







## WRAPS

Our signature wraps, served as half-wraps - available in boxes of 8 or 16

	££	££
<b>PRINCESS/PRINCE</b> free-range chicken OR grass-fed steak, avo, feta, rosa tomatoes, carrot, greens, celery & onion mayo <a href="#">GLUTEN EGG DAIRY CELERY</a>	30.00	54.00
<b>PLANT POWER</b>  lentils, avo, cashews, orange, cabbage, roasted carrots, rocket, kale, greens, curried sunflower seeds, vegan nut butter dressing <a href="#">TREE NUTS WRAPS: GLUTEN</a>	27.00	49.00
<b>THAI CRUNCH</b> free-range chicken, cashews, broccoli, carrot, red pepper, cabbage, mint, sesame, pickled ginger, Thai peanut dressing <a href="#">PEANUTS TREE NUTS SESAME SOY GLUTEN</a>	29.00	53.00
<b>AVO FALAFEL</b>  falafel, avo, cucumber, pickled red onion, cabbage, rocket, red pepper, greens, vegan nut butter dressing <a href="#">TREE NUTS WRAPS: GLUTEN</a>	28.00	51.00
<b>CASHEW CAESAR</b> grilled free-range chicken, rosa tomato, kale, greens, smoky coconut flakes, parmesan shavings, creamy cashew dressing <a href="#">DAIRY EGG MUSTARD TREE NUTS WRAPS: GLUTEN</a>	32.00	55.00



## SMOOTHIES

Our smoothies are our large 500ml bottles - available as 4 or 8 bottles

	££	££
<b>BERRY DAIRY</b> blueberries, raspberries, strawberries, banana, frozen yoghurt <a href="#">DAIRY</a>	18.00	33.00
<b>PEANUT BUTTER BERRY</b>  sugar-free peanut butter, blueberries, banana, almond milk, purified water <a href="#">TREE NUTS PEANUTS</a>	20.00	36.00
<b>STRAWBERRY STINGER</b> strawberries, banana, frozen yoghurt, pressed apple juice <a href="#">DAIRY</a>	18.00	33.00
<b>C BREEZE</b>  mango, strawberry, pineapple, apple juice, vitamin C, dates	27.00	49.00
<b>ALL THE GREENS</b>  mango, cucumber, pineapple, celery, kale, baby spinach, pressed apple juice, chia & hemp seeds <a href="#">CELERY</a>	27.00	49.00
<b>PEANUT BUTTER BOMB</b> whey protein, sugar-free peanut butter, banana, cacao, yoghurt, milk <a href="#">TREE NUTS DAIRY PEANUTS</a>	29.00	52.00
<b>VITAMIN SEE</b>  mango, pineapple, freshly-squeezed carrot & orange juice, vitamin C	27.00	49.00



## SALAD BOXES

Our salad boxes (1 box serves approx. 2 people) - available as 4 or 8 boxes

	££	££
<b>PLANT POWER</b>  lentils, avo, cashews, orange, cabbage, roasted carrots, rocket, kale, greens, curried sunflower seeds, vegan nut butter dressing <a href="#">TREE NUTS WRAPS: GLUTEN</a>	29.00	53.00
<b>THAI CRUNCH</b> free-range chicken, cashews, broccoli, carrot, red pepper, cabbage, mint, sesame, pickled ginger, Thai peanut dressing <a href="#">PEANUTS TREE NUTS SESAME SOY GLUTEN</a>	31.00	56.00
<b>AVO FALAFEL</b>  falafel, avo, cucumber, pickled red onion, cabbage, rocket, red pepper, greens, vegan nut butter dressing <a href="#">TREE NUTS WRAPS: GLUTEN</a>	31.00	56.00
<b>CASHEW CAESAR</b> grilled free-range chicken, rosa tomato, kale, greens, smoky coconut flakes, parmesan shavings, creamy cashew dressing <a href="#">DAIRY EGG MUSTARD TREE NUTS WRAPS: GLUTEN</a>	31.00	56.00





## SNACK POTS

available as 4 or 8 pots

	££	££
<b>GUAC POT</b>  guacamole, salsa, lemon oil, organic corn tortilla chips	16.00	30.00
<b>BEETROOT HUMMUS POT</b>  beetroot, tahini, red kidney beans, pomegranate, sunflower seeds, sourdough croutons, rocket <a href="#">SESAME GLUTEN</a>	12.00	22.00

## RAW JUICES

Our juices are our large 500ml bottles - available as 4 or 8 bottles

	££	££
<b>FLOO JUICE</b>  orange, carrot, lemon, ginger, cayenne pepper	20.00	36.00
<b>BLUEBERRY COOLER</b>  blueberry, apple, lemon, cucumber	20.00	36.00
<b>DAILY GREENS</b>  apple, kale, spinach, cucumber, celery, chia seeds <a href="#">CELERY</a>	20.00	36.00
<b>CUCUMBER COOLER</b>  cucumber, celery, lemon, pineapple, mint, apple <a href="#">CELERY</a>	20.00	36.00

## SOMETHING SWEET

available as boxes of 4 or 8

	££	££
<b>BLUEBERRY MUFFIN</b> <a href="#">GLUTEN DAIRY EGG</a>	13.00	24.00
<b>CHOCOLATE MUFFIN</b> <a href="#">GLUTEN DAIRY EGG</a>	13.00	24.00

