

BREAKFASTS

SWAP FOR GLUTEN FREE BREAD 10

FREE RANGE EGGS ON TOAST **45**
2 poached or scrambled eggs, toast (sourdough or rye)
ADD: avo **19**
sautéed rosa tomatoes **9**
hot smoked trout fillet **69**

POACHED EGGS ON GREENS **52**
2 poached eggs on a bed of kale & baby spinach, broccoli, green beans, mint, cashews, sriracha dressing **(GF)**
ADD: sourdough **(V)** or rye **6**
avo **19**

SCRAMBLED EGGS, AVO & FETA ON TOAST **58**
scrambled eggs, avo, feta, rocket, honey & soy seed sprinkle (contains gluten), toast (sourdough or rye)

POACHED EGGS & SMASHED AVO ON TOAST **82**
smashed avo, poached eggs, sautéed rosa tomatoes, roasted peppers, chipotle drizzle, lime, toast (sourdough or rye)

BREAKFAST SALAD OR WRAP **86**
poached eggs, rocket, avo, white cheddar, sautéed rosa tomatoes, soy glaze (contains gluten) & olive oil

SPICY BEAN BREAKFAST WRAP **89**
scrambled eggs, spiced red kidney beans, coriander, feta, baby spinach, avo & corn salsa

HOT SMOKED TROUT TOAST **135**
scrambled eggs, hot smoked trout fillet, avo, watercress, lemon olive oil dressing, toast (sourdough or rye)

BREAKFASTS

SPICY BEAN OMELETTE (CLOSED) **89**
closed omelette with spiced red kidney beans, coriander, feta, baby spinach, avo & corn salsa, toast (sourdough **(V)** or rye)

NEW BREAKFAST BURRITO BOWL **79**
poached free range eggs, mexi beans, avo, baby spinach, white cheddar

NEW BREAKFAST BURRITO WRAP **79**
poached free range eggs, mexi beans, avo, baby spinach, white cheddar

NEW POACHED TROUT & EGG BOWL **125**
hot smoked trout, free range poached eggs, avo, cucumber & spinach, topped with cream cheese, sesame seeds & yoghurt mint dressing

NEW POACHED TROUT & EGG WRAP **125**
hot smoked trout, free range poached eggs, avo, cucumber & spinach, topped with cream cheese, sesame seeds & yoghurt mint dressing

AVO TOAST CLASSIC **ONE SLICE 42**
TWO SLICES 59
sliced avo, himalayan salt, black pepper, chilli flakes, lime, coriander, toast (sourdough **(V)** or rye)

VEGAN QUESADILLA **69**
chickpeas, coriander, salsa, smashed avo, smoky coconut flakes, chipotle mayo **(V)**

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

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 **59**
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 COFFEE NUT OAT CUP **39**
overnight oats with chia seeds, oat milk & almond / macadamia nut butter, topped with a whipped coffee mousse & puffed millet **(V)**

OPEN SANDWICHES

SWAP FOR GLUTEN FREE BREAD **10**
IRON KICK **55**
chickpeas, lentils, feta, avo, cucumber, rosa tomatoes, celery, coriander, curry spice, low fat mint yoghurt

SRIRACHA CHICKEN MAYO **65**
free range chicken, avo, sriracha mayo, smoky coconut flakes, coriander

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



HOT DRINKS

almond milk / oat milk

ORGANIC COFFEE	S19 L23
ESPRESSO	S28 L32
AMERICANO	S31 L36
CAPPUCCINO	S32
FLAT WHITE	S32 L37
LATTE	L40
HOT CHOCOLATE (no added sugar)	L 19
TEA ceylon, rooibos, green tea	40

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 LOZENGERS
apple juice, lemon, ginger, honey, filtered water

SHOTS

GINGER NINJA
ginger, lemon, cayenne pepper, honey

GUT HEALER
apple juice, apple cider vinegar, ginger (V)

GINGER (V)

TURMERIC TONIC
pineapple, carrot, turmeric, ginger, lemon (V)

GLUTEN FREE FLAPJACKS & WAFFLES

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

PEANUT BUTTER FLAPJACK STACK
3 vegan flapjacks, peanut butter drizzle, strawberries, whipped coconut cream (V) (GF)

BANANA NUT WAFFLE
Belgian-style waffle served with banana, flaked almonds, almond macadamia 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

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.



FULL MENU AVAILABLE ALL DAY - PLEASE SEE OUR TAKE AWAY MENU

SMOOTHIES

STRAWBERRY SWIRL **S50** **L62**
strawberry, mango, low fat frozen
yoghurt, filtered water, strawberry purée

THE BASIC **S44** **L56**
banana, low fat milk, low fat frozen yoghurt
ADD: honey / sugar free peanut butter **9**
sugar free hot chocolate **15**

NEW-ME **S49** **L61**
blueberries, strawberries, raspberries,
low fat frozen yoghurt, filtered water

THE HEALER **S51** **L63**
apple juice, lemon, ginger, chilli,
low fat frozen yoghurt

STRAWBERRY-B **S58** **L70**
strawberries, apple juice, mint,
low fat frozen yoghurt

BLU LEMONADE **S63** **L75**
low fat frozen yoghurt, pineapple,
lemon juice, blue spirulina

PEANUT BUTTER BLU **S47** **L57**
sugar free peanut butter, blueberries,
banana, dates, almond milk **(V)**

RAW CHOCOLATE **S50** **L62**
cacao, hemp seeds, banana, cinnamon,
almond milk, dates, filtered water **(V)**

GREEN WARRIOR **S57** **L69**
orange juice, kale, apple, cucumber,
celery, hemp seeds, mango, mint,
filtered water **(V)**

NEW COFFEE DREAM **S63** **L75**
organic espresso, cacao, almond/macadamia
nut butter, banana, dates, coconut milk

FUNCTIONAL BLENDS

STRAWBERRY WHIP **S49** **L61**
strawberries, grass-fed whey protein,
filtered water, dates

LOW FAT PROTEIN SHAKE **S49** **L59**
natural vanilla grass-fed whey protein,
low fat milk

THE NUTTER **S62** **L74**
sugar free peanut butter, honey,
banana, chia seeds, coconut shavings,
grass-fed whey protein, filtered water

THE BOSS **S67** **L79**
banana, almond macadamia butter,
cacao, grass-fed whey protein, dates,
filtered water, honey

NEW PB PROTEIN **S49** **L61**
sugar free peanut butter, spinach, banana,
roasted pumpkin seeds, hemp seeds, dates,
oat milk **(V)**

VEGAN NUTTER **S62** **L74**
banana, sugar free peanut butter,
coconut flakes, chia seeds, dates,
vegan protein, coconut milk **(V)**

O MEGA ALMOND **S62** **L74**
almond macadamia butter, banana, dates,
lucuma, almond milk, activated chia seeds **(V)**
ADD: collagen **22**

NEW BETTER THAN BOTOX **S63** **L75**
strawberries, raspberries, banana, almond/
macadamia nut butter, flax seeds, dates,
oat milk **(V)**

VEGAN BOSS **S67** **L79**
banana, almond macadamia butter,
vegan protein, dates, coconut milk, cacao **(V)**

POWER JUICES

LEMON-C **S45** **L55**
apple, lemon, mint **(V)**

CREATE YOUR OWN **S52** **L62**
orange, apple, carrot, beetroot **(V)**
ADD: cucumber **16**
ginger **12**

CARROTENE **S55** **L65**
carrot, orange,
cucumber, ginger **(V)**

SUPER 7 **S54** **L64**
carrot, orange, pineapple,
apple, lemon, beetroot, ginger **(V)**

FLORA RESTORER **S56** **L66**
apple, pineapple, carrot, turmeric,
ginger, lemon, probiotic **(V)**

GREEN JUICES

ALKALISE **S45** **L55**
spinach, apple, lemon,
organic green superfood powder **(V)**

D-TOX **S55** **L65**
spinach, celery, cucumber,
apple, lemon, ginger **(V)**

KALE ALE **S55** **L65**
cucumber, lemon, lime, celery,
lettuce, kale / swiss chard **(V)**

C-LANTRO **S55** **L65**
swiss chard, orange, pineapple,
coriander **(V)**



WRAPS OR SALADS

SERVED AS A SALAD OR
IN A LOW GI MULTI-GRAIN WRAP
SWAP FOR GLUTEN FREE WRAP 14

IRON KICK 85
chickpeas, lentils, feta, avo, cucumber,
rosa tomatoes, celery, coriander,
curry spice, low fat mint yoghurt

NEW CRUNCHY TACO CHICKEN 90
free range chicken, crunchy taco strips,
avo, edamame, cabbage, carrot & cucumber,
topped with roasted pumpkin seeds &
coriander lime dressing

CHICKEN CASHEW CAESAR 99
grilled free range chicken, avo,
rosa tomatoes, kale, greens, smoky
coconut flakes, parmesan shavings,
creamy cashew dressing

STEAK BURRITO 110
beef steak, mexi beans, white cheddar,
avo, lettuce, rosa tomatoes,
lemon & olive oil dressing

STEAK PARMESAN 112
beef steak, avo, parmesan cheese, lettuce,
rocket, rosa tomatoes served with your choice
of: balsamic glaze with lemon & olive oil
dressing or creamy cashew dressing

IMMUNITY 85
avo, kale, rocket, quinoa, carrot,
cucumber, red pepper, cashews,
smoky coconut flakes, toasted sesame seeds,
lime & sriracha dressing (V)

RAINBOW PAD THAI 88
edamame beans, carrot, red cabbage,
kale, spiced cashews, sesame seeds,
hemp seeds, coriander, spring onion, lime,
chilli peanut dressing (V)

WRAPS OR SALADS

NEW VITA BEET 89
roasted beetroot, roasted sweet potato,
cucumber, tomato, baby spinach, walnuts,
almond / macadamia nut butter dressing (V)

MACROBIOTIC 90
avo, edamame beans, red cabbage,
spiced broccoli, greens, soy seeds,
miso dressing (contains gluten) (V)

All salads are (GF) unless stated otherwise

ADD A PROTEIN

free range egg 10
free range chicken breast plain/bbq 27
beef steak 40
hot smoked trout 69

GLUTEN FREE
FLAPJACKS & WAFFLES

THE ORIGINAL FLAPJACK 75
grass-fed whey blueberry flapjack,
served with banana, walnuts, honey,
cinnamon (GF)

PEANUT BUTTER FLAPJACK STACK 72
3 vegan flapjacks, peanut butter drizzle,
strawberries, whipped coconut cream (V) (GF)

BANANA NUT WAFFLE 59
Belgian-style waffle served with banana,
flaked almonds, almond macadamia
butter drizzle (V) (GF)

STRAWBERRIES & CREAM WAFFLE 75
belgian style waffle served with your choice of:
· fresh strawberries & coconut cream (V) (GF)
· fresh strawberries & froyo (GF)



FULL MENU AVAILABLE ALL DAY - PLEASE SEE OUR TAKE AWAY MENU

WRAPS OR SALADS

SERVED AS A SALAD OR
IN A LOW GI MULTI-GRAIN WRAP
SWAP FOR GLUTEN FREE WRAP 14

IRON KICK 85
chickpeas, lentils, feta, avo, cucumber,
rosa tomatoes, celery, coriander,
curry spice, low fat mint yoghurt

NEW CRUNCHY TACO CHICKEN 90
free range chicken, crunchy taco strips,
avo, edamame, cabbage, carrot & cucumber,
topped with roasted pumpkin seeds &
coriander lime dressing

CHICKEN CASHEW CAESAR 99
grilled free range chicken, avo,
rosa tomatoes, kale, greens, smoky
coconut flakes, parmesan shavings,
creamy cashew dressing

STEAK BURRITO 110
beef steak, mexi beans, white cheddar,
avo, lettuce, rosa tomatoes,
lemon & olive oil dressing

STEAK PARMESAN 112
beef steak, avo, parmesan cheese, lettuce,
rocket, rosa tomatoes served with your choice
of: balsamic glaze with lemon & olive oil
dressing or creamy cashew dressing

IMMUNITY 85
avo, kale, rocket, quinoa, carrot,
cucumber, red pepper, cashews,
smoky coconut flakes, toasted sesame seeds,
lime & sriracha dressing (V)

RAINBOW PAD THAI 88
edamame beans, carrot, red cabbage,
kale, spiced cashews, sesame seeds,
hemp seeds, coriander, spring onion, lime,
chilli peanut dressing (V)

WRAPS OR SALADS

NEW VITA BEET 89
roasted beetroot, roasted sweet potato,
cucumber, tomato, baby spinach, walnuts,
almond / macadamia nut butter dressing (V)

MACROBIOTIC 90
avo, edamame beans, red cabbage,
spiced broccoli, greens, soy seeds,
miso dressing (contains gluten) (V)

All salads are (GF) unless stated otherwise

ADD A PROTEIN

free range egg 10
free range chicken breast plain/bbq 27
beef steak 40
hot smoked trout 69

OPEN SANDWICHES

SWAP FOR GLUTEN FREE BREAD 10

IRON KICK 55
chickpeas, lentils, feta, avo, cucumber,
rosa tomatoes, celery, coriander,
curry spice, low fat mint yoghurt

SRIRACHA CHICKEN MAYO 65
free range chicken, avo, sriracha mayo,
smoky coconut flakes, coriander

ADD AN EXTRA SLICE OF BREAD TO
CLOSE YOUR SANDWICH 6

NAVIGATE OUR MENU

(V) VEGAN (GF) GLUTEN FREE

All our smoothies & juices are gluten free.

S 350ML L 500ML



FULL MENU AVAILABLE ALL DAY - PLEASE SEE OUR TAKE AWAY MENU

WRAPS

SERVED IN A LOW GI MULTI-GRAIN WRAP
SWAP FOR GLUTEN FREE WRAP 14

VEGGIE & AVO	75
roasted butternut, zucchini, raw corn, rosa tomatoes, red pepper, onion, cumin, avo & yoghurt salsa	
BBQ CHICKEN	92
bbq free range chicken, cos lettuce, avo, rosa tomatoes, chipotle mayo	
MEXI CHICKEN	95
bbq free range chicken, cos lettuce, avo, spiced red kidney beans, white cheddar, corn salsa, coriander, yoghurt dressing	
ASIAN CHICKEN	79
free range chicken, avo, lettuce, carrot, cucumber, red cabbage, chili ginger dressing, coriander	
STEAK QUESADILLA	95
beef steak, white cheddar, salsa, coriander, avo, coriander lime dressing	
VEGAN QUESADILLA	69
chickpeas, coriander, salsa, smashed avo, smoky coconut flakes, chipotle mayo (V)	

ALLERGENS

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MEALS

PROTEIN BALANCE PLATE	89
grilled free range chicken breast, quinoa, roasted balsamic beetroot, roasted butternut,served with a side salad (GF)	
MEXI-TACO BOWL	92
black beans, red kidney beans, green pepper, carrot, tomato, raw corn, chilli spices topped with avo & white cheddar, served with crispy taco strips (GF)	
PROTEIN PLUS PLATE	95
lemon grilled free range chicken breast, roasted butternut, zucchini, raw corn, rosa tomatoes, red pepper, onion, cumin, avo & yoghurt salsa (GF)	
ASIAN TROUT BOWL	135
hot smoked trout fillet, avo, brown rice, red cabbage, cucumber, carrot, baby spinach, pickled ginger, sesame, chilli ginger peanut dressing	
NEW ANCIENT GRAIN TROUT BOWL	135
hot smoked trout & avo, served on barley, quinoa & lentils, topped with cream cheese, roasted pumpkin seeds & dill dressing	

PLANT POWERED NÜTRI BURGER	89
black bean & mushroom patty on a turmeric bun with vegan chipotle mayo, tomato, lettuce & a side of vegan chipotle slaw (V)	
MEXI-TACO BOWL	92
black beans, red kidney beans, green pepper, carrot, tomato, raw corn, chilli spices topped with avo, served with crispy taco strips (V) (GF)	

HOT DRINKS

almond milk / oat milk	
ORGANIC COFFEE	
ESPRESSO	S19 L23
AMERICANO	S28 L32
CAPPUCCINO	S31 L36
FLAT WHITE	S32
LATTE	S32 L37
HOT CHOCOLATE (no added sugar)	L40
TEA ceylon, rooibos, green tea	L 19
TURMERIC LATTE	40
house blend of turmeric, ginger, cinnamon, honey, almond / oat milk	
CHAI LATTE	40
house blend of cinnamon, ginger, cardamom, nutmeg, cloves, honey almond / oat milk	
HOT LOZENER	39
apple juice, lemon, ginger, honey, filtered water	
SHOTS	
GINGER NINJA	30
ginger, lemon, cayenne pepper, honey	
GUT HEALER	20
apple juice, apple cider vinegar, ginger (V)	
GINGER (V)	25
TURMERIC TONIC	25
pineapple, carrot, turmeric, ginger, lemon (V)	



WRAPS

SERVED IN A LOW GI MULTI-GRAIN WRAP
SWAP FOR GLUTEN FREE WRAP 14

- VEGGIE & AVO

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

75
- BBQ CHICKEN

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

92
- MEXI CHICKEN

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

95
- ASIAN CHICKEN

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

79
- STEAK QUESADILLA

beef steak, white cheddar, salsa, coriander, avo, coriander lime dressing

95
- VEGAN QUESADILLA

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

69

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.

MEALS

- PROTEIN BALANCE PLATE

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

89
- MEXI-TACO BOWL

black beans, red kidney beans, green pepper, carrot, tomato, raw corn, chilli spices topped with avo & white cheddar, served with crispy taco strips (GF)

92
- PROTEIN PLUS PLATE

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

95
- ASIAN TROUT BOWL

hot smoked trout fillet, avo, brown rice, red cabbage, cucumber, carrot, baby spinach, pickled ginger, sesame, chilli ginger peanut dressing

135
- NEW ANCIENT GRAIN TROUT BOWL

hot smoked trout & avo, served on barley, quinoa & lentils, topped with cream cheese, roasted pumpkin seeds & dill dressing

135
- 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)

89
- MEXI-TACO BOWL

black beans, red kidney beans, green pepper, carrot, tomato, raw corn, chilli spices topped with avo, served with crispy taco strips (V) (GF)

92



WRAPS

SERVED IN A LOW GI MULTI-GRAIN WRAP
SWAP FOR GLUTEN FREE WRAP 14

VEGGIE & AVO 75

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

BBQ CHICKEN 92

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

MEXI CHICKEN 95

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

ASIAN CHICKEN 79

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

STEAK QUESADILLA 95

beef steak, white cheddar, salsa, coriander, avo, coriander lime dressing

VEGAN QUESADILLA 69

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

ALLERGENS

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MEALS

PROTEIN BALANCE PLATE 89

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

MEXI-TACO BOWL 92

black beans, red kidney beans, green pepper, carrot, tomato, raw corn, chilli spices topped with avo & white cheddar, served with crispy taco strips (GF)

PROTEIN PLUS PLATE 95

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

ASIAN TROUT BOWL 135

hot smoked trout fillet, avo, brown rice, red cabbage, cucumber, carrot, baby spinach, pickled ginger, sesame, chilli ginger peanut dressing

NEW ANCIENT GRAIN 135

TROUT BOWL

hot smoked trout & avo, served on barley, quinoa & lentils, topped with cream cheese, roasted pumpkin seeds & dill dressing

PLANT POWERED NÜTRI BURGER 89

black bean & mushroom patty on a turmeric bun with vegan chipotle mayo, tomato, lettuce & a side of vegan chipotle slaw (V)

MEXI-TACO BOWL 92

black beans, red kidney beans, green pepper, carrot, tomato, raw corn, chilli spices topped with avo, served with crispy taco strips (V) (GF)



SMOOTHIES

STRAWBERRY SWIRL **S50 L62**
strawberry, mango, low fat frozen
yoghurt, filtered water, strawberry purée

THE BASIC **S44 L56**
banana, low fat milk, low fat frozen yoghurt
ADD: honey / sugar free peanut butter **9**
sugar free hot chocolate **15**

NEW-ME **S49 L61**
blueberries, strawberries, raspberries,
low fat frozen yoghurt, filtered water

THE HEALER **S51 L63**
apple juice, lemon, ginger, chilli,
low fat frozen yoghurt

STRAWBERRY-B **S58 L70**
strawberries, apple juice, mint,
low fat frozen yoghurt

BLU LEMONADE **S63 L75**
low fat frozen yoghurt, pineapple,
lemon juice, blue spirulina

PEANUT BUTTER BLU **S47 L57**
sugar free peanut butter, blueberries,
banana, dates, almond milk **(V)**

RAW CHOCOLATE **S50 L62**
cacao, hemp seeds, banana, cinnamon,
almond milk, dates, filtered water **(V)**

GREEN WARRIOR **S57 L69**
orange juice, kale, apple, cucumber,
celery, hemp seeds, mango, mint,
filtered water **(V)**

NEW COFFEE DREAM **S63 L75**
organic espresso, cacao, almond/macadamia
nut butter, banana, dates, coconut milk

FUNCTIONAL BLENDS

STRAWBERRY WHIP **S49 L61**
strawberries, grass-fed whey protein,
filtered water, dates

LOW FAT PROTEIN SHAKE **S49 L59**
natural vanilla grass-fed whey protein,
low fat milk

THE NUTTER **S62 L74**
sugar free peanut butter, honey,
banana, chia seeds, coconut shavings,
grass-fed whey protein, filtered water

THE BOSS **S67 L79**
banana, almond macadamia butter,
cacao, grass-fed whey protein, dates,
filtered water, honey

NEW PB PROTEIN **S49 L61**
sugar-free peanut butter, spinach, banana,
roasted pumpkin seeds, hemp seeds, dates,
oat milk **(V)**

VEGAN NUTTER **S62 L74**
banana, sugar free peanut butter,
coconut flakes, chia seeds, dates,
vegan protein, coconut milk **(V)**

O MEGA ALMOND **S62 L74**
almond macadamia butter, banana, dates,
lucuma, almond milk, activated chia seeds **(V)**
ADD: collagen **22**

NEW BETTER THAN BOTOX **S63 L75**
strawberries, raspberries, banana, almond/
macadamia nut butter, flax seeds, dates,
oat milk **(V)**

VEGAN BOSS **S67 L79**
banana, almond macadamia butter,
vegan protein, dates, coconut milk, cacao **(V)**

POWER JUICES

LEMON-C **S45 L55**
apple, lemon, mint **(V)**

CREATE YOUR OWN **S52 L62**
orange, apple, carrot, beetroot **(V)**
ADD: cucumber **16**
ginger **12**

CARROTENE **S55 L65**
carrot, orange,
cucumber, ginger **(V)**

SUPER 7 **S54 L64**
carrot, orange, pineapple,
apple, lemon, beetroot, ginger **(V)**

FLORA RESTORER **S56 L66**
apple, pineapple, carrot, turmeric,
ginger, lemon, probiotic **(V)**

GREEN JUICES

ALKALISE **S45 L55**
spinach, apple, lemon,
organic green superfood powder **(V)**

D-TOX **S55 L65**
spinach, celery, cucumber,
apple, lemon, ginger **(V)**

KALE ALE **S55 L65**
cucumber, lemon, lime, celery,
lettuce, kale / swiss chard **(V)**

C-LANTRO **S55 L65**
swiss chard, orange, pineapple,
coriander **(V)**

