

BREAKFASTS

AVO TOAST CLASSIC

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

ADD: gluten free or seed bread 10

FREE RANGE EGGS ON TOAST

2 poached or scrambled eggs toast (sourdough or rye)

ADD: sautéed rosa tomatoes gluten free or seed bread white cheddar avo
Norwegian smoked salmon

POACHED EGGS ON GREENS

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

ADD: sourdough or rye gluten free or seed bread avo

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, pea shoots, chipotle drizzle, lime, toast (sourdough or rye) **ADD:** Norwegian smoked salmon

BREAKFAST SALAD OR WRAP

poached eggs, rocket, avo, mozzarella, 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

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

ADD AN EXTRA SLICE OF BREAD TO CLOSE YOUR SANDWICH

OPEN OMELETTES

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

SMOKED SALMON

smoked norwegian salmon, avo, chilli, toasted sesame seeds, pea shoots, lemon & olive oil dressing

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

BREAKFAST BOWLS

CHIA-BERRY OAT CUP

oats, chia seeds, raspberries, coconut milk, strawberries, whipped coconut cream, wheat-free goji muesli, honey

CINNAMON OATS BOWL

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

ADD: almond macadamia butter
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

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

FLAPJACKS & WAFFLES

GLUTEN FREE WHEY FLAPJACKS

CHAI

3 stacked chai whey flapjacks served with fresh strawberries & almond macadamia butter drizzle **(GF)**

THE ORIGINAL

whey blueberry flapjack, served with banana, walnuts, honey, cinnamon **(GF)**

VEGAN & GLUTEN FREE WAFFLES

BANANA NUT

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

STRAWBERRIES & CREAM

Belgian-style waffle served with your choice of:
· fresh strawberries & coconut cream **(V) (GF)**
· fresh strawberries & froyo **(GF)**

ADD: extra toppings - ask for froyo menu toppings

HOT DRINKS

LACTOSE FREE MILK ALMOND MILK OAT MILK

ORGANIC COFFEE

espresso
americano
cappuccino
macchiato

flat white
latte
RED espresso flat white

TEA ceylon, rooibos, green tea

TURMERIC LATTE

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

CHAI LATTE

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

HOT CHOCOLATE (NO SUGAR ADDED)

HOT LOZENGER

apple juice, lemon, ginger, honey, filtered water

CHOCOLATE LAVA

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

MATCHA LATTE

organic ceremonial grade matcha, almond milk or oat milk **(V)**

MEALS

BUTTERNUT & GINGER SOUP

butternut, apple, carrot, ginger, coconut milk, turmeric, orange, cumin

TURMERIC CHICKEN CHILI

butternut, chicken, sweet potato, avo, cannellini beans, carrot

WARMING CHICKPEA TAGINE

chickpeas, tomato, paprika, cumin, avo & yoghurt salsa, mint, carrots

BAKED TUNA FISH CAKES

gluten free fish cakes made with tuna, feta, lentils, raw corn, broccoli, toasted sesame seeds, soy glaze (contains gluten) & olive oil, served with a side salad

WINTER NACHO BOWL

avo, rocket, rosa tomatoes, raw corn, quinoa, organic corn chips, greens, chilli coriander dressing **(V) (GF)**
ADD: pasture raised angus steak **35** free range chicken breast (plain/bbq) **27**

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)**

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)**

VEGAN MEALS

WARMING CHICKPEA TAGINE

chickpeas, avo, tomato, paprika, cumin, mint, carrots **(V)**

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)**

WRAPS OR SALADS

SERVED AS A SALAD OR IN A LOW GI MULTI-GRAIN WRAP (V)

All salads are (GF) unless stated otherwise

MACROBIOTIC

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

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, bean sprouts, 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)**

CHICKEN CASHEW CAESAR

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

STEAK BURRITO

pasture raised angus steak, mexi beans, white cheddar, avo, lettuce, rosa tomatoes, lemon & olive oil dressing

STEAK PARMESAN

pasture raised angus steak, avo, parmesan cheese, lettuce, rocket, rosa tomatoes
served with your choice of: balsamic glaze with lemon & olive oil dressing or creamy cashew dressing

ADD A PROTEIN

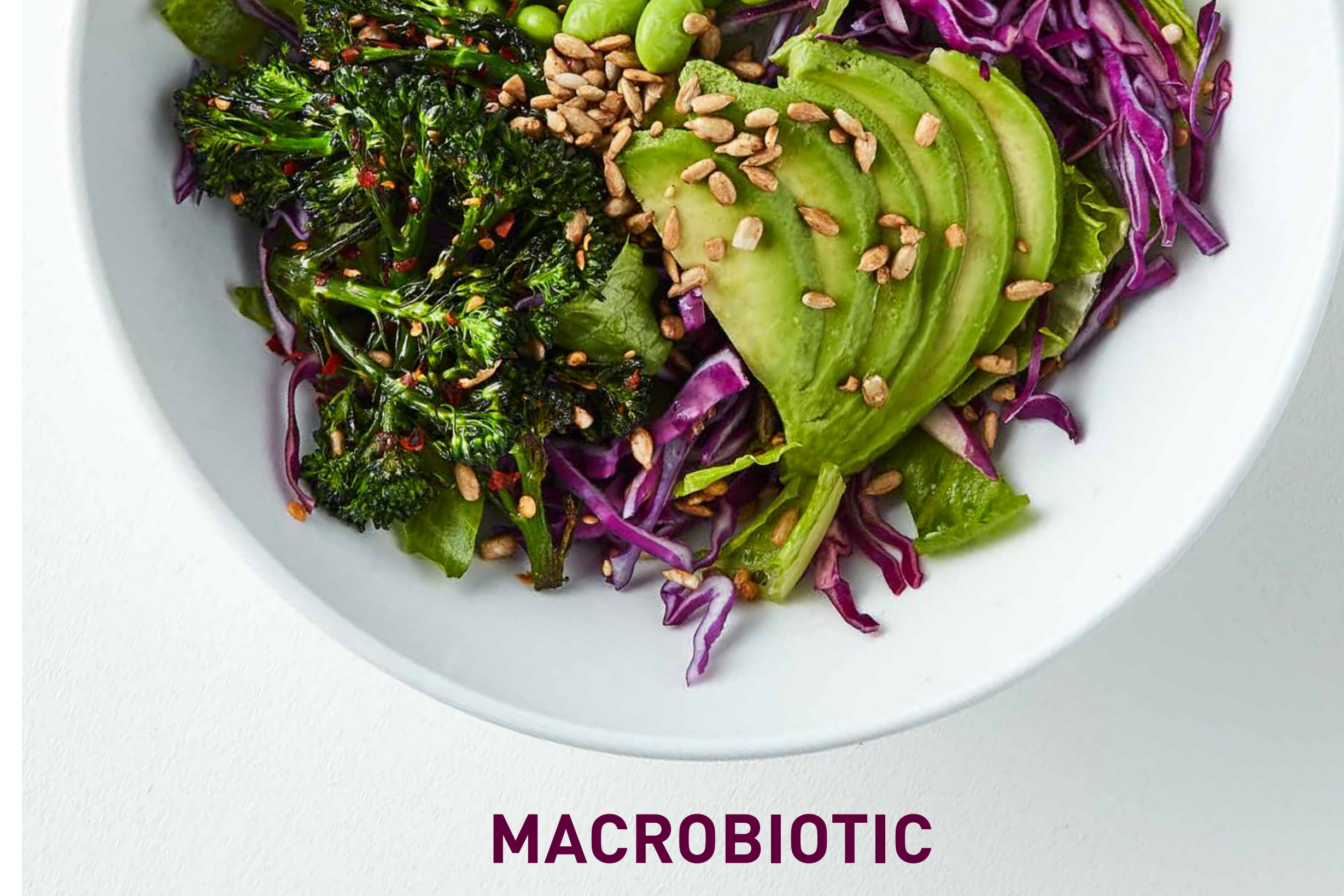
FREE RANGE EGG 1 per portion

TUNA CHUNKS served in brine

FREE RANGE CHICKEN BREAST plain / bbq

ANGUS STEAK pasture raised

NORWEGIAN SMOKED SALMON



MACROBIOTIC

WRAPS

SERVED IN A LOW GI MULTI-GRAIN WRAP (V)

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

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

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)**

POWER JUICES

LEMON-C

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

CREATE YOUR OWN

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

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)**

SHOTS

GINGER **(V)**

GINGER NINJA

ginger, lemon, cayenne pepper, honey

TURMERIC TONIC

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

SMOOTHIES

S 350ML | L 500ML

THE BASIC

banana, low fat milk, low fat frozen yoghurt

ADD: honey, sugar free peanut butter
sugar free hot chocolate red espresso

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

STRAWBERRY SWIRL

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

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

FUNCTIONAL BLENDS

S 350ML | L 500ML

CBD GREENS.

mango, kale, spinach, dates, filtered water, CBD oil (5mg) **(V)**

STRAWBERRY WHIP

strawberries, whey protein, filtered water, dates

LOW FAT PROTEIN SHAKE

natural vanilla 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 **(V)**
ADD: collagen

THE NUTTER

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

THE BOSS

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

PROTEIN SUPERMATCHA

banana, organic ceremonial grade matcha, whey protein, almond milk

IMMUNE-C

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

NAVIGATE OUR MENU USING

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

All our smoothies & juices are gluten free.