

# BREAKFASTS

#### SWAP FOR GLUTEN FREE OR SEED BREAD

AVO TOAST CLASSIC

ONE SLICE TWO SLICES

sliced avo, himalayan salt, black pepper, chilli flakes, lime, coriander, toast (sourdough **(V)** or rye)

FREE RANGE EGGS ON TOAST 2 poached or scrambled eggs toast (sourdough or rye) ADD: avo sautéed rosa tomatoes hot smoked salmon fillet

POACHED EGGS ON GREENS 2 poached eggs on a bed of kale & baby spinach, broccoli, green beans, mint, cashews, sriracha dressing **(GF)** 

SCRAMBLED EGGS, AVO & FETA ON TOAST scrambled eggs, avo, feta, rocket, honey & soy seed sprinkle (contains gluten), toast (sourdough or rye)

#### BANANA BREAD

gluten & sugar free banana-coconut bread, served with sugar free peanut butter, banana, honey, cinnamon **(GF)** 

POACHED EGGS & SMASHED AVO ON TOAST smashed avo, poached eggs, sautéed rosa tomatoes, roasted peppers, chipotle drizzle, lime, toast (sourdough or rye)

BREAKFAST SALAD OR WRAP poached eggs, rocket, avo, white cheddar, sautéed rosa tomatoes, soy glaze (contains gluten) & olive oil

SPICY BEAN BREAKFAST WRAP scrambled eggs, spiced red kidney beans, coriander, feta, baby spinach, avo & corn salsa

### **BREAKFAST BOWLS**

CHIA-BERRY OAT CUP

oats, chia seeds, raspberries, coconut milk, strawberries, whipped coconut cream, wheat free goji muesli, honey **(V)** 

#### CINNAMON OATS BOWL

hot rolled oats, banana, flaked almonds, cinnamon, honey, low fat milk ADD: almond macadamia butter grass-fed whey protein

#### TIGA RAINBOW CUP

coconut chia pudding, low fat plain yoghurt, strawberries, sugar free peanut butter, honey, wheat free goji muesli, whipped coconut cream

YOGHURT FRUIT SALAD BOWL

seasonal fruit, low fat plain yoghurt, honey **(GF)** ADD: wheat free goji muesli

THE HEALTH NUT SMOOTHIE BOWL banana, almond macadamia butter, whey protein, filtered water, honey topped with chia seeds, hemp seeds, wheat free goji muesli

**NEW** TROPICAL SMOOTHIE BOWL mango, pineapple, coconut milk, strawberry, cashew nuts, hemp seeds, blue spirulina, mint, maple syrup

# OMELETTE

SERVED WITH SOURDOUGH OR RYE TOAST SWAP FOR GLUTEN FREE OR SEED BREAD

SPICY BEAN OMELETTE (CLOSED) spiced red kidney beans, coriander, feta, baby spinach, avo & corn salsa

All omelettes are **(GF)** when bread is swapped or excluded

## ALLERGENS

We've taken all the necessary precautions, but there is a possibility that our food may contain traces of nuts, tree nuts, wheat, dairy, eggs, soy, fish, shellfish or other allergens.

# **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