

# BREAKFAST

<b>FREE RANGE EGGS ON TOAST</b> 2 poached or scrambled eggs	<b>55</b>
<b>POACHED EGGS ON GREENS</b> <b>GF</b> 2 poached eggs on a bed of kale & baby spinach, broccoli, green beans, mint, cashews, sriracha dressing	<b>62</b>
<b>SCRAMBLED EGGS, AVO &amp; FETA ON TOAST</b> scrambled eggs, avo, feta, rocket, soy seed sprinkle <b>ADD</b> portobellini & shimeji mushrooms <b>18</b>	<b>72</b>
<b>POACHED EGGS &amp; SMASHED AVO ON TOAST</b> 2 poached eggs, avo, sautéed rosa tomatoes, roasted peppers, chipotle dressing, lime	<b>92</b>
<b>BREAKFAST BOWL / WRAP</b> 2 poached eggs, avo, white cheddar, rocket, sautéed rosa tomatoes, soy glaze & olive oil dressing	<b>98</b>
<b>KIMCHI OMELETTE</b> open kimchi omelette with baby spinach, coriander, avo, spring onion, sesame seeds, chilli ginger dressing	<b>65</b>
<b>SPICY MUSHROOM GREENS OMELETTE</b> <b>V</b> <b>GF</b> open chickpea omelette with portobellini & shimeji mushrooms, coriander, baby spinach, avo, pickled jalapeno, spring onion, sesame seeds, coriander lime dressing <b>SWAP FOR</b> egg omelette <b>10</b>	<b>84</b>
<b>SPICY BEAN OMELETTE</b> closed omelette with spiced red kidney beans, coriander, feta, baby spinach, avo & corn salsa, toast	<b>104</b>
<b>UMAMI BREAKFAST WRAP</b> scrambled eggs, portobellini & shimeji mushrooms, white cheddar, coriander, baby spinach, pickled jalapeno, spring onion, sesame seeds	<b>98</b>
<b>BREAKFAST STEAK WRAP</b> beef steak, scrambled eggs, white cheddar, mixed peppers, coriander, spring onion, sriracha lime dressing, spinach wrap	<b>132</b>
<b>NEW POACHED EGGS &amp; TROUT ON TOAST</b> 2 poached eggs, hot smoked trout fillet, avo, sesame seeds, chipotle & coriander dressing, lime	<b>139</b>
<b>NEW AVO, FETA &amp; TROUT OMELETTE</b> closed omelette with hot smoked trout fillet, avo, feta, baby spinach, dill, sesame seeds, coriander, chilli ginger dressing	<b>139</b>
<b>HOT SMOKED TROUT TOAST</b> scrambled eggs, hot smoked trout fillet, avo, watercress, lemon & olive oil dressing	<b>139</b>

## 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.

# BREAKFAST BOWLS

<b>CINNAMON OATS BOWL*</b> <b>1/2 PORTION</b> hot rolled oats, banana, flaked almonds, cinnamon, honey, low fat milk <small>*MAKE IT VEGAN</small>	<b>64</b> <b>39</b>
<b>COFFEE NUT OATS CUP</b> <b>V</b> overnight oats with chia seeds, oat milk, almond macadamia nut butter, whipped coffee mousse, puffed millet	<b>50</b>
<b>NEW PEANUT BUTTER OVERNIGHT OATS CUP</b> <b>V</b> <b>GF</b> overnight oats with chia seeds, coconut milk, peanut butter drizzle, strawberries, muesli, coconut syrup, whipped coconut cream	<b>55</b>
<b>NEW MATCHA OVERNIGHT OATS CUP</b> <b>V</b> <b>GF</b> overnight oats with chia seeds, coconut milk, matcha, strawberries, muesli, coconut syrup, whipped coconut cream	<b>55</b>
<b>NEW MANGO CHIA PUDDING</b> <b>V</b> <b>GF</b> chia pudding with coconut milk, mango mousse, whipped coconut cream, muesli, coconut syrup	<b>65</b>
<b>ACTIVE CHOC OATS BOWL*</b> <b>1/2 PORTION</b> hot rolled oats, cacao, chocolate whey protein, oat milk, coconut syrup, banana, sugar-free peanut butter, berry compote, hemp seeds, mint <small>*MAKE IT VEGAN</small>	<b>78</b> <b>53</b>
<b>WRAPS &amp; SALADS</b>	
<b>WRAP OR SALAD</b>	
<b>SWAP FOR</b> <b>GF</b> WRAP <b>16</b> / SPINACH WRAP <b>6</b>	
<b>NEW PLANTBEST BROCCOLI</b> <b>V</b> chopped broccoli, carrot, chickpeas, avo, quinoa, almond flakes, pickled onion, soy seed sprinkle, coriander, creamy cashew dressing	<b>89</b>
<b>IRON KICK</b> chickpeas, lentils, avo, feta, cucumber, rosa tomatoes, celery, coriander, curry mint low fat yoghurt dressing	<b>98</b>
<b>RAINBOW PAD THAI</b> <b>V</b> edamame beans, carrot, red cabbage, kale, spiced cashews, sesame seeds, hemp seeds, coriander, spring onion, lime, chilli peanut dressing	<b>98</b>
<b>PLANT POWERED COBB</b> <b>V</b> marinated chickpeas, avo, peppers, smoky coconut shavings, sweetcorn, radish, carrot, rosa tomatoes, lettuce, spring onion, creamy cashew dressing	<b>98</b>
<b>KAROLINA'S SALAD</b> shredded chicken, red & green cabbage, carrot, radish, pickled ginger, cashews, coriander, spring onion, sesame seeds, miso dressing (contains gluten)	<b>98</b>

<b>CRUNCHY TACO CHICKEN</b> grilled chicken, crunchy taco strips, avo, edamame beans, red cabbage, carrot, cucumber, roasted pumpkin seeds, coriander lime dressing	<b>105</b>
<b>NEW BALANCED BEET</b> smoked chicken, beetroot, avo, feta, baby spinach, kale, quinoa, pumpkin seeds, lemon & honey dressing	<b>105</b>
<b>CHICKEN CASHEW CAESAR</b> grilled chicken, avo, rosa tomatoes, kale, lettuce, smoky coconut shavings, parmesan shavings, creamy cashew dressing <b>SWAP FOR</b> beef steak <b>15</b>	<b>110</b>
<b>KAROL'S SALAD</b> Korean spiced grilled chicken, avo, peppers, baby spinach, carrot, cucumber, rosa tomatoes, lettuce, coriander, spring onion, sesame seeds, sriracha lime dressing (contains gluten)	<b>110</b>
<b>NEW DOUBLE PROTEIN</b> 2 poached eggs, chicken, avo, baby spinach, edamame beans, cucumber, soy seed sprinkle, creamy cashew dressing, Worcestershire sauce	<b>120</b>
<b>NEW SANTA FE CHICKEN</b> grilled chicken, crunchy taco strips, avo, feta, jalapeno, tomato, quinoa, lettuce, raw corn, black beans, red pepper, spring onion, chipotle adobo dressing (contains gluten)	<b>120</b>
<b>STEAK BURRITO</b> beef steak, Mexi beans, avo, white cheddar, lettuce, rosa tomatoes, lemon & olive oil dressing	<b>130</b>
<b>WRAP ONLY</b>	
<b>SWAP FOR</b> <b>GF</b> WRAP <b>16</b> / SPINACH WRAP <b>6</b>	
<b>BBQ CHICKEN</b> bbq chicken, avo, lettuce, rosa tomatoes, chipotle mayo	<b>105</b>
<b>MEXI CHICKEN</b> bbq chicken, spiced red kidney beans, avo, white cheddar, lettuce, corn salsa, coriander, yoghurt dressing	<b>110</b>
<b>ASIAN CHICKEN</b> grilled chicken, avo, lettuce, carrot, cucumber, red cabbage, coriander, chilli ginger dressing	<b>89</b>
<b>STEAK QUESADILLA</b> beef steak, avo, white cheddar, salsa, coriander, coriander lime dressing	<b>110</b>
<b>SPICY STEAK</b> beef steak, turmeric rice, lettuce, red cabbage, coriander, spring onion, sesame seeds, chilli ginger dressing, sriracha mayo dressing	<b>125</b>
<b>KOREAN STEAK</b> Korean spiced beef steak, red pepper, cucumber, carrot, lettuce, coriander, spring onion, sesame seeds, miso dressing	<b>125</b>

# MEALS

<b>THAI CHICKEN MEATBALLS</b> <b>GF</b> spiced lemongrass & coconut broth, Thai chicken meatballs served with turmeric rice	<b>82</b>
<b>LOLA'S VEGAN BURRITO BOWL / WRAP</b> <b>V</b> Mexi beans, guacamole, turmeric rice, lettuce, tomato salsa, coriander, spring onion, vegan chipotle mayo	<b>89</b>
<b>PROTEIN BALANCE PLATE</b> <b>GF</b> grilled chicken, quinoa, roasted balsamic beetroot, roasted butternut, served with a side salad	<b>98</b>
<b>PROTEIN PLUS PLATE</b> <b>GF</b> lemon grilled chicken, roasted butternut, raw corn, rosa tomatoes, red pepper, onion, cumin, avo, yoghurt salsa	<b>105</b>
<b>KOREAN BBQ BURGER</b> <b>V</b> Korean spiced black bean & mushroom patty, vegan mayo, slaw, cucumber, coriander, spring onion, sesame seeds	<b>98</b>
<b>KOREAN KIMCHI</b> <b>V</b> spiced broccoli, shimeji mushrooms, baby marrow, baby spinach, kimchi, turmeric rice, avo, coriander, sesame seeds, miso dressing <b>ADD</b> a poached egg <b>12</b>	<b>98</b>
<b>MEXI-TACO BOWL*</b> black beans, red kidney beans, crunchy taco strips, green pepper, carrot, tomato, raw corn, avo, white cheddar, chilli spices <small>*MAKE IT VEGAN</small>	<b>105</b>
<b>NEW CHICKEN TERIYAKI BOWL</b> teriyaki chicken, turmeric rice, avo, carrot, cucumber, edamame beans, lettuce, pickled onion, pickled cabbage, sesame seeds, coriander, miso dressing	<b>120</b>
<b>SEOUL STEAK BOWL</b> Korean spiced beef steak, kimchi, carrot, rosa tomatoes, pickled ginger, radish, baby spinach, coriander, spring onion, turmeric rice, sesame seeds, miso dressing	<b>125</b>
<b>ASIAN TROUT BOWL</b> hot smoked trout fillet, avo, turmeric rice, red cabbage, cucumber, carrot, baby spinach, pickled ginger, sesame seeds, chilli ginger dressing	<b>139</b>
<b>NEW VIBE BOWL</b> hot smoked trout fillet, poached egg, barley, avo, kimchi, chopped broccoli, edamame beans, pickled onion, coriander, soy seed sprinkle, coriander lime dressing	<b>139</b>
<b>NEW KETO BURGER</b> free range beef patty, keto bun, avo, white cheddar, tomato, sriracha mayo, with choice of: pickled cabbage & sesame seeds or lettuce <b>ADD</b> sweet potato fries <b>15</b>	<b>115</b>

## SMOOTHIES

\*MAKE IT VEGAN

### THE BASIC\* S55 L67

banana, low fat milk, low fat frozen yoghurt

### NEW-ME\* S59 L71

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

### STRAWBERRY SWIRL\* S59 L71

strawberries, mango, low fat frozen yoghurt, filtered water, strawberry puree

### STRAWBERRY-B\* S68 L80

strawberries, apple juice, mint, low fat frozen yoghurt

### BLU LEMONADE\* S74 L86

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

### MANGO-C\* S75 L86

mango, apple juice, frozen yoghurt

### PEANUT BUTTER BLU (V) S58 L70

sugar-free peanut butter, blueberries, banana, dates, almond milk

### RAW CHOCOLATE (V) S59 L71

cacao, hemp seeds, banana, cinnamon, almond milk, dates, filtered water

### ZOSIA'S GREENS (V) S59 L71

baby spinach, avo, kale, banana, ginger, lemon, dates, oat milk, filtered water

### COFFEE DREAM (V) S74 L86

espresso, cacao, almond macadamia nut butter, banana, dates, coconut milk

### NEW SALTED CARAMEL CRUNCH (V) S77 L89

sugar-free peanut butter, banana, dates, vanilla powder, cinnamon, coconut syrup, muesli, whipped coconut cream

### NEW ZOJA (V) S77 L89

pineapple, apple, ginger, avo, mint

### NEW CREAMY KETO (V) S85 L97

espresso, cacao nibs, lucuma, almond macadamia nut butter, avo, coconut syrup, coconut milk

## FUNCTIONAL BLENDS

\*MAKE IT VEGAN

### TIGA'S POWER S75 L87

grass-fed whey protein, almond macadamia nut butter, banana, blue spirulina, honey, cinnamon, oat milk, filtered water

### THE NUTTER\* S72 L84

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

### THE BOSS\* S77 L89

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

### OREYO S77 L89

chocolate whey protein, banana, cacao, oat milk, whipped coconut cream

### GREEN GODDESS S77 L89

grass-fed whey protein, baby spinach, mango, pineapple, dates, coconut milk, filtered water

### PINK PROTEIN S77 L89

grass-fed whey protein, banana, strawberries, avo, dates, sea moss, almond milk, coconut milk

### NEW KALII S75 L87

banana, avo, honey, collagen, matcha, vanilla powder, ashwagandha

### NEW JAGNA (V) S75 L87

banana, apple, mango, avo, organic green superfood powder, barley grass, matcha

### NEW POTES PROTEIN S85 L97

vanilla whey protein, banana, dates, avo, organic green superfood powder, barley grass, almond macadamia nut butter, oat milk

### O MEGA ALMOND (V) S68 L80

almond macadamia nut butter, banana, dates, lucuma, almond milk, activated chia seeds

### BETTER THAN BOTOX (V) S69 L81

almond macadamia nut butter, strawberries, raspberries, banana, flax seeds, dates, oat milk

## SHOTS

### GUT HEALER (V) 28

apple juice, apple cider vinegar, ginger

### TURMERIC TONIC (V) 34

pineapple, carrot, turmeric, ginger, lemon

### GINGER (V) 34

### GINGER NINJA 38

ginger, lemon, cayenne pepper, honey

## POWER JUICES

### CREATE YOUR OWN S60 L70

orange, apple, carrot, beetroot  
ADD cucumber 18 ginger 14

### LEMON-C S55 L65

apple, lemon, mint

### SUPER 7 S65 L75

carrot, orange, pineapple, apple, lemon, beetroot, ginger

### CARROTENE S65 L75

carrot, orange, cucumber, ginger

### FLORA RESTORER S65 L75

apple, pineapple, carrot, turmeric, ginger, lemon, probiotic

## GREEN JUICES

### ALKALISE S55 L65

spinach, apple, lemon, organic green superfood powder

### D-TOX S65 L75

spinach, celery, cucumber, apple, lemon, ginger

### KALE ALE S65 L75

cucumber, lemon, lime, celery, lettuce, kale / swiss chard

### NEW GLOW DIGGER S69 L79

apple, lemon, celery, baby spinach, swiss chard, mint

## ICED & HOT DRINKS

SWAP FOR ALMOND MILK / OAT MILK (V)

### ESPRESSO S23 L27

### AMERICANO (hot / iced) S32 L36

### CAPPUCCINO (hot / iced) S36 L40

### LATTE S36 L40

### FLAT WHITE S36

### TEA ceylon, rooibos, green tea S20

### TURMERIC LATTE S43

### HOT CHOCOLATE (no added sugar) S43

### CHAI LATTE (hot / iced) S43

### NEW MATCHA LATTE (hot / iced) S43

### HOT LOZENGER (hot / iced) S43

apple juice, lemon, ginger, honey, filtered water

## OPEN SANDWICHES

### AVO TOAST CLASSIC (V) 55

avo, coriander, lime, chilli flakes

### ONE SLICE 70

### TWO SLICES 70

### AVO TOAST WITH SPICY KOREAN BROCCOLI 62

avo, Korean spiced broccoli, feta, sesame seeds

### AVO TOAST WITH KIMCHI & SHIMEJI MUSHROOMS (V) 62

avo, shimeji mushrooms, kimchi, sesame seeds

### SRIRACHA CHICKEN MAYO 78

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

### NEW JALAPENO CHICKEN 88

chicken, avo, jalapeno, feta, roasted corn, mixed peppers, coriander, pumpkin seeds, low fat yoghurt dressing

## FLAPJACKS & WAFFLES

ALL OUR FLAPJACKS & WAFFLES ARE GF

### PEANUT BUTTER FLAPJACK (V) 82

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

### VEGAN CHOCOLATE PEANUT BUTTER FLAPJACK (V) 85

3 vegan flapjacks, peanut butter drizzle, banana, strawberries, dark chocolate sauce, candied walnuts

### THE ORIGINAL FLAPJACK 89

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

### PROTEIN CHOCOLATE PEANUT BUTTER FLAPJACK 99

3 grass-fed whey protein blueberry flapjacks, peanut butter drizzle, banana, strawberries, dark chocolate sauce, candied walnuts

### NEW MATCHA FLAPJACK 99

3 grass-fed whey protein matcha flapjacks, banana, honey, candied walnuts, whipped coconut cream

### BANANA NUT WAFFLE (V) 65

Belgian-style waffle, peanut butter drizzle, banana, flaked almonds

### STRAWBERRIES & CREAM WAFFLE (V) 85

Belgian-style waffle

served with your choice of:

· fresh strawberries & coconut cream

· fresh strawberries & froyo\*

\*MAKE IT VEGAN

### CHOCOLATE PEANUT BUTTER WAFFLE (V) 95

Belgian-style waffle, peanut butter drizzle, banana, strawberries, dark chocolate sauce, candied walnuts

## NEW SUNDAE FUNDAYS

### CRUNCH CRISIS 60

peanut butter drizzle, strawberries, candied walnuts, muesli, whipped coconut cream

### NUTTY BLU 65

blue spirulina, candied walnuts, coconut syrup, muesli, whipped coconut cream

### STRAWBERRY FEELS 65

strawberries, mint, lemon, coconut syrup, muesli, whipped coconut cream

### CRAY CRAY CHOC 75

dark chocolate sauce, goji berries, whipped coconut cream

### COSMIC MANGO 75

mango puree, coconut syrup, muesli, whipped coconut cream