

BREAKFASTS

EXTRA SOURDOUGH / RYE 6
SWAP FOR GF BREAD 10

FREE RANGE EGGS ON TOAST 48

2 poached or scrambled eggs, toast

ADD: avo 19
sautéed rosa tomatoes 9
hot smoked trout fillet 69

POACHED EGGS ON GREENS GF 55

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

ADD: avo 19

SCRAMBLED EGGS, AVO & FETA ON TOAST 60

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

POACHED EGGS & SMASHED AVO ON TOAST 85

smashed avo, poached eggs, sautéed rosa tomatoes, roasted peppers, chipotle drizzle, lime, toast

ADD: hot smoked trout fillet 69

BREAKFAST SALAD / WRAP 89

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

SPICY BEAN BREAKFAST WRAP 93

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

BREAKFASTS

SPICY BEAN OMELETTE 93

closed omelette with spiced red kidney beans, coriander, feta, baby spinach, avo & corn salsa, toast

BREAKFAST BURRITO BOWL / WRAP 82

poached eggs, mexi beans, avo, baby spinach, white cheddar

POACHED EGG & TROUT BOWL / WRAP 127

hot smoked trout, poached eggs, avo, cucumber & spinach, topped with cream cheese, sesame seeds & yoghurt mint dressing

BREAKFAST BOWLS

CINNAMON OATS BOWL 57
1/2 PORTION 32

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

ADD: almond macadamia nut butter 18
whey protein 25

THE HEALTH NUT SMOOTHIE BOWL 79

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

COFFEE NUT OAT CUP v 42

overnight oats with chia seeds, oat milk & almond macadamia nut butter, topped with a whipped coffee mousse & puffed millet

NEW PBJ OATS v 57

hot rolled oats, berry compote, topped with peanut butter drizzle & candied walnuts

NEW PBJ OATS 57

hot rolled oats, berry compote, topped with peanut butter drizzle & candied walnuts

V



AVO TOAST

AVO TOAST CLASSIC **V** ONE SLICE **45**
TWO SLICES **62**

sliced avo, chilli flakes, lime, coriander, toast

NEW AVO TOAST WITH SPICY KOREAN BROCCOLI **55**

sliced avo, broccoli, spicy Korean sauce, topped with Danish feta & toasted sesame seeds on a slice of toast

NEW AVO TOAST WITH KIMCHI & SHIMEJI MUSHROOMS **V** **55**

sliced avo, shimeji mushrooms, topped with kimchi & toasted sesame seeds on a slice of toast

NEW AVO TOAST WITH ROSA TOMATOES & FETA **55**

sliced avo with sautéed rosa tomatoes, Danish feta & toasted sesame seeds on a slice of toast

ADD: poached egg **10**

OPEN SANDWICHES

EXTRA SOURDOUGH / RYE 6
SWAP FOR GF BREAD 10

IRON KICK **58**

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

SRIRACHA CHICKEN MAYO **68**

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

ADD AN EXTRA SLICE OF BREAD TO CLOSE YOUR SANDWICH

NAVIGATE OUR MENU

V VEGAN **GF** GLUTEN FREE

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.

GLUTEN FREE FLAPJACKS & WAFFLES

THE ORIGINAL FLAPJACK **GF** **78**

3 grass-fed whey blueberry flapjacks, served with banana, walnuts, honey, cinnamon

PEANUT BUTTER FLAPJACK STACK **V** **GF** **75**

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

BANANA NUT WAFFLE **V** **GF** **59**

Belgian-style waffle served with bananas, flaked almonds, peanut butter drizzle

*** STRAWBERRIES & CREAM WAFFLE** **78**

Belgian-style waffle

served with your choice of:

· fresh strawberries & coconut cream **V** **GF**

· fresh strawberries & froyo **GF**

*** MAKE IT VEGAN**

NEW CHOCOLATE PEANUT BUTTER WAFFLE **V** **GF** **88**

BUTTER WAFFLE

Belgian-style waffle served with bananas, strawberries, peanut butter drizzle, dark chocolate sauce & candied walnuts

NEW PROTEIN CHOCOLATE PEANUT BUTTER FLAPJACK **GF** **88**

PEANUT BUTTER FLAPJACK

3 protein flapjacks, stacked with bananas, strawberries, peanut butter drizzle, dark chocolate sauce & candied walnuts

NEW VEGAN CHOCOLATE PEANUT BUTTER FLAPJACK **V** **GF** **75**

PEANUT BUTTER FLAPJACK

3 vegan flapjacks, stacked with bananas, strawberries, peanut butter drizzle, dark chocolate sauce & candied walnuts

NEW AVO TOAST WITH KIMCHI & SHIMEJI MUSHROOMS **55**

sliced avo, shimeji mushrooms, topped with kimchi & toasted sesame seed on a slice of toast

V



WRAPS OR SALADS

**SERVED AS A SALAD OR
IN A LOW GI MULTI-GRAIN WRAP
SWAP FOR **GF** WRAP 14**

MACROBIOTIC **V** 90

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

IRON KICK 88

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

RAINBOW PAD THAI **V** 88

edamame beans, carrot, red cabbage, kale, spiced cashews, sesame seeds, hemp seeds, coriander, spring onion, lime, chilli peanut dressing

CHICKEN CASHEW CAESAR 99

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

STEAK BURRITO 115

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

STEAK PARMESAN 115

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

NAVIGATE OUR MENU

V VEGAN **GF** GLUTEN FREE

ALLERGENS

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WRAPS OR SALADS

CRUNCHY TACO CHICKEN 93

chicken, crunchy taco strips, avo, edamame, cabbage, carrot & cucumber, topped with roasted pumpkin seeds & coriander lime dressing

NEW THE CHIPOTLE **V** 85

quinoa, black beans, sweetcorn, rosa tomatoes, chipotle & coriander drizzle, topped with avo, fresh coriander & roasted pumpkin seeds

All salads are **GF** unless stated otherwise

WRAPS

**SERVED IN A LOW GI MULTI-GRAIN WRAP
SWAP FOR **GF** WRAP 14**

VEGGIE & AVO 78

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

BBQ CHICKEN 95

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

MEXI CHICKEN 98

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

LOLA'S VEGAN BURRITO **V** 82

mexi beans, guacamole, turmeric rice, vegan chipotle mayo, lettuce, tomato, coriander

ASIAN CHICKEN 82

chicken, avo, lettuce, carrot, cucumber, red cabbage, chilli ginger dressing, coriander

STEAK QUESADILLA 98

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

NEW THE CHIPOTLE SALAD 85

quinoa, black beans, sweetcorn, rosa tomatoes, chipotle & coriander drizzle, topped with avo, fresh coriander & roasted pumpkin seeds

V

GF



MEALS

PLANT POWERED NÜTRI BURGER **V** 89

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

ASIAN TROUT BOWL 135

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

*MEXI-TACO BOWL 95

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

***MAKE IT VEGAN**

PROTEIN BALANCE PLATE **GF** 92

grilled chicken breast, quinoa, roasted balsamic beetroot, roasted butternut, served with a side salad

PROTEIN PLUS PLATE **GF** 98

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

LOLA'S VEGAN BURRITO BOWL **V** 82

lettuce, mexi beans, guacamole, turmeric rice, tomato salsa, spring onion, vegan chipotle mayo

ANCIENT GRAIN TROUT BOWL 135

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

NEW THAI BUTTERNUT SOUP **V** **GF** 68

Thai butternut soup with roasted pumpkin seeds, served with your choice of bread

MEALS

NEW BETA BUTTERNUT **V** **GF** 75

spicy butternut, quinoa, black beans, red kidney beans, topped with avo & a chipotle & coriander dressing

NEW ASIAN GREEN CURRY **V** **GF** 75

vegetable green curry with broccoli & green beans served with turmeric rice & fresh basil
ADD: hot smoked trout fillet 69

NEW KOREAN KIMCHI **V** 89

spiced broccoli, shimeji mushrooms, baby marrow, baby spinach, kimchi, turmeric rice, topped with avo, miso dressing & fresh coriander

ADD: poached egg 10

ADD A PROTEIN

free range egg 10

free range chicken breast plain/bbq 27

free range beef steak 40

hot smoked trout fillet 69

OPEN SANDWICHES

EXTRA SOURDOUGH / RYE 6

SWAP FOR **GF** BREAD 10

IRON KICK 58

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

SRIRACHA CHICKEN MAYO 68

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

ADD AN EXTRA SLICE OF BREAD TO CLOSE YOUR SANDWICH

NEW THAI BUTTERNUT SOUP 68

Thai butternut soup with roasted pumpkin seeds, served with your choice of bread



HOT DRINKS

swap for 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	L19

TURMERIC LATTE

house blend of turmeric, ginger, cinnamon, honey, choice of milk **40**

CHAI LATTE

house blend of cinnamon, ginger, cardamom, nutmeg, cloves, honey, choice of milk **40**

HOT LOZENER

apple juice, lemon, ginger, honey, filtered water **39**

GREEN JUICES

ALKALISE **V** **S48 L58**
spinach, apple, lemon,
organic green superfood powder

D-TOX **V** **S58 L68**
spinach, celery, cucumber,
apple, lemon, ginger

KALE ALE **V** **S58 L68**
cucumber, lemon, lime, celery,
lettuce, kale / swiss chard

C-LANTRO **V** **S58 L68**
swiss chard, orange, pineapple, coriander

POWER JUICES

LEMON-C **V** **S48 L58**
apple, lemon, mint

CREATE YOUR OWN **V** **S55 L65**
orange, apple, carrot, beetroot
ADD: cucumber **16** ginger **12**

CARROTENE **V** **S58 L68**
carrot, orange, cucumber, ginger

SUPER 7 **V** **S57 L67**
carrot, orange, pineapple,
apple, lemon, beetroot, ginger

FLORA RESTORER **V** **S59 L69**
apple, pineapple, carrot, turmeric,
ginger, lemon, probiotic

SHOTS

GINGER **V** **27**

GINGER NINJA **32**
ginger, lemon, cayenne pepper, honey

TURMERIC TONIC **V** **27**
pineapple, carrot, turmeric, ginger, lemon

GUT HEALER **V** **22**
apple juice, apple cider vinegar, ginger

FROZEN YOGHURT

Ask in-store for our range of toppings.
Our frozen yoghurt is low in fat.

FROZEN YOGHURT **S27 L34**

All our juices & smoothies are **GF**
Superboost your smoothie - ask in-store for details.

SMOOTHIES

* MAKE IT VEGAN

*** STRAWBERRY SWIRL** **S52 L64**
strawberries, mango, frozen yoghurt,
filtered water, strawberry purée

*** THE BASIC** **S46 L58**
banana, low fat milk, frozen yoghurt
ADD: honey / sugar free peanut butter **9**
sugar free hot chocolate **15**

*** NEW-ME** **S51 L63**
blueberries, strawberries, raspberries,
frozen yoghurt, filtered water

*** THE HEALER** **S53 L65**
apple juice, lemon, ginger, chilli,
frozen yoghurt

*** STRAWBERRY-B** **S60 L72**
strawberries, apple juice, mint,
frozen yoghurt

*** BLU LEMONADE** **S65 L77**
frozen yoghurt, pineapple,
lemon juice, blue spirulina

PEANUT BUTTER BLU **V** **S49 L61**
sugar free peanut butter, blueberries,
banana, dates, almond milk

RAW CHOCOLATE **V** **S52 L64**
cacao, hemp seeds, banana, cinnamon,
almond milk, dates, filtered water

COFFEE DREAM **V** **S65 L77**
organic espresso, cacao, almond macadamia
nut butter, banana, dates, coconut milk

NEW ZOSIA'S GREENS **V** **S52 L64**
baby spinach, avo, kale, banana, ginger,
lemon, dates, oat milk, filtered water

FUNCTIONAL BLENDS

LOW FAT PROTEIN SHAKE **S51 L61**
natural vanilla grass-fed whey protein,
low fat milk

THE NUTTER **S64 L76**
sugar free peanut butter, honey,
banana, chia seeds, coconut shavings,
grass-fed whey protein, filtered water

THE BOSS **S69 L81**
banana, almond macadamia nut butter,
cacao, grass-fed whey protein, dates,
filtered water, honey

PB PROTEIN **V** **S51 L63**
sugar free peanut butter, spinach,
banana, roasted pumpkin seeds,
hemp seeds, dates, oat milk

VEGAN NUTTER **V** **S64 L76**
banana, sugar free peanut butter,
coconut flakes, chia seeds, dates,
vegan protein, coconut milk

O MEGA ALMOND **V** **S64 L76**
almond macadamia nut butter, banana, dates,
lucuma, almond milk, activated chia seeds
ADD: collagen **22**

BETTER THAN BOTOX **V** **S65 L77**
strawberries, raspberries, banana,
almond macadamia nut butter, flax seeds,
dates, oat milk

VEGAN BOSS **V** **S69 L81**
banana, almond macadamia nut butter,
vegan protein, dates, coconut milk, cacao

NEW TIGA'S POWER **S58 L70**
blue spirulina, oat milk, banana, almond
macadamia nut butter, grass-fed whey
protein, honey, cinnamon, filtered water