

BREAKFAST

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

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

CINNAMON OATS BOWL* 1/2 PORTION hot rolled oats, banana, flaked almonds, cinnamon, honey, low fat milk <small>*MAKE IT VEGAN</small>	64 39
COFFEE NUT OATS CUP V overnight oats with chia seeds, oat milk, almond macadamia nut butter, whipped coffee mousse, puffed millet	50
NEW PEANUT BUTTER OVERNIGHT OATS CUP V GF overnight oats with chia seeds, coconut milk, peanut butter drizzle, strawberries, muesli, maple syrup, whipped coconut cream	55
NEW MATCHA OVERNIGHT OATS CUP V GF overnight oats with chia seeds, coconut milk, matcha, strawberries, muesli, maple syrup, whipped coconut cream	55
NEW MANGO CHIA PUDDING V GF chia pudding with coconut milk, mango mousse, whipped coconut cream, muesli, maple syrup	65
ACTIVE CHOC OATS BOWL* 1/2 PORTION 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>	78 53
<h2>WRAPS & SALADS</h2>	
WRAP OR SALAD	
SWAP FOR GF WRAP 16 / SPINACH WRAP 6	
NEW PLANTBEST BROCCOLI V chopped broccoli, carrot, chickpeas, avo, quinoa, almond flakes, pickled onion, soy seed sprinkle, coriander, creamy cashew dressing	89
IRON KICK chickpeas, lentils, avo, feta, cucumber, rosa tomatoes, celery, coriander, curry mint low fat yoghurt dressing	98
RAINBOW PAD THAI V edamame beans, carrot, red cabbage, kale, spiced cashews, sesame seeds, hemp seeds, coriander, spring onion, lime, chilli peanut dressing	98
PLANT POWERED COBB V marinated chickpeas, avo, peppers, smoky coconut shavings, sweetcorn, radish, carrot, rosa tomatoes, lettuce, spring onion, creamy cashew dressing	98
KAROLINA'S SALAD shredded chicken, red & green cabbage, carrot, radish, pickled ginger, cashews, coriander, spring onion, sesame seeds, miso dressing (contains gluten)	98

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

MEALS

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

SMOOTHIES

*MAKE IT VEGAN

THE BASIC* **\$55 L67**

banana, low fat milk, low fat frozen yoghurt

NEW-ME* **\$59 L71**

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

STRAWBERRY SWIRL* **\$59 L71**

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

STRAWBERRY-B* **\$68 L80**

strawberries, apple juice, mint, low fat frozen yoghurt

BLU LEMONADE* **\$74 L86**

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

MANGO-C* **\$75 L86**

mango, apple juice, frozen yoghurt

PEANUT BUTTER BLU **\$58 L70**

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

RAW CHOCOLATE **\$59 L71**

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

ZOSIA'S GREENS **\$59 L71**

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

COFFEE DREAM **\$74 L86**

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

NEW SALTED CARAMEL CRUNCH **\$77 L89**

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

NEW ZOJA **\$77 L89**

pineapple, apple, ginger, avo, mint

NEW CREAMY-K **\$85 L97**

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

MAKE IT KETO

FUNCTIONAL BLENDS

*MAKE IT VEGAN

TIGA'S POWER **\$75 L87**

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

THE NUTTER* **\$72 L84**

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

THE BOSS* **\$77 L89**

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

OREYO **\$77 L89**

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

GREEN GODDESS **\$77 L89**

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

PINK PROTEIN **\$77 L89**

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

NEW KALII **\$75 L87**

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

NEW JAGNA **\$75 L87**

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

NEW POTES PROTEIN **\$85 L97**

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

O MEGA ALMOND **\$68 L80**

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

BETTER THAN BOTOX **\$69 L81**

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

SHOTS

GUT HEALER **28**

apple juice, apple cider vinegar, ginger

TURMERIC TONIC **34**

pineapple, carrot, turmeric, ginger, lemon

GINGER **34**

GINGER NINJA **38**

ginger, lemon, cayenne pepper, honey

POWER JUICES

CREATE YOUR OWN **\$60 L70**

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

LEMON-C **\$55 L65**

apple, lemon, mint

SUPER 7 **\$65 L75**

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

CARROTENE **\$65 L75**

carrot, orange, cucumber, ginger

FLORA RESTORER **\$65 L75**

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

GREEN JUICES

ALKALISE **\$55 L65**

spinach, apple, lemon, organic green superfood powder

D-TOX **\$65 L75**

spinach, celery, cucumber, apple, lemon, ginger

KALE ALE **\$65 L75**

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

NEW GLOW DIGGER **\$69 L79**

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

ICED & HOT DRINKS

SWAP FOR ALMOND MILK / OAT MILK **V**

ESPRESSO **\$23 L27**

AMERICANO (hot / iced) **\$32 L36**

CAPPUCCINO (hot / iced) **\$36 L40**

LATTE **\$36 L40**

FLAT WHITE **\$36**

TEA ceylon, rooibos, green tea **\$20**

TURMERIC LATTE **\$43**

HOT CHOCOLATE (no added sugar) **\$43**

CHAI LATTE (hot / iced) **\$43**

NEW MATCHA LATTE (hot / iced) **\$43**

HOT LOZENGER (hot / iced) **\$43**

apple juice, lemon, ginger, honey, filtered water

OPEN SANDWICHES

AVO TOAST CLASSIC **55**

avo, coriander, lime, chilli flakes

ONE SLICE **70**

TWO SLICES **70**

AVO TOAST WITH SPICY **62**

KOREAN BROCCOLI
avo, Korean spiced broccoli, feta, sesame seeds

AVO TOAST WITH KIMCHI **62**

& SHIMEJI MUSHROOMS **V**
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 **85**

PEANUT BUTTER FLAPJACK **V**
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 **99**

PEANUT BUTTER FLAPJACK
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, maple syrup, muesli, whipped coconut cream

STRAWBERRY FEELS **65**

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

CRAY CRAY CHOC **75**

dark chocolate sauce, goji berries, whipped coconut cream

COSMIC MANGO **75**

mango puree, maple syrup, muesli, whipped coconut cream