

# nu MENU

V VEGAN  
GF GLUTEN-FREE  
\*MAKE IT VEGAN

## BREAKFAST

- FREE RANGE EGGS ON TOAST** 58  
2 poached or scrambled eggs
- POACHED EGGS ON GREENS** GF 65  
2 poached eggs on a bed of kale & baby spinach, broccoli, green beans, mint, cashews, sriracha dressing
- SCRAMBLED EGGS, AVO & FETA ON TOAST** 75  
scrambled eggs, avo, feta, rocket, soy seed sprinkle  
**ADD** portobellini & shimeji mushrooms 18
- POACHED EGGS & SMASHED AVO ON TOAST** 95  
2 poached eggs, avo, sautéed rosa tomatoes, roasted peppers, chipotle dressing, lime
- BREAKFAST BOWL / WRAP** 99  
2 poached eggs, avo, white cheddar, rocket, sautéed rosa tomatoes, soy glaze & olive oil dressing
- KIMCHI OMELETTE** 68  
open kimchi omelette with baby spinach, coriander, avo, spring onion, sesame, chilli ginger dressing
- SPICY MUSHROOM GREENS OMELETTE** V GF 87  
open chickpea omelette with portobellini & shimeji mushrooms, coriander, baby spinach, avo, pickled jalapeno, spring onion, sesame, coriander lime dressing  
**SWAP FOR** egg omelette 10
- SPICY BEAN OMELETTE** 107  
closed omelette with spiced red kidney beans, coriander, feta, baby spinach, avo & corn salsa, toast
- UMAMI BREAKFAST WRAP** 110  
scrambled eggs, portobellini & shimeji mushrooms, white cheddar, coriander, baby spinach, pickled jalapeno, spring onion, sesame
- BREAKFAST STEAK WRAP** 135  
beef steak, scrambled eggs, white cheddar, mixed peppers, coriander, spring onion, sriracha lime dressing, spinach wrap
- AVO, FETA & TROUT OMELETTE** 145  
closed omelette with hot smoked trout fillet, avo, feta, baby spinach, dill, sesame, coriander, chilli ginger dressing

## BREAKFAST BOWLS

- CINNAMON OATS BOWL\*** 66  
**1/2 PORTION** 40  
hot rolled oats, banana, flaked almonds, cinnamon, honey, low fat milk
- COFFEE NUT OATS CUP** V 52  
overnight oats with chia seeds, oat milk, almond macadamia nut butter, whipped coffee mousse, puffed millet
- PEANUT BUTTER OVERNIGHT OATS CUP** V GF 58  
overnight oats with chia seeds, coconut milk, peanut butter drizzle, strawberries, muesli, maple syrup, whipped coconut cream
- ACTIVE CHOC OATS BOWL\*** 79  
**1/2 PORTION** 55  
hot rolled oats, cacao, chocolate whey protein, oat milk, maple syrup, banana, sugar-free peanut butter, berry compote, hemp seeds, mint

## WRAPS

- SWAP FOR GF WRAP 16 / SPINACH WRAP 6
- ASIAN CHICKEN** 92  
avo, lettuce, carrot, cucumber, cabbage, coriander, chilli ginger dressing
- BBQ CHICKEN** 110  
avo, lettuce, rosa tomatoes, chipotle mayo
- NEW IMNANDI** 110  
free range beef mince, Mexi beans, white cheddar, lettuce
- MEXI CHICKEN** 112  
spiced red kidney beans, avo, white cheddar, lettuce, corn salsa, coriander, yoghurt dressing
- STEAK QUESADILLA** 112  
avo, white cheddar, salsa, coriander, coriander lime dressing
- SPICY STEAK** 128  
turmeric rice, lettuce, cabbage, coriander, spring onion, sesame, chilli ginger dressing, sriracha mayo dressing
- KOREAN STEAK** 128  
red pepper, cucumber, carrot, lettuce, coriander, spring onion, sesame, miso dressing
- NEW IMNANDI VEGAN** V 130  
Mexi beans, vegan cheese, lettuce

## WRAPS & SALADS

ALL OUR SALADS ARE GF UNLESS STATED OTHERWISE.

- PLANTBEST BROCCOLI** V 92  
chopped broccoli, carrot, chickpeas, avo, quinoa, almond flakes, pickled onion, soy seed sprinkle, coriander, creamy cashew dressing
- IRON KICK** 102  
chickpeas, lentils, avo, feta, cucumber, rosa tomatoes, celery, coriander, curry mint low fat yoghurt dressing
- PLANT POWERED COBB** V 98  
marinated chickpeas, avo, peppers, smoky coconut shavings, sweetcorn, radish, carrot, rosa tomatoes, lettuce, spring onion, creamy cashew dressing
- KAROLINA'S SALAD** 98  
shredded chicken, cabbage, carrot, radish, pickled ginger, cashews, coriander, spring onion, sesame, miso dressing (contains gluten)
- CRUNCHY TACO CHICKEN** 108  
crunchy taco strips, avo, edamame beans, cabbage, carrot, cucumber, pumpkin seeds, coriander lime dressing
- CHICKEN CASHEW CAESAR** 112  
avo, rosa tomatoes, kale, lettuce, smoky coconut shavings, parmesan shavings, creamy cashew dressing
- DOUBLE PROTEIN** 125  
2 poached eggs, grilled chicken, avo, baby spinach, parmesan shavings, edamame beans, cucumber, soy seed sprinkle, creamy cashew dressing, Worcestershire sauce
- SANTA FE CHICKEN** 125  
crunchy taco strips, avo, feta, jalapeno, tomato, quinoa, lettuce, raw corn, black beans, red pepper, spring onion, chipotle adobo dressing (contains gluten)
- STEAK BURRITO** 135  
Mexi beans, avo, white cheddar, lettuce, rosa tomatoes, lemon & olive oil dressing

## SOUPS

- THAI CHICKEN MEATBALLS** GF 92  
spiced lemongrass & coconut broth  
**SERVED WITH** turmeric rice
- NEW ROASTED FETA & BUTTERNUT** GF 79  
butternut, feta, kale chips, pumpkin seeds  
**SERVED WITH** a slice of seeded bread
- NEW CHICKEN, JALAPENO & CANNELLINI BEANS** GF 79  
shredded chicken, cannellini beans, jalapeno, sour cream, coriander, lime

## MEALS

- NEW MINI BURRITO BOWL** 69  
free range beef mince, black beans, poached egg, turmeric rice, pickled onion, spring onion, sesame, chilli ginger dressing
- NEW BLU ZONE FALAFEL BOWL** GF 78  
chickpea falafel, guacamole, quinoa, tomato salsa, cucumber & herb low fat yoghurt, pickled onion, lettuce, lemon & olive oil dressing
- LOLA'S VEGAN BURRITO BOWL / WRAP** V 92  
Mexi beans, guacamole, turmeric rice, lettuce, tomato salsa, coriander, spring onion, vegan chipotle mayo
- PROTEIN BALANCE PLATE** GF 98  
grilled chicken, quinoa, roasted balsamic beetroot, roasted butternut, side salad
- PROTEIN PLUS PLATE** GF 108  
lemon grilled chicken, roasted butternut, raw corn, rosa tomatoes, red pepper, onion, cumin, avo, yoghurt salsa
- KOREAN BBQ BURGER** V 102  
Korean spiced black bean & mushroom patty, vegan mayo, slaw, cucumber, coriander, spring onion, sesame
- KETO BURGER** 115  
free range beef patty, keto bun, avo, white cheddar, tomato, sriracha mayo, with choice of: pickled cabbage & sesame or lettuce  
**ADD** sweet potato fries 15
- KOREAN KIMCHI BOWL** V 99  
spiced broccoli, shimeji mushrooms, baby marrow, baby spinach, kimchi, turmeric rice, avo, coriander, sesame, miso dressing
- CHICKEN TERIYAKI BOWL** 125  
teriyaki chicken, turmeric rice, avo, carrot, cucumber, edamame beans, lettuce, pickled onion, pickled cabbage, sesame, coriander, miso dressing
- SEOUL STEAK BOWL** 130  
Korean spiced beef steak, kimchi, carrot, rosa tomatoes, pickled ginger, radish, baby spinach, coriander, spring onion, turmeric rice, sesame, miso dressing
- ASIAN TROUT BOWL** 145  
trout fillet, avo, turmeric rice, cabbage, cucumber, carrot, baby spinach, pickled ginger, sesame, chilli ginger dressing

PLEASE SEE DIGITAL MENU SCREENS FOR FULL LIST OF INGREDIENTS.

## OPEN SANDWICHES

<b>AVO TOAST CLASSIC</b> <span>v</span> coriander, lime, chilli flakes	
<b>ONE SLICE / TWO SLICES</b>	<b>58 / 73</b>
<b>NEW SWEET P ON TOAST</b> peas, cottage cheese, poached egg, lemon zest, mint, dill, chilli flakes	<b>60</b>
<b>AVO TOAST WITH KIMCHI &amp; SHIMEJI MUSHROOMS</b> <span>v</span> with sesame	<b>65</b>
<b>SRIRACHA CHICKEN MAYO</b> avo, coriander, smoky coconut shavings	<b>80</b>
<b>JALAPENO CHICKEN</b> avo, feta, corn, peppers, coriander, pumpkin seeds, low fat yoghurt dressing	<b>90</b>

## FLAPJACKS & WAFFLES

ALL OUR FLAPJACKS & WAFFLES ARE GF

### FLAPJACKS

<b>PEANUT BUTTER</b> <span>v</span> 3 vegan flapjacks, peanut butter drizzle, strawberries, whipped coconut cream	<b>85</b>
<b>THE ORIGINAL</b> 3 whey protein blueberry flapjacks, banana, walnuts, honey, cinnamon	<b>92</b>
<b>PROTEIN CHOCOLATE PEANUT BUTTER</b> 3 whey protein blueberry flapjacks, peanut butter drizzle, banana, strawberries, dark chocolate sauce, candied walnuts	<b>102</b>

### WAFFLES

<b>BANANA NUT</b> <span>v</span> Belgian-style waffle, peanut butter drizzle, banana, flaked almonds	<b>68</b>
<b>STRAWBERRIES &amp; CREAM</b> <span>v</span> Belgian-style waffle served with your choice of: -fresh strawberries & coconut cream -fresh strawberries & froyo*	<b>88</b>
<b>CHOCOLATE PEANUT BUTTER</b> <span>v</span> Belgian-style waffle, peanut butter drizzle, banana, strawberries, dark chocolate sauce, candied walnuts	<b>98</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. See website for more details.

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## ICED & HOT DRINKS

SWAP FOR ALMOND MILK / OAT MILK v

<b>ESPRESSO</b>	<b>S24 L28</b>
<b>AMERICANO</b> (hot / iced)	<b>S33 L37</b>
<b>CAPPUCCINO</b> (hot / iced)	<b>S37 L41</b>
<b>LATTE</b>	<b>S37 L41</b>
<b>FLAT WHITE</b>	<b>S37</b>
<b>TEA</b> ceylon, rooibos, green tea	<b>S20</b>
<b>TURMERIC LATTE</b>	<b>S44</b>
<b>HOT CHOCOLATE</b> (no added sugar)	<b>S44</b>
<b>CHAI LATTE</b> (hot / iced)	<b>S44</b>
<b>MATCHA LATTE</b> (hot / iced)	<b>S44</b>
<b>HOT LOZENGER</b> apple juice, lemon, ginger, honey (hot / iced) <b>ADD NEW</b> citrus C plus 15	<b>S44</b>

## POWER JUICES

<b>CREATE YOUR OWN</b> orange, apple, carrot, beetroot <b>ADD</b> cucumber 18 ginger 14	<b>S65 L75</b>
<b>NEW IKAPA GLOW</b> pineapple, apple, lemon, mint	<b>S58 L68</b>
<b>NEW FIT BEET</b> beetroot, apple, ginger	<b>S62 L72</b>
<b>SUPER 7</b> carrot, orange, pineapple, apple, lemon, beetroot, ginger	<b>S68 L78</b>
<b>FLORA RESTORER</b> apple, pineapple, carrot, turmeric, ginger, lemon, probiotic	<b>S68 L78</b>

## GREEN JUICES

<b>D-TOX</b> spinach, celery, cucumber, apple, lemon, ginger	<b>S68 L78</b>
<b>NEW THANDA GREENS</b> spinach, celery, cucumber, kale, parsley, lemon, ginger, cayenne pepper	<b>S68 L78</b>
<b>GLOW DIGGER</b> apple, lemon, celery, baby spinach, swiss chard, mint	<b>S72 L82</b>

## SMOOTHIES

<b>THE BASIC*</b> banana, low fat milk, low fat frozen yoghurt	<b>S58 L70</b>
<b>NEW-ME*</b> blueberries, strawberries, raspberries, low fat frozen yoghurt	<b>S62 L74</b>
<b>STRAWBERRY SWIRL*</b> strawberries, mango, low fat frozen yoghurt, strawberry puree	<b>S62 L74</b>
<b>STRAWBERRY-B*</b> strawberries, apple juice, mint, low fat frozen yoghurt	<b>S71 L83</b>
<b>BLU LEMONADE*</b> lemon juice, pineapple, blue spirulina, low fat frozen yoghurt	<b>S77 L89</b>
<b>MANGO-C*</b> mango, apple juice, frozen yoghurt	<b>S78 L89</b>
<b>PEANUT BUTTER BLU</b> <span>v</span> sugar-free peanut butter, blueberries, banana, dates, almond milk	<b>S61 L73</b>
<b>RAW CHOCOLATE</b> <span>v</span> cacao, hemp seeds, banana, cinnamon, almond milk, dates	<b>S62 L74</b>
<b>ZOSIA'S GREENS</b> <span>v</span> baby spinach, avo, kale, banana, ginger, lemon, dates, oat milk	<b>S62 L74</b>
<b>COFFEE DREAM</b> <span>v</span> espresso, cacao, almond macadamia nut butter, banana, dates, coconut milk	<b>S77 L89</b>
<b>SALTED CARAMEL CRUNCH</b> <span>v</span> sugar-free peanut butter, banana, dates, vanilla powder, cinnamon, maple syrup, muesli, whipped coconut cream	<b>S80 L92</b>
<b>CREAMY-K</b> <span>v</span> espresso, cacao nibs, lucuma, almond macadamia nut butter, avo, maple syrup, coconut milk	<b>S88 L100</b>

## SHOTS

<b>GUT HEALER</b> <span>v</span> apple juice, apple cider vinegar, ginger	<b>29</b>
<b>GINGER</b> <span>v</span>	<b>35</b>
<b>NEW GINGER PLUS</b> <span>v</span> ginger with added vitamin C, zinc, selenium, fulvic acid, vitamin D3, vitamin K2	<b>39</b>
<b>GINGER NINJA</b> ginger, lemon, cayenne pepper, honey	<b>39</b>

## FUNCTIONAL BLENDS

<b>NEW PB BHOZA</b> whey protein, banana, sugar-free peanut butter, cacao, honey, flax seeds	<b>S68 L80</b>
<b>O MEGA ALMOND</b> <span>v</span> almond macadamia nut butter, banana, dates, lucuma, almond milk, activated chia seeds	<b>S71 L83</b>
<b>BETTER THAN BOTOX</b> <span>v</span> almond macadamia nut butter, strawberries, raspberries, banana, flax seeds, dates, oat milk	<b>S72 L84</b>
<b>TIGA'S POWER</b> whey protein, almond macadamia nut butter, banana, blue spirulina, honey, cinnamon, oat milk	<b>S78 L90</b>
<b>THE NUTTER*</b> whey protein, sugar-free peanut butter, banana, chia seeds, coconut shavings, honey	<b>S75 L87</b>
<b>THE BOSS*</b> whey protein, almond macadamia nut butter, banana, cacao, dates, honey	<b>S80 L92</b>
<b>OREYO</b> chocolate whey protein, banana, cacao, oat milk, whipped coconut cream	<b>S80 L92</b>
<b>GREEN GODDESS</b> whey protein, baby spinach, mango, pineapple, dates, coconut milk	<b>S80 L92</b>
<b>PINK PROTEIN</b> whey protein, banana, strawberries, avo, dates, sea moss, almond milk, coconut milk	<b>S80 L92</b>
<b>NEW CLIFTON CLOUD</b> whey protein, banana, mango, almond macadamia nut butter, turmeric, cinnamon, almond milk	<b>S80 L92</b>
<b>NEW EVERGREEN PASSION</b> whey protein, mango, passion fruit, cauliflower, spinach, dates, parsley, maca, almond milk	<b>S87 L99</b>

<b>POTEM PROTEIN</b> vanilla whey protein, banana, dates, avo, organic green superfood powder, barley grass, almond macadamia nut butter, oat milk	<b>S87 L99</b>
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SUPERBOOST YOUR SMOOTHIE - ASK IN-STORE  
FOR DETAILS

PLEASE SEE DIGITAL MENU SCREENS FOR  
FULL LIST OF INGREDIENTS.