp	<b>M \$17.50   L \$19.50</b>
<b>NUTS &amp; NIBS</b> Organic Granola, Fresh Banana, Organic Cacao Nibs, Raw Caramel Slice Bits, Peanut Butter +\$1 Strawberries	<b>M \$18.50   L \$20.50</b>
✓ <b>THE VITA BOWL</b> Organic Granola, Fresh Strawberries & Banana, Fresh Seasonal Fruits, Organic Chia, Passionfruit Pulp <i>Fruit may change based on season</i>	<b>M \$19.50   L \$21.50</b>

### SWEET SWIRLS

<b>BISCOFF RUSH</b> Organic Granola, Fresh Banana, Biscoff Crumb, Melted Biscoff Sauce, Lotus Biscuit +\$1 Strawberries	<b>M \$17.50   L \$19.50</b>
<b>NUTELLA OREO</b> Fresh Strawberries and Banana, Oreo Crumb, Melted Nutella Sauce, Oreo Cookie	<b>M \$17.50   L \$19.50</b>
<b>DUBAI DREAM</b> Fresh Strawberries, Pistachio Kataifi, Melted Nutella Sauce, Crushed Pistachio +\$1 Bananas	<b>M \$21.50   L \$23.50</b>

<b>KIDS CUP</b> Includes a choice of fruit	<b>K \$5.00</b>
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### BUILD + ADDONS

<b>Size</b>	
Kids Cup	\$5.00
Medium Bowl	\$12.50
Large Bowl	\$14.50
<b>Sauce</b>	
Peanut Butter	\$2.00
Nutella	\$2.00
Biscoff	\$2.00
Caramel	\$2.00
Passionfruit Pulp	\$2.00
Pistachio	\$3.00
Dubai Chocolate	\$4.00
<b>Fruit</b>	
Banana	\$1.00
Strawberries	\$1.00
Blueberries	\$2.00
Seasonal Fruits	\$2.00
<b>Crunch</b>	
Biscoff Crumb	\$1.00
Oreo Crumb	\$1.00
Organic Cacao Nibs	\$1.00
Coconut Flakes	\$1.00
Organic Granola	\$1.00
GF Granola	\$2.00
Pistachio Crumb	\$2.00
Raw Caramel Slice	\$2.00
Organic Chia	\$2.00



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