

# SQUEEZE BOWLS

**ACAI BOWL** ..... GF ..... **SML 15 LRG 18**  
Organic Acai scoobale blend topped with banana, blueberries, raspberries, granola & coconut chips

**SNICKERS BOWL** ..... GF ..... **14 17**  
Satisfy yourself with our blend of banana, peanuts, dates, cacao and coconut, topped with salted caramel blend, peanuts, chocolate sauce, banana and granola

**DRAGON BOWL** ..... GF ..... **14 17**  
Taste like cotton candy, our blend of pitaya, strawberries, goji berries and banana, topped with kiwi, blueberries, granola and coconut chips

**SALTED CARAMEL BOWL** ... GF ... **14 17**  
Our sweet and salty blend is packed full of dates, banana, walnuts , topped with banana, granola, coconut yoghurt and raspberries

**HULK BOWL** ..... GF ..... **14 17**  
Go green with our blend of banana, spinach, kale, mint, walnut and cinnamon, topped with banana, strawberries, granola , crushed walnut and coconut yoghurt

**MANGO BOWL** .....GF ..... **15 18**  
Freshen up with our blend of mango, pineapple and orange, topped with kiwi, strawberries, passionfruit and granola

**SUPERFOOD ACAI BOWL** ... GF ... **15 17**  
Our super blend of acai, cacao, goji berries and banana, topped with blueberries, raspberries, goji berries, granola, coconut chips and fresh mint

**NEW ACAI PEANUT BUTTER BOWL** . GF **15 18**  
A Blend of Acai, frozen bananas & peanut butter topped with banans, strawberries, blueberries, granola and peanut butter

**NEW COOKIES N CREAM BOWL** . . **15 17**  
a blend of frozen bananas, cacao, and cookies , topped with bananas, strawberries , crushed cookies, gelato and nice majik.

**CHARLIE'S AMAZEBOWLS** .. GF .. **18 20**  
Take yourself back to the beginning with our original loaded Fruit AMAZEBOWL. Acai loaded with seasonal fruit.

All of our fruit is seasonal and subject to change.  
Blueberries and Rasbeprries are thawed.  
Add a serve of coconut gelato , coconut yoghurt, peanut butter, granola or fruit for just \$2

ALL OUR FESH JUICES COME WITH ICE ----- NO ICE COST EXTRA .50c

# JUICES

**WINTER FLU** ..... **SML 8 LRG 10**  
Pineapple, orange, ginger, turmeric, lemon & cayenne pepper

**PUSH YOUR IMMUNITY** ..... **8 10**  
Orange, carrot, ginger, turmeric

**LEAN GREEN** ..... **8 10**  
Spinach, kale, lemon, cucumber, celery & apple

**NEW R U KIDNEY' ME** ..... **8 10**  
carrots, cucumber , celery, beeteroot, ginger , and lemon.

**NEW MORNING SUNSHINE** ..... **8 10**  
Apples, pineapples, turmeric, lemon, passion fruit and coconut water.

# PREMIUM SMOOTHIES

Add protein , or coffee for \$1 ea **SML LRG**

**PEANUT BUTTER BLAST** . . . GF. .... **11 13**  
Blast your day with maca, peanuts, banana, rice malt syrup and almond mylk. Topped with crushed peanuts and a burst of peanut butter.

**CHOC BANANA RAMA** ..... **11 13**  
Kick start your day with a boost of bananas, cacao, dates, maca and almond mylk pulsed to perfection. Topped with crushed cookies.

**BULK THE HULK** ..... GF ..... **12 14**  
Get green and bulk like the Hulk with spinach, kale, mint, banana, walnut, cinnamon and coconut. Topped with crushed walnuts and coconut chips.

**VERY BERRY PROTEIN** ..... GF .... **12 14**  
Take your workout to the next level with a blend of pitaya, protein, blueberries, strawberries, goji berries and banana. Topped with Coconut chips and raspberries.

**SALTED CARAMEL** ..... **12 14**  
Get a sweet & salty with our blend of dates, banana, walnut, himalayan salt, gelato and almond mylk . Topped with crushed wafers & walnuts.

**SUPERFOOD ACAI** ..... GF ..... **12 14**  
Acai up your day with a combo of acai, cacao, goji berries, banana, almond mylk, dates, and topped with granola

**MANGO BERRY** ..... GF .. ..... **12 14**  
Get berry happy with mango, orange, raspberries and pineapple blend.

**PINA COLADA** .... .. GF ..... **10 12**  
Feel the island vibes with our pina colada smoothie blended with pineapples, passionfruit & coconut water, topped with gelato and coconut chips.

**NEW MINT TO BE ACAI** ..... GF .. ..... **12 14**  
Acai , bananas, blueberries , fresh mint and coconut water, topped with coconut chips blueberries & mint leaves

**NEW SNICKERS** ..... GF ..... **12 14**  
bananas , peanuts, dates ,cacao on almond milk topped with peanuts and nice majik.

**NEW COOKIES n CREAM** ..... **12 14**  
Bananas , cookies, cacao on coconut milk topped with gelato and cookies.

**NEW WAKE ME UP BEFORE YOU GO GO.** ... **11 13**  
oats, cinnamon, bananas , oat milk , blueberries and rice malt, topped with rolled oats blueberries and rice malt syrup.

# JUICES

**BELLY BUSTER** ..... **SML 8 LRG 10**  
Lemon, carrot, celery, apple, ginger

**HEAT UP THE BEAT** ..... **8 10**  
Beetroot, carrot, ginger, lemon, pineapple & cayenne pepper

**LIQUID GOLD** ..... **8 10**  
Lemon, pear, apple, pineapple

**JUNGLE VIBES** ..... **8 10**  
Pineapple, watermelon, strawberries & passionfruit

**TROPICANA** ..... **8 10**  
Kiwi fruit, watermelon, pineapple, mint

**CREATE YOUR OWN** ..... **8 10**  
Ask staff for availability of fresh produce