



## 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

### **NEW** AVO CUCUMBER TOAST

smashed avo, cucumber ribbons, feta, lemon, mint

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

## WRAPS

SERVED IN A LOW GI MULTI-GRAIN WRAP

### 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

### **NEW** LOLA'S VEGAN BURRITO

mexi beans, guacamole, brown rice, vegan chipotle mayo, lettuce, tomato, coriander **(V)**

### **NEW** ASIAN CHICKEN WRAP

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



### **NEW** GUACAMOLE & NACHOS

small plate of house made guacamole & salsa, served with organic corn chips

**(V) (GF)**

## MEALS

**NEW** 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)**

SUMMER NACHO BOWL  
avo, rocket, rosa tomatoes, raw corn,  
organic corn chips, greens lime coriander  
dressing **(V) (GF)**

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)**

VEGAN 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)**

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)**

**NEW** ROAST VEGGIE BOWL  
roast beetroot, roast butternut, baby  
roast sweet potato, quinoa, avo, spinach,  
hemp seeds, walnuts, dijon dressing **(V) (GF)**

## WRAPS OR SALADS

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

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

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,  
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)**

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

## ADD A PROTEIN

free range egg  
free range chicken breast plain/bbq  
pasture raised angus steak  
hot smoked salmon fillet

## POWER JUICES S 350ML L 500ML

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

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

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)**

## 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)**

## SHOTS

**NEW** GUT HEALER  
apple juice, apple cider vinegar,  
ginger juice

GINGER **(V)**

TURMERIC TONIC  
pineapple, carrot, turmeric, ginger, lemon

GINGER NINJA  
ginger, lemon, cayenne pepper, honey

## HOT DRINKS

lactose free milk almond milk oat milk

### ORGANIC COFFEE

ESPRESSO

AMERICANO

CAPPUCCINO

MACCHIATO

FLAT WHITE

LATTE

ORGANIC MATCHA LATTE

HOT CHOCOLATE (no added sugar)

TEA ceylon, rooibos, green tea

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 LOZENER

apple juice, lemon, ginger, honey,  
filtered water

CHOCOLATE LAVA

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

MATCHA LATTE

Organic ceremonial-grade Matcha  
almond / oat milk **(V)**

# SMOOTHIES

S 350ML L 500ML

## STRAWBERRY SWIRL

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

## THE BASIC

banana, low fat milk, low fat frozen yoghurt  
ADD: honey / sugar free peanut butter  
sugar free hot chocolate

## 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

## 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

## NEW INSIDE OUT

banana, pineapple, probiotic, ginger, avo, parsley

## NEW RED VELVET

beetroot, dates, banana, cacao, almond milk, whipped coconut cream

# FUNCTIONAL BLENDS

## STRAWBERRY WHIP

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

## LOW FAT PROTEIN SHAKE

natural vanilla grass-fed 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  
ADD: collagen

## THE NUTTER

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

## THE BOSS

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

## PROTEIN SUPERMATCHA

banana, organic ceremonial grade matcha, grass-fed whey protein, almond milk

## IMMUNE-C

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

## NEW CBD COLADA

banana, pineapple, cucumber, coconut, kale, cbd

## GLUTEN FREE FLAPJACKS & WAFFLES

### THE ORIGINAL FLAPJACK

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

### **NEW** PEANUT BUTTER FLAPJACK

3 vegan flapjacks, peanut butter drizzle, strawberries, whipped coconut cream

### BANANA NUT WAFFLE

belgian style waffle served with banana, flaked almonds, peanut 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

