

BREAKFAST

FREE RANGE EGGS ON TOAST VG	13.00
2 poached or scrambled eggs	
ADD cherry tomatoes 2.00 ADD avo 2.50 ADD smoked salmon 7.00	
POACHED EGGS ON GREENS GF VG	12.00
2 poached eggs on a bed of kale & baby spinach, broccoli, green beans, mint, cashews, sriracha dressing	
SCRAMBLED EGGS, AVO & CHIPOTLE CHILLI VG	14.00
scrambled eggs, white cheddar, chipotle adobo chilli, avo, baby spinach, seeded bread or wrap	
SCRAMBLED EGGS, AVO & FETA ON TOAST VG	14.50
scrambled eggs, avo, feta, rocket, soy seed sprinkle	
ADD medley of mushrooms 1.50	
BREAKFAST WRAP VG	18.50
2 poached eggs, avo, white cheddar, rocket, sautéed rosa tomatoes, soy glaze & olive oil dressing	
UMAMI BREAKFAST WRAP VG	19.00
scrambled eggs, medley of mushrooms, white cheddar, coriander, baby spinach, pickled jalapeno, spring onion, toasted sesame seeds	
PULLED BEEF BREAKFAST WRAP	19.50
pulled beef, scrambled eggs, baby spinach, white cheddar, chipotle adobo chilli	
SPICY MUSHROOM & EGG WHITE OMELETTE VG	22.00
egg white omelette, portobellini & shimeji mushrooms, baby spinach, jalapeno, avo, spring onion, sesame seeds, chilli ginger dressing	
AVO FETA & SALMON OMELETTE	24.00
closed omelette with hot smoked salmon fillet, avo, feta, baby spinach, dill, sesame seeds, coriander, chilli ginger dressing	

NUTRI-CUPS

CINNAMON OATS BOWL*	6.00
hot rolled oats, banana, flaked almonds, cinnamon, honey, low fat milk	
ADD whey protein 2.00 ADD almond butter 2.00	
APPLE CARAMEL OATS CUP V	7.00
rolled oats with chia seeds, apple, salted caramel sauce, whipped coconut cream, walnuts (contains peanuts)	
STRAWBERRY MATCHA CHIA CUP V	7.00
strawberry matcha chia pudding, coconut nectar, whipped coconut cream	
PEANUT BUTTER OVERNIGHT OATS CUP V	8.00
overnight oats with chia seeds, coconut milk, peanut butter drizzle, strawberries, muesli, maple syrup, whipped coconut cream	

ALLERGENS

Our kitchen uses ingredients containing the following allergens: cereals with gluten, celery, eggs, fish, crustaceans, molluscs, milk, mustard, peanuts, nuts, sesame, soya, sulphur dioxide and lupin which may accidentally come into contact with your meal. We have strict food safety practices in place to avoid this, but there is a small risk of contact with these allergens.

All chicken and eggs used on our menu are free-range, and all beef is sourced from grass-fed cattle.


SANDWICHES	
SMASHED AVO TOAST CLASSIC v	10.50
smashed avo, chilli flakes, lime, coriander, toast (sourdough or rye)	
ADD feta 1.00 ADD poached egg 1.50 ADD smoked salmon 7.00	
SRIRACHA CHICKEN MAYO	13.50
chicken, avo, sriracha mayo, coriander, smoky coconut shavings	
KIMCHI CHEDDAR PRESS*	16.50
toasted sandwich with white cheddar, avo, baby spinach, chipotle adobo dressing	
VEGAN PRESS v	19.00
toasted sandwich with vegan cheese, rosa tomatoes, avo, baby spinach, chipotle adobo dressing	
PULLED CHICKEN / BEEF PRESS	18.50 / 21.00
toasted sandwich with white cheddar, avo, baby spinach, chipotle adobo dressing	


LIGHT MEALS	
MINI BURRITO BOWL	15.00
beef mince, black beans, poached egg, turmeric rice, pickled onion, spring onion, sesame seeds, chilli ginger dressing	
LOW CAL CHICKEN	13.00
chicken, kale, carrots, creamy cashew dressing, low carb wrap	
LOW CAL BEEF	16.00
beef steak, cabbage, carrots, chilli ginger dressing, low carb wrap	

PANCAKE STACKS & WAFFLES	
THE ORIGINAL	14.00
3 grass-fed whey protein blueberry pancakes, banana, walnuts, honey, cinnamon	
PROTEIN CHOCOLATE PEANUT BUTTER	21.00
3 grass-fed whey protein blueberry pancakes, peanut butter drizzle, banana, strawberries, dark chocolate sauce, candied walnuts	
BANANA NUT v	12.00
Belgian-style waffle, peanut butter drizzle, banana, flaked almonds	
CHOCOLATE PEANUT BUTTER v	19.00
Belgian-style waffle, peanut butter drizzle, banana, strawberries, dark chocolate sauce, candied walnuts	

FROYO SUNDAES	
AFFOGATO	7.00
low fat frozen yoghurt with a shot of espresso	
LOW FAT FROZEN YOGHURT SMALL / LARGE	9.00 / 11.00
plain low fat frozen yoghurt	
COSMIC MANGO	13.00
mango puree, coconut syrup, muesli, whipped coconut cream	

WRAPS OR SALADS

SWAP FOR  WRAP **1.00** / SWAP FOR SPINACH WRAP

PLANT POWERED COBB  **18.50**

marinated chickpeas, avo, peppers, smoky coconut shavings, sweetcorn, radish, carrot, rosa tomatoes, lettuce, spring onion, creamy cashew dressing

KAROLINA’S SALAD **19.00**

shredded chicken, cabbage, carrot, radish, pickled ginger, cashews, coriander, spring onion, sesame seeds, miso dressing (contains gluten)

CHICKEN CASHEW CAESAR **19.00**

chicken breast, avo, rosa tomatoes, kale, lettuce, smoky coconut shavings, parmesan shavings, creamy cashew dressing

SANTA FE CHICKEN **19.00**

grilled chicken, crunchy taco, strips, avo, feta, jalapeno, tomato, quinoa, lettuce, raw corn, black beans, red pepper, spring onion, chipotle adobo dressing (contains gluten)

DOUBLE PROTEIN **21.00**

2 poached eggs, grilled chicken, avo, baby spinach, edamame beans, cucumber, soy seed sprinkle, creamy cashew dressing, Worcestershire sauce

CUBAN STEAK SALAD **22.00**

steak, pickled onion, chipotle corn, avo, kale, lettuce, creamy cashew caesar dressing, spring onion

WRAP ONLY

BBQ CHICKEN **17.50**

chicken, avo, lettuce, rosa tomatoes, chipotle mayo

CRUNCHY CHICKEN **17.50**

chicken, avo, lettuce, carrot, cucumber, cabbage, coriander, chilli ginger dressing

LOLA’S VEGAN BURRITO  **16.00**

Mexi beans, guacamole, turmeric rice, lettuce, tomato salsa, coriander, spring onion, vegan chipotle mayo

MEALS

MEXI PULLED CHICKEN / BEEF TACOS

tomato salsa, avo, chipotle corn, lettuce, spring onion, jalapeno cilantro dressing

PULLED CHICKEN sgl / dbl **10.00 / 20.00**

PULLED BEEF with white cheddar sgl / dbl **10.00 / 20.00**

KIMCHI BOWL  **17.00**

spiced broccoli, medley of mushrooms, baby marrow, baby spinach, kimchi, turmeric rice, avo, coriander, sesame seeds, miso dressing

CHICKEN TERIYAKI BOWL **17.00**

teriyaki chicken, turmeric rice, avo, carrot, cucumber, edamame beans, lettuce, pickled onion, pickled cabbage, sesame seeds, coriander miso dressing

SEOUL STEAK BOWL **22.00**


spiced beef steak, kimchi, carrot, rosa tomatoes, pickled ginger, radish, baby spinach, coriander, spring onion, turmeric rice, sesame seeds, miso dressing


ZEN SALMON BOWL **24.00**

smoked salmon fillet, avo, turmeric rice, red cabbage, cucumber, carrot, baby spinach, pickled ginger, sesame seeds, chilli ginger dressing

SMOOTHIES		
NEW-ME blueberries, strawberries, raspberries, low fat frozen yoghurt, filtered water	\$12.00	L14.00
STRAWBERRY SWIRL strawberries, mango, low fat frozen yoghurt, filtered water, strawberry puree	\$10.00	L12.00
STRAWBERRY-B strawberries, apple juice, mint, low fat frozen yoghurt	\$13.00	L15.00
BLU LEMONADE lemon juice, pineapple, blue spirulina, low fat frozen yoghurt	\$15.00	L17.00
SUN CREAM mango, pineapple, banana, orange, collagen, coconut milk	\$10.00	L12.00
PEANUT BUTTER BLU  sugar-free peanut butter, blueberries, banana, dates, almond milk	\$9.50	L11.50
ZOSIA'S GREENS  baby spinach, avo, kale, banana, ginger, lemon, dates, oat milk, filtered water	\$10.00	L12.00
COFFEE DREAM  espresso, cacao, almond macadamia nut butter, banana, dates, coconut milk	\$9.00	L11.00
GRANÜDILLA  mango, pineapple, passion fruit, banana, coconut milk	\$10.00	L12.00
MANGO-C  mango, apple juice, low fat frozen yoghurt	\$12.00	L14.00
SALTED CARAMEL CRUNCH  sugar-free peanut butter, banana, dates, vanilla powder, cinnamon, coconut syrup, muesli, whipped coconut cream	\$13.00	L15.00

RAW JUICES & SHOTS		
CREATE YOUR OWN orange, apple, carrot, beetroot ADD ginger 1.00 ADD cucumber 3.00	\$9.50	L12.50
JALAPINA GREENS apple, pineapple, jalapeno, spinach, celery, parsley	\$15.00	L18.00
SUPER 7 carrot, orange, pineapple, apple, lemon, beetroot, ginger	\$12.50	L15.50
FLORA RESTORER apple, pineapple, carrot, turmeric, ginger, lemon, probiotic	\$12.50	L15.50
D-TOX spinach, celery, cucumber, apple, lemon, ginger	\$11.00	L14.00
GUT HEALER apple juice, apple cider vinegar, ginger	\$3.50	
GINGER NINJA ginger, lemon, cayenne pepper, honey	\$5.00	

FUNCTIONAL BLENDS		
LOW FAT PROTEIN SHAKE natural vanilla whey protein, low fat milk	\$6.00	L9.00
PB PROTEIN whey protein, banana, sugar-free peanut butter, cacao, honey, flax seeds	\$11.00	L14.00
O MEGA ALMOND  almond macadamia nut butter, banana, dates, almond milk, activated chia seeds	\$8.00	L11.00
BETTER THAN BOTOX  almond macadamia nut butter, strawberries, raspberries, banana, flax seeds, dates, oat milk	\$10.00	L13.00
TIGA'S POWER whey protein, almond macadamia nut butter, banana, blue spirulina, honey, cinnamon, oat milk, filtered water	\$13.00	L16.00
THE NUTTER whey protein, sugar-free peanut butter, banana, chia seeds, coconut shavings, honey, filtered water	\$10.00	L13.00
THE BOSS whey protein, almond macadamia nut butter, banana, cacao, dates, filtered water, honey	\$10.00	L13.00
OREYO chocolate whey protein, banana, cacao, oat milk, whipped coconut cream	\$11.00	L14.00
GREEN GODDESS whey protein, baby spinach, mango, pineapple, dates, coconut milk	\$9.00	L12.00

ICED & HOT DRINKS		
SWAP FOR ALMOND / OAT MILK 		
ESPRESSO	\$3.80	L4.80
LONG BLACK	\$4.50	L5.50
CAPPUCCINO	\$5.00	L6.00
LATTE	\$5.00	L6.00
FLAT WHITE	\$5.00	L6.00
MACCHIATO	\$4.00	
MOCHA	\$5.50	L6.50
PICCOLO	\$4.50	
TEA yorkshire, early gray, camomile, punjabi chai, mint, green tea	\$4.50	
SKINNY HOT CHOCOLATE	\$5.50	L6.50
CHAI LATTE		L6.50
MATCHA LATTE	\$5.50	L6.50
HOT LOZENER		L6.00
ICED LONG BLACK	\$5.50	L7.00
ICED CHAI LATTE	\$7.00	L8.50
ICED MATCHA LATTE	\$6.50	L8.00
ICED STRAWBERRY MATCHA LATTE	\$9.00	L10.50
BABYCHINO	\$2.00	