



**GOOD FOOD.
GOOD DRINKS.
FEEL GOOD. ♡**

🌿 Brisbane's Home of
Fresh Juices, Smoothies & Açai Bowls 🌿

Our Most Loved



CHARLIE'S AMAZEBOWL

Loaded with seasonal
fruit, granola &
passionfruit.



🌿 OUR MOST LOVED 🌿



Acai Berry Cloud



R U Kidney' Me?



Hole Tomole



Apple Crumble



Coffee &
Specialty Drinks



🌿 FRESH INGREDIENTS

🌿 HEALTHY

🌿 MADE DAILY

Coffee • Matcha • Chai

Full Menu Inside ♡

BOWLS

	SML	MED	LRG
	\$12	\$17	\$20
BASE	100g	200g	300g

ACAI BOWL GF

Amazonia Organic Acai scoopable blend topped with banana, thawed blueberries, strawberries, granola & coconut chips

SALTED CARAMEL BOWL . . . GF . . .

Our sweet and salty blend is packed full of dates, banana, walnuts and salt, topped with banana, granola, coconut yoghurt ,raspberries and scoop of our snickers blend.

HULK BOWL GF

Go green with our blend of banana, spinach, kale, mint, walnut and cinnamon, topped with banana, strawberries, granola and coconut yoghurt

MANGO ACAI BOWLGF

Freshen up with our blend of mango, pineapple and orange, topped with kiwi, strawberries, passionfruit, granola and Scoop of Acai.

SUPERFOOD ACAI BOWL . . . GF . . .

Our super blend of acai, cacao, goji berries and banana, topped with thawed blueberries & raspberries, goji berries, granola, coconut chips and mint

ACAI PEANUT BUTTER BOWL . GF

A Blend of Acai, frozen bananas & peanut butter topped with bananas, strawberries, blueberries, granola and peanut butter

NEW

BISCOFF ACAI BOWL

A delightful mix of banana, Biscoff, and cinnamon, crowned with banana, strawberry, granola, acai, and Biscoff crunch.

SNICKERS BOWL GF

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

Taste like cotton candy, our blend of pitaya, strawberries, goji berries and banana, topped with kiwi, strawberries, granola, coconut chips, goji berries scoop of acai

NEW

SKINNY ACAI BOWL GF 10 15 18

Low calorie acai bowl, acai base, topped with watermelon and kiwi.

NEW

PROTEIN ACAI BOWL GF 13 18 21

Bulk up with our protein acai base, topped with banana strawberry, coconut yoghurt, and scoop of our hulk blend.

CHARLIE'S AMAZEBOWLS . . GF .. 14 19 24

Take yourself back to the beginning with our original loaded Fruit AMAZEBOWL. Amazonia acai loaded with fruit, granola and mango scoop.

SMOOTHIES

SML	MED	LRG
\$8	\$13	\$16

PEANUT BUTTER BLASTGF

Blast your day with maca, peanuts, banana, rice malt syrup , peanut butter and almond mylk. Topped with crushed peanuts

CHOC BANANA RAMA

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

Get green and bulk like the Hulk with spinach, kale, mint, banana, walnut, cinnamon and coconut. Topped with crushed walnuts, coconut chips and coconut yoghurt.

VERY BERRY PROTEIN GF

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 CARAMELGF

Get a sweet & salty with our blend of dates, banana, walnut, himalayan salt, almond mylk . Topped with walnuts and coconut icecream.

SUPERFOOD ACAI GF

Acai up your day with a combo of acai, cacao, goji berries, banana, almond mylk, dates, and topped with granola

MANGO BERRY GF

Get berry happy with mango, orange, pineapples blend on coconut water topped with raspberries and coconut chips.

PINA COLADA GF

Feel the island vibes with our pina colada smoothie blended with pineapples, passionfruit & coconut water, topped with coconut icecream and coconut chips.

NEW ACAI PROTEIN CRUNCH . . GF . . .

Açaí, Banana, Peanut butter, Blueberries, Protein powder, Blended with almond milk. Toppings: Granola, Coconut yogurt

SNICKERS GF

Bananas , peanuts, dates ,cacao on almond milk topped with peanuts and chocolate sauce.

NEW ACAI BERRY CLOUDGF.. .

Açaí, banana, avocado, oats, vanilla, and blueberries, all topped with coconut yogurt and additional blueberries, blended together with oat milk.

NEW BISCOFF SMOOTHIE . .

A delightful blend of banana, cinnamon, and Biscoff, mixed with almond milk and crowned with gelato and a sprinkle of Biscoff crunch.

Add-Ons Available for Only \$2

Enhance your order with options like Protein, Peanut Butter, Coconut Ice Cream, Biscoff, Nutella (non vegan) Pistachio (non vegan) Honey (non vegan) cacao nibs, chai seeds and Coffee.

All of our fruit is seasonal and subject to change.

FRESH JUICES

SML MED LRG
7 10 12

WINTER FLU

Pineapple, orange, ginger, turmeric,
lemon & cayenne pepper

PUSH YOUR IMMUNITY

Orange, carrot, ginger, turmeric

LEAN GREEN

Spinach, kale, lemon, cucumber,
celery & apple

R U KIDNEY' ME

carrots, cucumber, celery, beetroot,
ginger, and lemon.

MORNING SUNSHINE

Apples, pineapples, turmeric, lemon, passion
fruit and coconut water.

BELLY BUSTER

Lemon, carrot, celery, apple, ginger

HEAT UP THE BEAT

Beetroot, carrot, ginger, lemon
pineapple & cayenne pepper

NEW HYDRATION NATION

Cucumber, celery, lemon & mint,

LIQUID GOLD

Lemon, pear, apple, pineapple

JUNGLE VIBES

Pineapple, watermelon, strawberries &
passionfruit

NEW HAPPY MELON

Watermelon, apple, lemon

CREATE YOUR OWN

Ask staff for availability of fresh produce

ALL OUR FRESH JUICES COME WITH ICE

NO ICE COST EXTRA .50c

MAKE IT FRAPPE

Extra \$2

HEALTH SHOTS ... \$6.

DETOX STARTER

Ginger, lemon, & apple

FLU SHOT

Turmeric, ginger, lemon,
cayenne pepper & orange

SAVOURY BITES

SMASHED AVO

Smashed avocado, lemon, salt & pepper
on two sourdough slices.

CHEEZE & TOMATO TOASTIE

Grilled tomato, vegan cheeze
& mayonnaise on sourdough

AVOMITE

Smashed avo, vegemite, sliced tomato, on
two sourdough slices.

HOLE TOMOLE

Smashed avocado, diced tomato and mint,
on two sourdough slices.

THE PESTO AVO

Smashed avo, pesto, kale, spinach, mint,
lemon wedge and Zaatar on 2 sourdough slices.

MEDITERRANEAN TOASTIE

Grilled pumpkin, zucchini, eggplant,
pesto, mayo and spinach on sourdough

PIZZA TOASTIE

Cheese, sundried tomatoes, pesto, olives, bbq
sauce, mixed herbs.

WRAPS

FALAFEL

Falafel, spinach leaves, mint, tomato,
mayo on tortilla bread.

ROAST BEAST WRAP

Mediterranean veg, cheese, spinach,
hommus, lemon squeeze, zaatar seasoning

all wraps and toasties can
be toasted

ADD ONS:

Spinach, tomato, mayo, or bbq \$1

Avocado, grilled pumpkin, eggplant, cheeze,
pesto, hommus, gluten free toast \$2

NEED A BOOST?

Freshly squeezed health shots



COFFEE

	# Shots	SML	RGL	LRG
YOUR EVERYDAY COFFEE		1	2	3
ESPRESSO		3.50		
PICCOLO		4.50		
LONG BLACK		4.00	5.00	6.00
FLAT WHITE/CAPPUCCINO/MOCHA LATTE/ HOT CHOCOLATE		5.00	6.00	7.00
SPECIALTY HOT LATTE				
MATCHA / CHAI / BEETROOT / TURMERIC /		6.00	7.00	8.00
ICED LONG BLACK		4.00	5.00	6.00
Coffee & ice				
ICED LATTE		5.00	6.00	7.00
Coffee, mylk & ice				
SPECIALITY ICED RANGE				
		6.00	7.00	8.00
ICED COFFEE				
Coffee, ice, mylk & ice cream				
ICED CHOCOLATE				
Chocolate, ice, mylk & ice cream				
ICED MOCHA				
Coffee, chocolate, ice, mylk & ice cream				
ICED TURMERIC LATTE				
Turmeric, ice, mylk & ice cream				
ICED MATCHA LATTE/ STRAWBERRY				
Macha, ice, mylk & ice cream				
ICED CHAI LATTE				
Chai, ice, mylk & ice cream				
ICED PROTEIN LATTE		7.00	8.00	9.00

protein, coffee ice, mylk & ice cream

Add-On

Decaf \$1

Extra Shot \$2

Ice Cream \$2

Syrups \$1

No extra charge for Plant-based mylks.

WINTER WARMERS

PUMPKIN & SWEET POTATO SOUP 8

With a slice of sourdough bread

CLASSIC PORRIDGE 8

A base of oats, choice of milk, topped with a dollop of coconut yoghurt, raspberries, and finish with a drizzle of rice malt

APPLE CRUMBLE PORRIDGE 10

Oat with a choice of milk, topped with diced apples, raw caramel sauce, crushed peanuts, raw caramel and blueberries

PEANUT BUTTER PROTEIN OATS 12

Protein Oats with a choice of milk, topped with peanut butter, crushed peanuts, raw caramel and blueberries

BANANA MEETS CHOCOLATE 16

Toasted banana bread, hot chocolate, chocolate sauce, strawberries, banana and mint

ADD ONS:
protein \$2

Check out our cabinet
for a wide range of
raw and gluten free treats courtesy of Rawsome
and Plant Based Dough Co.

