

OPEN SANDWICHES

SERVED ON A SLICE OF SOURDOUGH OR RYE TOAST

SWAP FOR GLUTEN FREE BREAD

IRON KICK

chickpeas, lentils, feta, avo, cucumber, rosa tomatoes, celery, coriander, curry spice, low fat mint yoghurt

SRIRACHA CHICKEN MAYO

free range chicken, avo, sriracha mayo, smoky coconut flakes, coriander

NEW AVO CUCUMBER TOAST

smashed avo, cucumber ribbons, feta, lemon, mint

ADD AN EXTRA SLICE OF BREAD TO CLOSE YOUR SANDWICH

WRAPS

SERVED IN A LOW GI MULTI-GRAIN WRAP

VEGGIE & AVO

roasted butternut, zucchini, raw corn, rosa tomatoes, red pepper, onion, cumin, avo & yoghurt salsa

CHICKEN & ROAST VEGGIE

bbq free range chicken, roasted butternut, beetroot, feta, green beans, baby spinach, lemon & olive oil dressing

BBQ CHICKEN

bbq free range chicken, cos lettuce, avo, rosa tomatoes, chipotle mayo

MEXI CHICKEN

bbq free range chicken, cos lettuce, avo, spiced red kidney beans, white cheddar, corn salsa, coriander, yoghurt dressing

NEW LOLA'S VEGAN BURRITO

mexi beans, guacamole, brown rice, vegan chipotle mayo, lettuce, tomato, coriander **(V)**

NEW ASIAN CHICKEN WRAP

free range chicken, avo, lettuce, carrot, cucumber, red cabbage, chili ginger dressing, coriander



NEW GUACAMOLE & NACHOS

small plate of house made guacamole & salsa, served with organic corn chips

(V) (GF)

MEALS

NEW PLANT POWERED NÜTRI BURGER
black bean & mushroom patty on a turmeric
bun with vegan chipotle mayo, tomato,
lettuce & a side of vegan chipotle slaw **(V)**

SUMMER NACHO BOWL
avo, rocket, rosa tomatoes, raw corn,
organic corn chips, greens lime coriander
dressing **(V) (GF)**

MEXI-TACO BOWL
black beans, red kidney beans, green pepper,
carrot, tomato, raw corn, chilli spices topped
with avo & white cheddar, served with organic
corn chips **(GF)**

VEGAN MEXI-TACO BOWL
black beans, red kidney beans,
green pepper, carrot, tomato,
raw corn, chilli spices topped with avo,
served with organic corn chips **(V) (GF)**

PROTEIN BALANCE PLATE
grilled free range chicken breast, quinoa,
roasted balsamic beetroot, roasted butternut,
served with a side salad **(GF)**

PROTEIN PLUS PLATE
lemon grilled free range chicken breast,
roasted butternut, zucchini, raw corn, rosa
tomatoes, red pepper, onion, cumin,
avo & yoghurt salsa **(GF)**

NEW ROAST VEGGIE BOWL
roast beetroot, roast butternut, baby
roast sweet potato, quinoa, avo, spinach,
hemp seeds, walnuts, dijon dressing **(V) (GF)**

WRAPS OR SALADS

SERVED AS A SALAD OR
IN A LOW GI MULTI GRAIN WRAP

MACROBIOTIC
avo, edamame beans, red cabbage,
spiced broccoli, greens, soy seeds,
miso dressing (contains gluten) **(V)**

IRON KICK
chickpeas, lentils, feta, avo,
cucumber, rosa tomatoes, celery,
coriander, curry spice,
low fat mint yoghurt

RAINBOW PAD THAI
edamame beans, carrot,
red cabbage, kale, spiced cashews,
sesame seeds, hemp seeds,
coriander, spring onion, lime,
chilli peanut dressing **(V)**

IMMUNITY
avo, kale, rocket, quinoa, carrot,
cucumber, red pepper,
smoky coconut flakes, spiced cashews,
toasted sesame seeds,
lime & sriracha dressing **(V)**

All salads are **(GF)** unless stated otherwise

ADD A PROTEIN

free range egg
free range chicken breast plain/bbq
pasture raised angus steak
hot smoked salmon fillet

POWER JUICES S 350ML L 500ML

CREATE YOUR OWN
orange, apple, carrot, beetroot **(V)**
ADD: cucumber
ginger

LEMON-C
apple, lemon, mint **(V)**

CARROTENE
carrot, orange,
cucumber, ginger **(V)**

SUPER 7
carrot, orange, pineapple,
apple, lemon, beetroot, ginger **(V)**

FLORA RESTORER
apple, pineapple, carrot, turmeric,
ginger, lemon, probiotic **(V)**

GREEN JUICES S 350ML L 500ML

ALKALISE
spinach, apple, lemon,
organic green superfood powder **(V)**

D-TOX
spinach, celery, cucumber,
apple, lemon, ginger **(V)**

KALE ALE
cucumber, lemon, lime, celery,
lettuce, kale / swiss chard **(V)**

SHOTS

NEW GUT HEALER
apple juice, apple cider vinegar,
ginger juice

GINGER **(V)**

TURMERIC TONIC
pineapple, carrot, turmeric, ginger, lemon

GINGER NINJA
ginger, lemon, cayenne pepper, honey

HOT DRINKS

lactose free milk almond milk oat milk

ORGANIC COFFEE

ESPRESSO

AMERICANO

CAPPUCCINO

MACCHIATO

FLAT WHITE

LATTE

ORGANIC MATCHA LATTE

HOT CHOCOLATE (no added sugar)

TEA ceylon, rooibos, green tea

TURMERIC LATTE

house blend of turmeric,
ginger, cinnamon, honey,
almond / oat milk

CHAI LATTE

house blend of cinnamon, ginger,
cardamom, nutmeg, cloves, honey
almond / oat milk

HOT LOZENGER

apple juice, lemon, ginger, honey,
filtered water

CHOCOLATE LAVA

vegan chocolate, cinnamon, dates, himalayan
salt topped with whipped coconut cream,
almond / oat milk **(V)**

MATCHA LATTE

Organic ceremonial-grade Matcha
almond / oat milk **(V)**

SMOOTHIES

S 350ML L 500ML

STRAWBERRY SWIRL

strawberry, mango, low fat frozen yoghurt, filtered water, strawberry purée

THE BASIC

banana, low fat milk, low fat frozen yoghurt
ADD: honey / sugar free peanut butter
sugar free hot chocolate

PEANUT BUTTER BLU

sugar free peanut butter, blueberries, banana, dates, almond milk **(V)**

NEW-ME

blueberries, strawberries, raspberries, low fat frozen yoghurt, filtered water

RAW CHOCOLATE

cacao, hemp seeds, banana, cinnamon, almond milk, dates, filtered water **(V)**

THE HEALER

apple juice, lemon, ginger, chilli, low fat frozen yoghurt

GREEN WARRIOR

orange juice, kale, apple, cucumber, celery, hemp seeds, mango, mint, filtered water **(V)**

MIRACLE MILK

raw cashews, banana, coconut flakes, cinnamon, himalayan salt, honey, filtered water

STRAWBERRY-B

strawberries, apple juice, mint, low fat frozen yoghurt

COFFEE UNION

double organic espresso, honey, low fat frozen yoghurt

BLU LEMONADE

low fat frozen yoghurt, pineapple, lemon juice, blue spirulina

NEW INSIDE OUT

banana, pineapple, probiotic, ginger, avo, parsley

NEW RED VELVET

beetroot, dates, banana, cacao, almond milk, whipped coconut cream

FUNCTIONAL BLENDS

STRAWBERRY WHIP

strawberries, grass-fed whey protein, filtered water, dates

LOW FAT PROTEIN SHAKE

natural vanilla grass-fed whey protein, low fat milk

UNICORN BY ZOSIA

dragon fruit, mango, banana, orange, almond macadamia butter, spirulina, hemp seeds, whipped coconut cream **(V)**

O MEGA ALMOND

almond macadamia butter, banana, dates, lucuma, almond milk, activated chia seeds
ADD: collagen

THE NUTTER

sugar free peanut butter, honey, banana, chia seeds, coconut shavings, grass-fed whey protein, filtered water

THE BOSS

banana, almond macadamia butter, cacao, grass-fed whey protein, dates, filtered water, honey

PROTEIN SUPERMATCHA

banana, organic ceremonial grade matcha, grass-fed whey protein, almond milk

IMMUNE-C

mango, orange, turmeric, lemon, ginger, beetroot, raspberries, apple juice **(V)**

NEW CBD COLADA

banana, pineapple, cucumber, coconut, kale, cbd

GLUTEN FREE FLAPJACKS & WAFFLES

THE ORIGINAL FLAPJACK

grass-fed whey blueberry flapjack, served with banana, walnuts, honey, cinnamon **(GF)**

NEW PEANUT BUTTER FLAPJACK

3 vegan flapjacks, peanut butter drizzle, strawberries, whipped coconut cream

BANANA NUT WAFFLE

belgian style waffle served with banana, flaked almonds, peanut butter drizzle **(V) (GF)**

STRAWBERRIES & CREAM WAFFLE

belgian style waffle served with your choice of:

- fresh strawberries & coconut cream **(V) (GF)**
- fresh strawberries & froyo **(GF)**

FROZEN YOGHURT

FROZEN YOGHURT

sugar 3.8g/100g & fat 2g/100g

Ask in-store for our range of healthy & delicious toppings, like fruit salad & nuts

