

ü MENU

BREAKFAST

FREE RANGE EGGS ON TOAST VG **14.00**
2 poached or scrambled eggs
ADD rosa tomatoes **3.00** avo **4.00**
smoked salmon **7.00**

POACHED EGGS ON GREENS VG GF **14.00**
2 poached eggs on a bed of kale &
baby spinach, broccoli, green beans,
mint, cashews, sriracha dressing

**SCRAMBLED EGGS, AVO
& CHIPOTLE CHILLI** VG **16.50**
scrambled eggs, white cheddar,
chipotle adobo chilli, avo, baby spinach,
seeded bread

**SCRAMBLED EGGS, AVO
& FETA ON TOAST** VG **18.00**
scrambled eggs, avo, feta, rocket,
soy seed sprinkle
ADD medley of mushrooms **3.50**

BREAKFAST WRAP VG **18.50**
2 poached eggs, avo, white cheddar,
rocket, sautéed rosa tomatoes,
soy glaze & olive oil dressing

**SPICY MUSHROOM &
EGG WHITE OMELETTE** VG **23.00**
egg white omelette, medley of mushrooms,
baby spinach, jalapeno, avo, spring onion,
sesame seeds, chilli ginger dressing

PULLED BEEF BREAKFAST WRAP **19.50**
pulled beef, scrambled eggs, baby spinach,
white cheddar, chipotle adobo chilli

AVO FETA & SALMON OMELETTE **24.00**
closed omelette with smoked salmon fillet,
avo, feta, baby spinach, dill, sesame seeds,
coriander, chilli ginger dressing

NEW ÜMEGA OPEN TOAST **24.00**
hot smoked salmon fillet, capers, poached egg,
avo, pickled onion on a bed of baby spinach,
basil dressing

NÜTRI-CUPS

NEW CHOC CHIA PROTEIN CUP **9.50**
chocolate whey protein chia pudding,
peanut butter, whipped coconut cream,
muesli, berry compote, honey

CINNAMON OATS BOWL **9.50**
hot rolled oats, banana, flaked almonds,
cinnamon, honey, low fat milk
ADD whey protein / almond butter **3.00**

NEW ACTIVE CHOC OATS BOWL **10.00**
hot rolled oats, cacao, chocolate whey
protein, oat milk, maple syrup, banana,
peanut butter, berry compote,
hemp seeds, mint

**PEANUT BUTTER OVERNIGHT
OATS CUP** V **10.50**
overnight oats with chia seeds, coconut milk,
peanut butter drizzle, strawberries, muesli,
maple syrup, whipped coconut cream

SANDWICHES

SMASHED AVO TOAST CLASSIC V **13.00**
smashed avo, chilli flakes, lime, coriander,
toasted sourdough or rye
ADD feta / poached egg **3.00**
smoked salmon **7.00**

KIMCHI CHEDDAR PRESS VG **17.50**
toasted sandwich with kimchi, white cheddar,
avo, baby spinach, chipotle adobo dressing

SRIRACHA CHICKEN MAYO **15.00**
chicken, sriracha dressing, avo, coriander,
smoky coconut shavings

PULLED CHICKEN PRESS **19.00**
toasted sandwich with pulled chicken,
white cheddar, avo, baby spinach,
chipotle adobo dressing

PULLED BEEF PRESS **21.00**
toasted sandwich with pulled beef,
white cheddar, avo, baby spinach,
chipotle adobo dressing

NEW VERDE STEAK PRESS **21.00**
toasted sandwich with beef steak,
parmesan, rocket, basil dressing,
chilli ginger dressing

PROTEIN PLATES

BUILD YOUR OWN PROTEIN PLATE **24.00**
Ask in-store how to assemble your plate

V VEGAN GF GLUTEN-FREE VG VEGETARIAN

WRAPS OR SALADS

SWAP FOR SPINACH WRAP
ALL SALADS ARE GF UNLESS STATED OTHERWISE

PLANT POWERED COBB V **19.50**
marinated chickpeas, avo, peppers,
smoky coconut shavings, sweetcorn, radish,
carrot, rosa tomatoes, lettuce, spring onion,
creamy cashew dressing

KAROLINA'S SALAD **21.00**
shredded chicken, cabbage, carrot,
radish, pickled ginger, cashews, coriander,
spring onion, sesame seeds, miso dressing
(contains gluten)

CHICKEN CASHEW CAESAR **21.00**
chicken breast, avo, rosa tomatoes, kale,
lettuce, smoky coconut shavings, parmesan
shavings, creamy cashew dressing

SANTA FE CHICKEN **22.00**
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 **22.00**
2 poached eggs, grilled chicken, a vo,
baby spinach, edamame beans, cucumber,
soy seed sprinkle, creamy cashew dressing,
Worcestershire sauce

WRAPS ONLY

LOLA'S VEGAN BURRITO V **17.00**
Mexi beans, guacamole, turmeric rice,
lettuce, tomato salsa, coriander, spring onion,
vegan chipotle mayo

CRUNCHY CHICKEN **18.00**
chicken, avo, lettuce, carrot, cucumber,
cabbage, coriander, chilli ginger dressing

BBQ CHICKEN **18.50**
chicken, avo, lettuce, rosa tomatoes,
vegan chipotle mayo

PLEASE SEE
DIGITAL MENU SCREENS
FOR FULL LIST OF
INGREDIENTS.

MEALS

NEW THAI PUMPKIN SOUP **11.00**
topped with chilli crisp

NEW LEMONGRASS BEEF BOWL **19.50**
beef steak, lemongrass coconut soup,
turmeric rice, spring onion, lime

KIMCHI BOWL V **20.00**
spiced broccoli, medley of mushrooms,
baby marrow, baby spinach, kimchi, turmeric rice,
avo, coriander, sesame seeds, miso dressing

CHICKEN TERIYAKI BOWL **20.00**
teriyaki chicken, turmeric rice, avo, carrot,
cucumber, edamame beans, lettuce, pickled
onion, pickled cabbage, sesame seeds,
coriander, miso dressing

SEOUL STEAK BOWL **23.00**
spiced beef steak, kimchi, carrot,
rosa tomatoes, pickled ginger, radish, baby
spinach, coriander, spring onion, turmeric rice,
sesame seeds, miso dressing

CÜBAN STEAK SALAD **23.00**
beef steak, pickled onion, chipotle corn,
avo, kale, lettuce, creamy cashew caesar
dressing, spring onion

ZEN SALMON BOWL **24.50**
smoked salmon fillet, avo, turmeric rice,
red cabbage, cucumber, carrot, baby spinach,
pickled ginger, sesame seeds,
chilli ginger 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

NÜTRI CHICKEN WRAP **13.50**
chicken, kale, carrots, creamy cashew dressing

SURFSIDE BEEF WRAP **16.50**
beef steak, cabbage, carrots, chilli ginger dressing

PANCAKE STACKS

THE ORIGINAL GF **15.00**
3 grass-fed whey blueberry pancakes,
banana, walnuts, honey, cinnamon

PROTEIN CHOCOLATE PEANUT BUTTER GF **22.00**
grass-fed whey protein blueberry flapjacks,
peanut butter drizzle, banana, strawberries,
dark chocolate sauce, candied walnuts

ICED & HOT DRINKS

SWAP FOR ALMOND / OAT MILK v

ESPRESSO	\$4.20	L5.20
LONG BLACK	\$4.90	L5.90
CAPPUCCINO	\$5.40	L6.40
LATTE	\$5.40	L6.40
FLAT WHITE	\$5.40	L6.40
MACCHIATO	\$4.40	
MOCHA	\$5.90	L6.90
PICCOLO	\$4.90	
TEA	\$4.90	
English, earl grey, chamomile, mint, Punjabi chai, mint, green tea		
SKINNY HOT CHOCOLATE	\$5.90	L6.90
CHAI LATTE		L6.90
MATCHA LATTE	\$5.90	L6.90
HOT LOZANGER		L6.50
ICED LONG BLACK	\$5.90	L7.40
ICED LATTE	\$6.90	L8.40
ICED CHAI LATTE	\$7.40	L8.90
ICED MATCHA LATTE	\$6.90	L8.40
ICED STRAWBERRY MATCHA LATTE	\$9.40	L10.90
BABYCCINO	\$2.00	

RAW JUICES

CREATE YOUR OWN	\$10.00	L13.00
orange, apple, carrot, beetroot		
ADD cucumber	3.00	ginger 1.00
D-TOX	\$11.50	L14.50
spinach, celery, cucumber, apple, lemon, ginger		
SÜPER 7	\$12.50	L15.50
carrot, orange, pineapple, apple, lemon, beetroot, ginger		
NEW GLOW DIGGER	\$12.50	L15.50
apple, lemon, celery, baby spinach, swiss chard, mint		

SHOTS

GUT HEALER	\$4.00
apple juice, apple cider vinegar, ginger	
GINGER NINJA	\$6.00
ginger, lemon, cayenne pepper, honey	
NEW SÜPER CELERY	\$5.00
turmeric, celery, lemon	

SMOOTHIES

NEW-ME	\$12.50	L14.50
blueberries, strawberries, raspberries, low fat frozen yoghurt, filtered water		
STRAWBERRY SWIRL	\$10.50	L12.50
strawberries, mango, low fat frozen yoghurt, strawberry puree, filtered water		
SÜN CREAM	\$10.50	L12.50
mango, pineapple, banana, orange, collagen, coconut milk		
PEANUT BUTTER BLÜ v	\$10.00	L12.00
peanut butter, blueberries, banana, dates, almond milk		
ZOSIA'S GREENS v	\$10.50	L12.50
baby spinach, avo, kale, banana, ginger, lemon, dates, oat milk, filtered water		
COFFEE DREAM v	\$10.00	L12.00
espresso, cacao, almond butter, banana, dates, coconut milk		
MANGO-C	\$12.50	L14.50
mango, apple juice, low fat frozen yoghurt		
SALTED CARAMEL CRUNCH v	\$13.50	L15.50
peanut butter, banana, dates, vanilla powder, cinnamon, maple syrup, muesli, whipped coconut cream		
NEW RAW CHOCOLATE v	\$10.00	L12.00
cacao, hemp seeds, banana, cinnamon, almond milk, dates		
NEW SÜNSET SKY	\$10.50	L12.50
mango, raspberries, low fat frozen yoghurt		

FUNCTIONAL BLENDS

LOW FAT PROTEIN SHAKE	\$6.50	L9.50
vanilla whey protein, low fat milk		
PB PROTEIN	\$11.50	L14.50
whey protein, banana, sugar-free peanut butter, cacao, honey, flax seeds		
BETTER THAN BOTOX v	\$10.50	L13.50
almond butter, strawberries, raspberries, banana, flax seeds, dates, oat milk		
TIGA'S POWER	\$13.50	L16.50
whey protein, almond butter, banana, blue spirulina, honey, cinnamon, oat milk, filtered water		
THE NUTTER	\$10.50	L13.50
whey protein, peanut butter, banana, chia seeds, coconut shavings, honey, filtered water		
THE BOSS	\$10.50	L13.50
whey protein, almond butter, banana, cacao, dates, honey, filtered water		
OREYO	\$11.50	L14.50
chocolate whey protein, banana, cacao, oat milk, whipped coconut cream		
GREEN GODDESS	\$9.50	L12.50
whey protein, baby spinach, mango, pineapple, dates, coconut milk		
NEW PACIFIC BLÜ	\$11.50	L14.50
whey protein, mango, banana, lime, coconut water, honey, coconut milk, blue spirulina coconut swirl		
NEW GYM BREW	\$11.50	
whey protein, peanut butter, espresso, cocoa powder, full cream milk, banana, coconut water		

SUPERBOOST YOUR SMOOTHIE - ASK IN-STORE FOR DETAILS

SUPERBOOST PHARMACY

BOOST ANY SMOOTHIE, DRINK, NÜTRI-CUP, OR RAW JUICE WITH OUR PREMIUM SELECTION OF SUPERFOODS.

LION'S MANE	5.00
supports brain function, mood, immune, gut & heart health.	
ASHWAGANDHA	5.00
reduces stress; supports sleep, brain, heart & blood sugar balance.	
COLLAGEN	3.00
supports healthy skin, hair, nails, bones & heart.	
BLUE SPIRULINA	2.50
high in antioxidants; supports heart & immune health.	
MATCHA	2.00
high in antioxidants, supports liver health, boosts brain function and improves heart health.	
BARLEY GRASS	2.00
high in antioxidants; supports digestion, blood sugar & liver.	
BCAA	3.00
reduces fatigue and aids muscle growth & recovery.	
L-GLUTAMINE	1.50
aids muscle recovery & gut health; supports immunity.	
SEA MOSS	1.00
boosts thyroid & immune function; supports heart, gut & energy.	
MACA	1.00
boosts mood, energy & immunity; supports healthy blood pressure.	
MCT OIL POWDER	1.00
boosts energy and endurance; supports gut & heart; balances cholesterol.	
CREATINE	1.50
boosts strength, power & exercise performance.	
CHIA SEEDS	0.50
high in antioxidants & fibre; supports heart & bone health.	

SCAN THE QR CODE
FOR ALL NUTRITIONAL
INFORMATION AND
MACROS.



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.