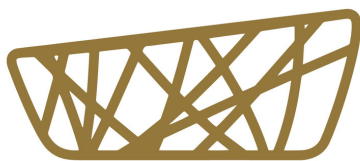


# The nest



## Blooms & Beverages

### HOT DRINKS

#### COFFEE / \$4.00/\$4.50

Specialty Coffee by Clockwork Coffee  
MilkLab Almond + \$1  
Bonsoy or MilkLab Lactose Free + 50c  
Mug + \$1

#### TEA / \$4.00

Specialty Tea by Tielka  
Tielka Breakfast, Earl Royale, Jade Mist,  
Peppermint Leaf, Limonada Rosa.

#### HOT CHOCOLATE / \$4.50

Kali Premium 33% Cocoa  
MilkLab Almond + \$1  
Bonsoy or MilkLab Lactose Free + 50c  
Mug + \$1

#### CHAI / \$5.00

Chamellia 9 Spice Fresh Chai.  
MilkLab Almond + \$1  
Bonsoy or MilkLab Lactose Free + 50c  
Mug + \$1

### JUICES

#### FRESHLY SQUEEZED / \$7.50

GREEN - spinach, kale, celery, cucumber, ginger.  
NOT SO GREEN - spinach, carrot, apple,  
pineapple, cucumber.  
ORANGE - orange, carrot, pineapple, apple.  
RED - spinach, beetroot, cucumber, pineapple.  
PINK - watermelon, pineapple, cucumber, lemon,  
lime.

#### COLD PRESSED BOTTLED / \$8.50

HOLD YOUR HORSES - apple, spinach,  
cucumber, kale, kiwi, mint, parsley.  
PINK DRAGON - apple, lemon, ginger, dragon  
fruit.  
BLUE MOON - apple, pineapple, lemon, blue  
spirulina.  
SHOT IN THE DARK - filtered water, lemon,  
activated charcoal.

### SMOOTHIES

#### SMOOTHIES / \$8.00

BANANA - banana, dates, oats, honey, greek  
yoghurt, cinnamon, almond milk.  
BERRY - raspberries, blueberries, strawberries,  
banana, almond milk.  
MANGO - mango, pineapple, apple, greek  
yoghurt.  
GREEN - spinach, kale, cucumber, greek yoghurt,  
apple, lime, coconut water.  
CHOC PROTEIN - protein powder, cacao, banana,  
oats, almond milk.  
ESPRESSO PROTEIN - protein powder, espresso  
shot, almond milk, banana, cinnamon, almond  
butter  
GREEN BERRY PROTEIN - protein powder,  
spinach, avocado, berries, oats, coconut water.

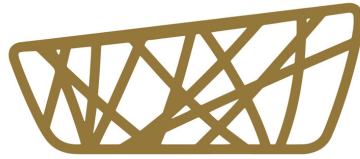
#### MILKSHAKES / \$6.00

Chocolate, Strawberry, Vanilla, Caramel

#### SUPER CHARGE ADDITIONS / \$1.00

Super Greens, Matcha, Cacao, Chia Seeds, Maca,  
Flax Seeds, Protein

# The nest



## Blooms & Beverages

### LIGHT MEALS

#### **SPICED PUMPKIN TOAST / \$10**

With Greek Yoghurt & Honey

#### **BACON & ZUCCHINI TOAST / \$8.00**

Served with Butter

#### **FRUIT SALAD / \$8.00**

With Yoghurt

#### **GRANOLA / \$11.00**

With Greek Yoghurt and your choice of Berries or Rhubarb Compote

#### **ACAI BOWL / \$11.00**

With Banana & Coconut Water

Topped with Granola, Coconut flakes & seasonal berries

#### **TOASTED SANDWICH / \$12.00**

BEEF - spiced beef, roast pumpkin, chunky mayo & rocket

CHICKEN - lemon tarragon chicken, crispy apple, parmesan & rocket

VEG - mediterranean roast vegetables, pesto, bocconcini & rocket

#### **SOUP OF THE DAY / \$12.00**

With rustic bread

### SNACKS

#### **MUFFINS / \$4.90**

Blueberry Crumble

Raspberry

Choc Chip Brownie

#### **GRANOLA BAR / \$5.80**

#### **ENERGY BAR / \$5.40**

Orange, cashew, cacao, date

#### **BLISS BALLS / \$4.00**

Choc coconut (vegan), Lemon Turmeric (vegan),

Hazelnut (vegan) & Choc Chip Peanut Butter

#### **SLICES / \$6.00**

Lamington & Peanut Butter Salted Caramel

(no refined sugar)

#### **COOKIES / \$3.50**

Peanut butter chocolate chip

#### **GINGERBREAD PERSON / \$4.00**

#### **COFFEE KISSES / \$2.50**

#### **TRIO OF TARTS / \$4.00**

Lemon, Choc Liquorice & Berry Mascopone