

## BREAKFASTS

### SWAP FOR GLUTEN FREE OR SEED BREAD 10

#### FREE RANGE EGGS ON TOAST 43

2 poached or scrambled eggs,  
toast (sourdough or rye)

**ADD:** avo 19

sautéed rosa tomatoes 9  
hot smoked salmon fillet 69

#### POACHED EGGS ON GREENS 49

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

#### SCRAMBLED EGGS, AVO & FETA ON TOAST 55

scrambled eggs, avo, feta, rocket,  
honey & soy seed sprinkle (contains gluten),  
toast (sourdough or rye)

#### BANANA BREAD 59

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

#### AVO TOAST CLASSIC ONE SLICE 39 TWO SLICES 56

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

#### NEW VEGAN QUESADILLA 69

chickpeas, coriander, salsa, smashed avo,  
smoky coconut flakes, chipotle mayo (V)

All bread choices are (V), excl. rye, which contains honey

## 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.

## BREAKFASTS

#### POACHED EGGS & SMASHED AVO ON TOAST 79

smashed avo, poached eggs, sautéed rosa  
tomatoes, roasted peppers, chipotle drizzle,  
lime, toast (sourdough or rye)

#### SPICY BEAN OMELETTE (CLOSED) 87

closed omelette with spiced red  
kidney beans, coriander, feta, baby spinach,  
avo & corn salsa, toast (sourdough (V) or rye)

#### BREAKFAST SALAD OR WRAP 84

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

#### SPICY BEAN BREAKFAST WRAP 87

scrambled eggs, spiced red kidney beans,  
coriander, feta, baby spinach, avo & corn salsa

#### HOT SMOKED SALMON TOAST 135

scrambled eggs, hot smoked salmon fillet,  
avo, watercress, lemon olive oil dressing,  
toast (sourdough or rye)

## BREAKFAST BOWLS

#### CINNAMON OATS BOWL 55 1/2 PORTION 30

hot rolled oats, banana, flaked almonds,  
cinnamon, honey, low fat milk

**ADD:** almond macadamia butter 18  
grass-fed whey protein 25

#### YOGHURT FRUIT SALAD BOWL 57

seasonal fruit, low fat plain yoghurt,  
honey (GF)

**ADD:** wheat free goji muesli 19

#### THE HEALTH NUT SMOOTHIE BOWL 79

banana, almond macadamia butter,  
grass-fed whey protein, filtered water,  
honey topped with chia seeds,  
hemp seeds, wheat-free goji muesli

#### NEW APPLE OAT CUP 39

soaked oats, grated apple, apple jam,  
whipped coconut cream (V)

## OPEN SANDWICHES

### SERVED ON A SLICE OF SOURDOUGH OR RYE TOAST

#### SWAP FOR GLUTEN FREE BREAD 10

#### IRON KICK 52

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

#### SRIRACHA CHICKEN MAYO 62

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

#### HOT SMOKED SALMON TOAST 135

scrambled eggs, hot smoked salmon fillet,  
avo, watercress, lemon olive oil dressing,  
toast (sourdough or rye)

#### ADD AN EXTRA SLICE OF BREAD TO CLOSE YOUR SANDWICH 6

## GLUTEN FREE FLAPJACKS & WAFFLES

#### THE ORIGINAL FLAPJACK 69

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

#### PEANUT BUTTER FLAPJACK STACK 69

3 vegan flapjacks, peanut butter drizzle,  
strawberries, whipped coconut cream (V) (GF)

#### BANANA NUT WAFFLE 58

Belgian-style waffle served with banana,  
flaked almonds, peanut butter drizzle (V) (GF)

#### STRAWBERRIES & CREAM WAFFLE 72

belgian style waffle

served with your choice of:

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

## HOT DRINKS

### almond milk / oat milk

ORGANIC COFFEE

ESPRESSO S19 L23

AMERICANO S27 L31

CAPPUCCINO S30 L35

MACCHIATO S27 L31

FLAT WHITE S31

LATTE S31 L36

HOT CHOCOLATE (no added sugar) L40

TEA ceylon, rooibos, green tea L19

#### TURMERIC LATTE 39

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

#### CHAI LATTE 39

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

#### HOT LOZENGER 38

apple juice, lemon, ginger, honey,  
filtered water

#### CHOCOLATE LAVA 49

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

#### NEW SPICED PUMPKIN LATTE 31

espresso, butternut, almond milk,  
whipped coconut cream, spices (V)

#### NEW CARAMEL LATTE 31

espresso, vegan caramel sauce,  
almond milk, whipped coconut cream (V)

## SMOOTHIES

### STRAWBERRY SWIRL **S48 L60**

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

### THE BASIC **S42 L54**

banana, low fat milk, low fat frozen yoghurt

**ADD:** honey / sugar free peanut butter **9**  
sugar free hot chocolate **15**

### NEW-ME **S47 L59**

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

### THE HEALER **S49 L61**

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

### MIRACLE MILK **S54 L66**

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

### STRAWBERRY-B **S56 L68**

strawberries, apple juice, mint, low fat frozen yoghurt

### COFFEE UNION **S59**

double organic espresso, honey, low fat frozen yoghurt

### BLU LEMONADE **S61 L73**

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

## SMOOTHIES

### PEANUT BUTTER BLU **S45 L55**

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

### RAW CHOCOLATE **S48 L60**

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

### GREEN WARRIOR **S55 L67**

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

## SHOTS

### GINGER NINJA **27**

ginger, lemon, cayenne pepper, honey

### GUT HEALER **17**

apple juice, apple cider vinegar, ginger **(V)**

### GINGER **(V)** **22**

### TURMERIC TONIC **22**

pineapple, carrot, turmeric, ginger, lemon **(V)**

## FROZEN YOGHURT

### FROZEN YOGHURT **S25 L32**

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

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

## FUNCTIONAL BLENDS

### STRAWBERRY WHIP **S46 L58**

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

### LOW FAT PROTEIN SHAKE **S48 L58**

natural vanilla grass-fed whey protein, low fat milk

### THE NUTTER **S59 L71**

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

### THE BOSS **S64 L76**

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

### UNICORN BY ZOSIA **S57 L69**

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

### O MEGA ALMOND **S59 L71**

almond macadamia butter, banana, dates, lucuma, almond milk, activated chia seeds **(V)**  
**ADD:** collagen **22**

### IMMUNE-C **L72**

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

### NEW VEGAN NUTTER **S59 L71**

banana, sugar free peanut butter, coconut flakes, chia seeds, dates, vegan protein, coconut milk **(V)**

### NEW VEGAN BOSS **S64 L76**

banana, almond macadamia butter, vegan protein, dates, coconut milk, cacao **(V)**

## POWER JUICES

### CREATE YOUR OWN **S49 L59**

orange, apple, carrot, beetroot **(V)**  
**ADD:** cucumber **16**  
ginger **12**

### LEMON-C **S44 L54**

apple, lemon, mint **(V)**

### CARROTENE **S52 L62**

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

### SUPER 7 **S52 L62**

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

### FLORA RESTORER **S52 L62**

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

## GREEN JUICES

### ALKALISE **S44 L54**

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

### D-TOX **S52 L62**

spinach, celery, cucumber, apple, lemon, ginger **(V)**

### KALE ALE **S52 L62**

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

## MEALS

<b>NEW CHICKEN &amp; JALAPENO SOUP</b> <b>1/2 PORTION</b>	<b>59</b> <b>45</b>
chicken, jalapeno, cannellini beans, coriander, coconut milk, lime	
<b>MEXI-TACO BOWL</b>	<b>88</b>
black beans, red kidney beans, green pepper, carrot, tomato, raw corn, chilli spices topped with avo & white cheddar, served with organic corn chips <b>(GF)</b>	
<b>PROTEIN BALANCE PLATE</b>	<b>89</b>
grilled free range chicken breast, quinoa, roasted balsamic beetroot, roasted butternut, served with a side salad <b>(GF)</b>	
<b>PROTEIN PLUS PLATE</b>	<b>95</b>
lemon grilled free range chicken breast, roasted butternut, zucchini, raw corn, rosa tomatoes, red pepper, onion, cumin, avo & yoghurt salsa <b>(GF)</b>	
<b>ASIAN SALMON BOWL</b>	<b>135</b>
hot smoked salmon fillet, avo, brown rice, red cabbage, cucumber, carrot, baby spinach, pickled ginger, sesame, chilli ginger peanut dressing	

## MEALS

<b>TOM YOUNG SOUP</b> <b>1/2 PORTION</b>	<b>49</b> <b>35</b>
thai coconut soup, red cabbage, mushroom, coriander <b>(V)</b>	
<b>PLANT POWERED NÜTRI BURGER</b>	<b>89</b>
black bean & mushroom patty on a turmeric bun with vegan chipotle mayo, tomato, lettuce & a side of vegan chipotle slaw <b>(V)</b>	
<b>ROAST VEGGIE BOWL</b>	<b>75</b>
roast beetroot, roast butternut, roast baby sweet potato, quinoa, avo, baby spinach, hemp seeds, walnuts, dijon dressing <b>(V)</b>	
<b>MEXI-TACO BOWL</b>	<b>88</b>
black beans, red kidney beans, green pepper, carrot, tomato, raw corn, chilli spices topped with avo, served with organic corn chips <b>(V) (GF)</b>	
<b>NEW LOLA'S VEGAN BURRITO BOWL</b> <b>1/2 PORTION</b>	<b>79</b> <b>49</b>
mexi beans, guacamole, brown rice, tomato salsa, spring onion, chipotle mayo, lettuce <b>(V)</b>	

## ADD A PROTEIN

free range egg	<b>10</b>
free range chicken breast plain/bbq	<b>27</b>
pasture raised angus steak	<b>35</b>
hot smoked salmon fillet	<b>69</b>

## WRAPS

### SERVED IN A LOW GI MULTI-GRAIN WRAP

<b>VEGGIE &amp; AVO</b>	<b>72</b>
roasted butternut, zucchini, raw corn, rosa tomatoes, red pepper, onion, cumin, avo & yoghurt salsa	
<b>CHICKEN &amp; ROAST VEGGIE</b>	<b>82</b>
bbq free range chicken, roasted butternut, beetroot, feta, green beans, baby spinach, lemon & olive oil dressing	
<b>BBQ CHICKEN</b>	<b>89</b>
bbq free range chicken, cos lettuce, avo, rosa tomatoes, chipotle mayo	
<b>MEXI CHICKEN</b>	<b>92</b>
bbq free range chicken, cos lettuce, avo, spiced red kidney beans, white cheddar, corn salsa, coriander, yoghurt dressing	
<b>ASIAN CHICKEN</b>	<b>79</b>
free range chicken, avo, lettuce, carrot, cucumber, red cabbage, chili ginger dressing, coriander	
<b>NEW STEAK QUESADILLA</b>	<b>89</b>
steak, white cheddar, salsa, coriander, avo, coriander lime dressing	

<b>LOLA'S VEGAN BURRITO</b>	<b>79</b>
mexi beans, guacamole, brown rice, vegan chipotle mayo, lettuce, tomato, coriander <b>(V)</b>	

<b>NEW VEGAN QUESADILLA</b>	<b>69</b>
chickpeas, coriander, salsa, smashed avo, smoky coconut flakes, chipotle mayo <b>(V)</b>	

## WRAPS OR SALADS

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

<b>IRON KICK</b>	<b>82</b>
chickpeas, lentils, feta, avo, cucumber, rosa tomatoes, celery, coriander, curry spice, low fat mint yoghurt	
<b>CHICKEN CASHEW CAESAR</b>	<b>98</b>
grilled free range chicken, avo, rosa tomatoes, kale, greens, smoky coconut flakes, parmesan shavings, creamy cashew dressing	
<b>STEAK BURRITO</b>	<b>102</b>
pasture raised angus steak, mexi beans, white cheddar, avo, lettuce, rosa tomatoes, lemon & olive oil dressing	
<b>STEAK PARMESAN</b>	<b>108</b>
pasture raised angus steak, avo, parmesan shavings, lettuce, rocket, rosa tomatoes served with creamy cashew dressing	
<b>RAINBOW PAD THAI</b>	<b>85</b>
edamame beans, carrot, red cabbage, kale, spiced cashews, sesame seeds, hemp seeds, coriander, spring onion, lime, chilli peanut dressing <b>(V)</b>	
<b>IMMUNITY</b>	<b>85</b>
avo, kale, rocket, quinoa, carrot, cucumber, red pepper, cashews, smoky coconut flakes, toasted sesame seeds, lime & sriracha dressing <b>(V)</b>	
<b>MACROBIOTIC</b>	<b>88</b>
avo, edamame beans, red cabbage, spiced broccoli, greens, soy seeds, miso dressing (contains gluten) <b>(V)</b>	

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

## NAVIGATE OUR MENU

**(V)** VEGAN **(GF)** GLUTEN FREE

All our smoothies & juices are gluten free.

**S** 350ML **L** 500ML