

HEALTHY FOOD.

ALL DAY FOOD

All wraps are made with Spinach Tortillas
All Sandwiches are made with White Sourdough
Gluten Free bread available for +\$2

✓ SMASHED AVO ON TOAST Avocado, Tomato, Greek Feta, Dukkah	\$15.90
BANANA TOAST Almond Butter, Banana, Honey, Cinnamon	\$13.50
TOAST AND SPREADS Sourough Toast with a selection of Spreads	\$8.00
✓ SIGNATURE PESTO CHICKEN WRAP Pesto Chicken, Avocado, Tomato, Mozzarella Cheese, Olives, Spinach, Rocket	\$15.90
✓ PESTO CHICKEN SANDWICH ✓ Pesto Chicken, Avocado, Tomato, Spinach, Dijon Mayonaise	\$17.90
MAYO CHICKEN SANDWICH Chicken, Mayonaise, Avocado, Celery, Rocket	\$16.90
PESTO VEGETERIAN SANDWHICH Avocado, Tomato, Greek Feta, Pesto, Spinach	\$15.50
HAM & CHEESE TOASTIE Sourdough Bread, Double Smoked Ham, Mozzarella Cheese Add Tomato +\$1 Add Avocado +\$2	\$12.90
✓ PESTO CHICKEN SALAD Pesto Chicken, Olives, Tomato, Cucumber, Greek Feta, Rocket, Spinach, Balsamic Vinegar	\$15.90

LIGHT BITES

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

ORGANIC ACAI BOWLS

HEALTHY BOWLS

✓ THE OG Organic Granola, Fresh Strawberries & Banana, Honey +\$2 Peanut Butter	M \$16.90 L \$18.90
TROPICAL PASSION Organic Granola, Mango, Strawberries, Coconut Flakes, Passionfruit Pulp	M \$18.90 L \$20.90
NUTS & NIBS Organic Granola, Fresh Banana, Organic Cacao Nibs, Raw Caramel Slice Bits, Peanut Butter +\$1 Strawberries	M \$19.90 L \$21.90
✓ THE VITA BOWL Organic Granola, Fresh Strawberries & Banana, Fresh Seasonal Fruits, Organic Chia, Passionfruit Pulp <i>Fruit may change based on season</i>	M \$20.90 L \$22.90

SWEET SWIRLS

BISCOFF RUSH Organic Granola, Fresh Banana, Biscoff Crumb, Melted Biscoff Sauce, Lotus Biscuit +\$1 Strawberries	M \$18.90 L \$20.90
NUTELLA OREO Fresh Strawberries and Banana, Oreo Crumb, Melted Nutella Sauce, Oreo Cookie	M \$18.90 L \$20.90
DUBAI DREAM Fresh Strawberries, Pistachio Kataifi, Melted Nutella Sauce, Crushed Pistachio +\$1 Bananas	M \$22.90 L \$24.90
KIDS CUP Includes a choice of fruit +\$1 for sauce +\$1.50 for Dubai Chocolate	K \$6.50

BUILD + ADD ONS

Size	
Kids Cup	\$6.50
Medium Bowl	\$13.90
Large Bowl	\$15.90
Sauce	
Peanut Butter	\$2.00
Nutella	\$2.00
Biscoff	\$2.00
Caramel	\$2.00
Passionfruit Pulp	\$2.00
Pistachio	\$3.00
Dubai Chocolate	\$4.00
Fruit	
Banana	\$1.00
Strawberries	\$1.00
Blueberries	\$2.00
Seasonal Fruits	\$2.00
Crunch	
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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