



**INLAKESH**  
• **LIVING FOODS** •

**WHOLEFOOD CAFÉ & ORGANIC GROCER**

  [inlakeshlivingfoods.com.au](http://inlakeshlivingfoods.com.au)

## COLD DRINKS

|   |       |     |       |     |
|---|-------|-----|-------|-----|
| <b>ICED LATTE BREWED FRESH</b> using org coffee   |       |     |       | 6   |
| <b>ICED GREEN TEA LATTE</b> served over ice   |       |     |       | 7   |
| <b>CHAI CHILLER</b> chai powder blended with ice and milk   |       |     |       | 7   |
| <b>MILKSHAKES</b> chocolate, strawberry, vanilla, caramel w vanilla ice cream or df coconut ice cream 1 |       |     |       | 7   |
| <b>ICED COFFEE, CHOCOLATE / ICED MOCHA</b>  |       |     |       | 8.5 |
| organic coffee or chocolate w your choice of milk and w vanilla ice cream or df coconut ice cream 1     |       |     |       |     |
| <b>KOMBUCHA ASSORTED FLAVOURS</b>   |       |     |       | 6   |
| <b>ORGANIC SOFT DRINKS</b> cola, lemonade, ginger beer, lemon lime & bitters                            |       |     |       | 5   |
| <b>COCONUT WATER</b>  |       |     |       | 6   |
| <b>BELOKA PURE AUSTRALIAN ALPS SPARKLING WATER</b>  | 250ml | 3.5 | 500ml | 6   |

## HOT DRINKS

We proudly use Org certified organic coffee beans

|   |     |     |     |     |
|---|-----|-----|-----|-----|
| <b>ALMOND, SOY, OAT OR COCONUT MILK, DECAF OR DOUBLE SHOT ESPRESSO</b>                |     |     | add | 70c |
| <b>MACCHIATO, PICCOLO</b>   |     |     |     | 3.5 |
| <b>MACCHIATO, PICCOLO</b>   |     |     |     | 4   |
| <b>CAPPUCCINO, LATTE, FLAT WHITE, BLACK</b>   | Reg | 4.5 | Lrg | 5.5 |
| <b>9 SPICE FRESH ORGANIC STICKY CHAI</b>  | Reg | 5.5 | Lrg | 6.3 |
| <b>ORGANIC MATCHA LATTE</b>   | Reg | 5.5 | Lrg | 6.3 |
| <b>ORGANIC GREEN TEA LATTE</b>  | Reg | 5.5 | Lrg | 6.3 |
| <b>ORGANIC GOLDEN TURMERIC LATTE</b>  | Reg | 5.5 | Lrg | 6.3 |
| <b>ORGANIC SUPER SHROOM LATTE</b>   | Reg | 6   | Lrg | 7   |
| <b>MOCHA MADE WITH ORGANIC CHOCOLATE</b>  | Reg | 5   | Lrg | 6   |
| <b>KALI HOT CHOCOLATE</b> made w premium gluten free 33% cocoa natural and dairy free | Reg | 4.5 | Lrg | 5.3 |

## LOOSE LEAF ORGANIC TEA

served in pot

|   |  |  |  |   |
|---|--|--|--|---|
| <b>FRESH CHAI TEA</b> organic blend of honey, black tea and aromatic spices   |  |  |  | 5 |
| <b>ENGLISH BREAKFAST</b> a smooth blend of high grown organic BOP Ceylon  |  |  |  |   |
| <b>EARL GREY</b> The bergamot is distinct without dominating the wonderful character of high grown Ceylon   |  |  |  |   |
| <b>IRISH BREAKFAST</b> strong blend of fine grade black tea from Sri Lanka  |  |  |  |   |
| <b>LEMONGRASS &amp; GINGER</b> a classic blend of premium organic ginger from Nikapotha estate and lemongrass from Stonyfield estate  |  |  |  |   |
| <b>CHAMOMILE HERBAL TISANE</b> caffeine free chamomile flowers  |  |  |  |   |
| <b>FRENCH BREAKFAST</b> a smooth aromatic blend of Ceylon and vanilla   |  |  |  |   |
| <b>PEPPERMINT HERBAL TISANE</b> appreciated as a digestive and pick me up   |  |  |  |   |
| <b>GUNPOWDER GREEN TEA</b> an extra special green tea plucked during Uva's wet season   |  |  |  |   |
| <b>LIQUORICE, PEPPERMINT &amp; FENNEL HERBAL TISANE</b> a classic blend that serves well as a digestive   |  |  |  |   |
| <b>RELAXING HERBS TISANE</b> a harmonious blend of organic lemongrass, rose hips, lavender, rose petals, red clover and chamomile   |  |  |  |   |
| <b>ROOIBOS HERBAL TISANE</b> sweet, aromatic and slightly fruity herb from South Africa, blended with Iramusu, an Indian herb commonly known as sarsaparilla. This tisane is antioxidant rich and caffeine free |  |  |  |   |

# VITALISING JUICES

Reg 10

Lrg 13

**THE GREEN MEANY** kale, spinach, celery, apple, cucumber, lemon, ginger, turmeric

**VITALITY** celery, cucumber, kale, apple, pineapple, lime, ginger

**IMMUNITY** kale, orange, beetroot, carrot, ginger and cinnamon

**LIVING ELIXIR** beetroot, pineapple, orange, apple, cucumber, lemon, coconut water

**DE-TOX ME** kale, beetroot, carrot, celery, ginger, cucumber, chlorophyll

**HYDRATE ME** watermelon, apple, celery, cucumber, ginger, mint

**BLOOD CLEANSER** carrot, beetroot, apple, celery, ginger, lemon

**SEEING IN THE DARK** carrot, orange, lemon, ginger, cucumber, turmeric

**TOXIN FLUSH** watermelon, kale, cucumber, lemon, mint

# SUPER SMOOTHIES

Reg 10

Lrg 13

**DAY STARTER** banana, blueberries, maca, psyllium husk, shredded coconut, LSA, vegan protein, almond milk or coconut water

**MINTY MATCHA MAGIC** green tea matcha, mint leaves, banana, cashews and almond milk

**CHEEKY CHAI SPICE** vanilla chai powder, dates, banana, almonds, almond milk, chai dust

**GOLDEN GOODNESS** mango, banana, ginger, turmeric, dates, coconut milk

**TREAT YOURSELF** raw cacao, maca, almonds, dates, vanilla coconut ice cream, almond milk

**BERRY BERRY STRESS FREE** raspberries, blue berries, strawberries, banana, chia seeds, coconut water

**HEMPTATION** strawberries, banana, maple syrup, hemp seeds, coconut water

**SALTED CARAMEL** dates, banana, cashews, chia seeds, vegan protein, Himalayan salt, almond milk

**WHITE CHOCOLATE RASPBERRY** cashews, raspberries, dates, chia, vegan protein, coconut milk

**THE GREEN ONE** mango cheek, Banana, kale, spinach, vegan protein, almond milk

**CAVEMAN BODYBUILDER** almond granola, banana, honey, peanuts, vegan protein, almond milk

**THE HULK** kale, spinach, celery, lemon, cucumber, green apple, banana, chlorophyll, chia seeds, maca, vegan protein, super greens (spirulina, chlorella, barley grass, wheat grass) coconut water

**ALMOND, SOY, OAT OR COCONUT MILK**

**VEGAN PROTEIN, ESPRESSO, GRANOLA, OR PEANUT BUTTER**

2.5

PLEASE SEE OUR CAFÉ DISPLAY FOR SWEETS & HOMEMADE SAVOURIES