

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 Organic Chocolate Protein, Creatine, Organic Maca, Cacao Nibs, Banana, Honey, Coconut Water 335 Cals P22 C60 F2	\$14.90
✓ GREEN GAINS Gut Health Detox Nutrient Rich Spinach, Mango, Banana, Honey, Coconut Water, Coconut Cream, Organic Pea & Rice Protein, Spirulina, Barleygrass, Wheatgrass, Chlorella, Marine Plant Minerals 248 Cals P15 C48 F1	\$14.90
PINK POWER Cell Regeneration Immunity Antioxidant Rich Banana, Mango, Pink Dragonfruit Powder, Organic Vanilla Protein, Organic Maple Syrup, Celtic Salt, Coconut Cream, Coconut Milk 486 Cals P18 C53 F23	\$14.90
MORNING BOOST Daily Fuel Brain Boost Energising Banana, Organic Chocolate Protein, Almond Butter, Organic Granola, Cacao Nibs, Organic Maple Syrup Tip: Add a shot of coffee 434 Cals P18 C54 F13	\$14.90
BANANA BLAST Muscle Recovery Energising Daily Fuel Banana, Cinnamon, Honey, Organic Vanilla Yellow Pea Protein, Almond Milk Tip: Add a shot of coffee or peanut butter 313 Cals P23 C39 F10	\$13.90
BUILD YOUR OWN PROTEIN SHAKE Choice of Organic Protein and Milk Tip: Add your favourite add ons	\$9.00

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
All Calories and Macros are an estimate

✓ THAT BLUE ONE Anti-Inflammatory Nutrient Rich Antioxidant Rich Banana, Blueberries, Honey, Organic Blue Spirulina, Organic Maca Powder, Organic Chia Seeds, Celtic Salt, Coconut Cream, Coconut Milk 312 cal P5 C45 F13	\$14.90
BERRY STRONG Heart Health Immunity Antioxidant Rich Mixed Berries, Organic Acai, Banana, Honey, Almond Milk 201 Cals P4 C23 F10	\$13.90
INNER GLOW Anti-Inflammatory Liver Support Anti-Aging Mango, Banana, Honey, Turmeric, Coconut Water 233 Cals P2 C58 F1	\$13.90

COLD PRESSED JUICES

Fresh Pressed in house

PURE ORANGE 100% Australian Oranges	\$8.90
IMMUNITY BUILDER Carrot, Orange, Ginger, Turmeric	\$8.90
GREEN CLEANSER Green Apples, Cucumber, Lemon, Ginger	\$9.90
CELERY JUICE Straight Celery	\$9.90
GINGER SHOT Ginger, Orange, Lemon, Turmeric, Pepper, Coconut water	\$4.50

DRINKS

HOT DRINKS

COFFEE Cappuccino Flat White Latte Long Black Mocha Piccolo	R \$5.20 L \$6.00
Macchiato Espresso	\$4.20
Babyccino	\$2.00
Chai Latte Hot Chocolate	R \$5.00 L \$6.00
Matcha Latte	R \$6.00 L \$7.00
ORGANIC TEA Sticky Chai Chamomile Earl Grey English Breakfast Green Tea Lemongrass & Ginger Peppermint	\$5.00

COLD DRINKS

ICED DRINKS Iced Latte Iced Long Black Iced Chocolate Iced Mocha	S \$6.50 L \$7.50
Iced Matcha Iced Strawberry Matcha	S \$7.90 L \$8.90 S \$8.90 L \$9.90
MILKSHAKES Biscoff Caramel Chocolate Strawberry Vanilla Peanut Butter Pistachio Nutella	S \$5.90 L \$7.90

EXTRAS

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



Enjoy your experience?
Share the love and leave us a
Google Review

@VITA.HEALTHCLUB

VITA.
C A F E