

## NUTRI CUPS

<b>CHOC CHIA PROTEIN CUP</b>	<b>48</b>
chocolate whey protein chia pudding, sugar-free peanut butter, whipped coconut cream, granola, berry compote, honey	
<b>NEW APPLE CARAMEL OATS CUP</b> <span>V</span> <span>U</span>	<b>48</b>
rolled oats with chia seeds, apple, salted caramel sauce, whipped coconut cream, walnuts (contains peanuts)	
<b>NEW BLU CHOC OATS CUP</b> <span>V</span> <span>U</span>	<b>48</b>
rolled oats with blueberries & sugar-free peanut butter, chocolate sauce	
<b>NEW STRAWBERRY MATCHA CHIA CUP</b> <span>V</span>	<b>60</b>
strawberry matcha chia pudding, coconut nectar, whipped coconut cream	
<b>MANGO OVERNIGHT OATS CUP</b> <span>V</span>	<b>60</b>
mango puree, coconut milk, chia seeds	
<b>PEANUT BUTTER OVERNIGHT OATS CUP</b> <span>V</span>	<b>64</b>
chia seeds, coconut milk, peanut butter drizzle, strawberries, granola, coconut syrup, whipped coconut cream	
<b>CINNAMON OATS BOWL*</b> <span>U</span>	<b>70</b>
<b>1/2 PORTION</b>	<b>44</b>
hot rolled oats, banana, flaked almonds, cinnamon, honey, low fat milk	
<b>ACTIVE CHOC OATS BOWL*</b>	<b>86</b>
<b>1/2 PORTION</b>	<b>61</b>
hot rolled oats, cacao, chocolate whey protein, oat milk, coconut syrup, banana, sugar-free peanut butter, berry compote, hemp seeds, mint	

## SANDWICHES

<b>AVO TOAST CLASSIC</b> <span>V</span> <span>U</span>	
coriander, lime, chilli flakes	
<b>ONE SLICE / TWO SLICES</b>	<b>64 / 79</b>
<b>SRIRACHA CHICKEN MAYO</b> <span>U</span>	<b>89</b>
avo, coriander, smoky coconut shavings	
<b>NEW KIMCHI CHEDDAR PRESS*</b>	<b>79</b>
toasted sandwich with white cheddar, avo, baby spinach, chipotle adobo dressing	
<b>VEGAN PRESS</b> <span>V</span> <span>U</span>	<b>91</b>
toasted sandwich with vegan cheese, rosa tomatoes, avo, baby spinach, chipotle adobo dressing	
<b>PULLED CHICKEN / BEEF PRESS</b> <span>U</span>	<b>107 / 118</b>
toasted sandwich with white cheddar, avo, baby spinach, chipotle adobo dressing	

V VEGAN    GF GLUTEN-FREE    \*MAKE IT VEGAN  
VG VEGETARIAN    U KID-FRIENDLY

## FLAPJACKS & WAFFLES

ALL OUR FLAPJACKS & WAFFLES ARE GF

### FLAPJACKS

<b>PEANUT BUTTER</b> <span>V</span> <span>U</span>	<b>87</b>
3 vegan flapjacks, peanut butter drizzle, strawberries, whipped coconut cream	
<b>THE ORIGINAL</b>	<b>97</b>
3 whey protein blueberry flapjacks, banana, walnuts, honey, cinnamon	
<b>PROTEIN CHOCOLATE PEANUT BUTTER</b>	<b>110</b>
3 whey protein blueberry flapjacks, peanut butter drizzle, banana, strawberries, dark chocolate sauce, candied walnuts	
WAFFLES	
<b>BANANA NUT</b> <span>V</span> <span>U</span>	<b>70</b>
Belgian-style waffle, peanut butter drizzle, banana, flaked almonds	
<b>STRAWBERRIES &amp; CREAM</b> <span>V</span> <span>U</span>	<b>90</b>
Belgian-style waffle served with your choice of: -fresh strawberries & coconut cream -fresh strawberries & froyo*	
<b>CHOCOLATE PEANUT BUTTER</b> <span>V</span> <span>U</span>	<b>100</b>
Belgian-style waffle, peanut butter drizzle, banana, strawberries, dark chocolate sauce, candied walnuts	

## WRAPS

<b>NEW LO-CAL CHICKEN</b>	<b>85</b>
kale, carrots, creamy cashew dressing, low carb wrap	
<b>ASIAN CHICKEN</b>	<b>102</b>
avo, lettuce, carrot, cucumber, cabbage, coriander, chilli ginger dressing	
<b>NEW LO-CAL BEEF</b>	<b>115</b>
cabbage, carrots, chilli ginger dressing, low carb wrap	
<b>BBQ CHICKEN</b>	<b>120</b>
avo, lettuce, rosa tomatoes, chipotle mayo	
<b>MEXI CHICKEN</b>	<b>122</b>
spiced red kidney beans, avo, white cheddar, lettuce, corn salsa, coriander, yoghurt dressing	
<b>STEAK QUESADILLA</b>	<b>122</b>
avo, white cheddar, salsa, coriander, coriander lime dressing	
<b>PULLED BEEF</b>	<b>132</b>
pulled beef, feta & corn mix, baby spinach, cucumber, lemon & olive oil dressing	

PLEASE SEE DIGITAL MENU SCREENS FOR FULL LIST OF INGREDIENTS.

## WRAPS & SALADS

SWAP FOR GF WRAP **16** / SWAP FOR SPINACH WRAP **6**

ALL SALADS ARE GF UNLESS STATED OTHERWISE.

<b>IRON KICK</b> <span>VG</span>	<b>110</b>
chickpeas, lentils, avo, feta, cucumber, rosa tomatoes, celery, coriander, curry mint low fat yoghurt dressing	
<b>CALI SALAD</b> <span>VG</span>	<b>114</b>
quinoa, chipotle corn, feta, chickpeas, avo, pumpkin seeds, mint, parsley, sriracha lime dressing (contains gluten)	
<b>PLANT POWERED COBB</b> <span>V</span>	<b>102</b>
marinated chickpeas, avo, peppers, smoky coconut shavings, sweetcorn, radish, carrot, rosa tomatoes, lettuce, spring onion, creamy cashew dressing	
<b>KAROLINA'S SALAD</b>	<b>102</b>
shredded chicken, cabbage, carrot, radish, pickled ginger, cashews, coriander, spring onion, sesame, miso dressing (contains gluten)	
<b>CHICKEN CASHW CAESAR</b> <span>U</span>	<b>122</b>
avo, rosa tomatoes, kale, lettuce, smoky coconut shavings, parmesan shavings, creamy cashew dressing	
<b>DOUBLE PROTEIN</b>	<b>133</b>
2 poached eggs, grilled chicken, avo, baby spinach, edamame beans, cucumber, soy seed sprinkle, creamy cashew dressing, Worcestershire sauce	
<b>SANTA FE CHICKEN</b>	<b>133</b>
crunchy taco strips, avo, feta, jalapeno, rosa tomatoes, quinoa, lettuce, raw corn, black beans, red pepper, spring onion, chipotle adobo dressing (contains gluten)	
<b>NEW CUBAN STEAK SALAD</b>	<b>133</b>
pickled onion, chipotle corn, avo, kale, lettuce, creamy cashew caesar dressing, spring onion	

## SOUPS

<b>NEW BUTTERNUT &amp; GINGER SOUP</b> <span>V</span>	<b>59</b>
butternut, onion, green curry paste, coconut milk, ginger, topped with lemongrass muesli & coriander	
<b>NEW CHICKEN CHILLI SOUP</b>	<b>79</b>
jalapeno, cannellini beans, onion, garlic, topped with sour cream & coriander	
<b>NEW HEARTY BEEF SOUP</b> <span>GF</span>	<b>89</b>
sweet potato, onion, celery, carrot, garlic, rosemary, thyme, balsamic vinegar, oregano, topped with coriander	

## MEALS

<b>MINI BURRITO BOWL</b>	<b>76</b>
free range beef mince, black beans, poached egg, turmeric rice, pickled onion, spring onion, sesame, chilli ginger dressing	
<b>MEXI PULLED CHICKEN / BEEF TACOS</b> <span>U</span>	
tomato salsa, avo, chipotle corn, lettuce, spring onion, jalapeno cilantro dressing	
<b>PULLED CHICKEN</b> sgl / dbl	<b>69 / 104</b>
<b>PULLED BEEF</b> with white cheddar sgl / dbl	<b>84 / 124</b>
<b>LOLA'S VEGAN BURRITO BOWL / WRAP</b> <span>V</span>	<b>102</b>
Mexi beans, guacamole, turmeric rice, lettuce, tomato salsa, coriander, spring onion, vegan chipotle mayo	
<b>PROTEIN BALANCE PLATE</b> <span>GF</span> <span>U</span>	<b>108</b>
grilled chicken, quinoa, roasted balsamic beetroot, roasted butternut, side salad	
<b>PROTEIN PLUS PLATE</b> <span>GF</span> <span>U</span>	<b>116</b>
lemon grilled chicken, roasted butternut, raw corn, rosa tomatoes, red pepper, onion, cumin, avo, yoghurt salsa	
<b>KETO BURGER</b> <span>U</span>	<b>122</b>
free range beef patty, keto bun, avo, white cheddar, tomato, sriracha mayo, with choice of: pickled cabbage & sesame or lettuce	
<b>KOREAN KIMCHI BOWL</b> <span>V</span>	<b>102</b>
spiced broccoli, shimeji mushrooms, baby marrow, baby spinach, kimchi, turmeric rice, avo, coriander, sesame, miso dressing	
<b>NEW NUCOISE PROTEIN SALAD</b>	<b>120</b>
tuna, capers, poached egg, green beans, avo, edamame beans, spring onion, lemon & olive oil dressing, sesame	
<b>NEW KUROWSKA CAESAR SALAD</b>	<b>122</b>
grilled chicken, boiled egg, lettuce, croutons, anchovy caesar dressing, parmesan shavings	
<b>CHICKEN TERIYAKI BOWL</b>	<b>134</b>
teriyaki chicken, turmeric rice, avo, carrot, cucumber, edamame beans, lettuce, pickled onion, pickled cabbage, sesame, coriander, miso dressing	
<b>SEOUL STEAK BOWL</b>	<b>142</b>
Korean spiced beef steak, kimchi, carrot, rosa tomatoes, pickled ginger, radish, baby spinach, coriander, spring onion, turmeric rice, sesame, miso dressing	
<b>ASIAN TROUT BOWL</b>	<b>154</b>
trout fillet, avo, turmeric rice, cabbage, cucumber, carrot, baby spinach, pickled ginger, sesame, chilli ginger dressing	

## HOT & ICED DRINKS

SWAP FOR ALMOND MILK / OAT MILK **v**

<b>ESPRESSO</b>	<b>S27 L31</b>
<b>AMERICANO</b>	<b>S37 L41</b>
<b>CAPPUCCINO</b>	<b>S41 L45</b>
<b>LATTE</b>	<b>S41 L45</b>
<b>FLAT WHITE</b>	<b>S41</b>
<b>CORTADO</b>	<b>S39</b>
<b>MOCHA</b>	<b>S39</b>
<b>TEA</b>	<b>S25</b>
ceylon, rooibos, green tea	
<b>TURMERIC LATTE</b>	<b>L48</b>
<b>HOT CHOCOLATE</b>	<b>L48</b>
<b>CHAI LATTE</b>	<b>L48</b>
<b>MATCHA LATTE</b>	<b>L48</b>
<b>HOT LOZENGER</b>	<b>L48</b>
apple juice, lemon, ginger, honey	
<b>ADD citrus C plus 15</b>	
<b>ICED AMERICANO</b>	<b>S37 L41</b>
<b>ICED CAPPUCCINO</b>	<b>S41 L45</b>
<b>ICED CHAI LATTE / MATCHA / LOZENGER</b>	<b>S48 L52</b>
<b>AFFOGATO</b>	<b>S41</b>
low fat frozen yoghurt with a shot of espresso	

## RAW JUICES

<b>CREATE YOUR OWN</b>	<b>S68 L78</b>
orange, apple, carrot, beetroot	
<b>ADD cucumber 18 ginger 14</b>	
<b>NEW JALAPINA GREENS</b>	<b>S64 L74</b>
apple, pineapple, jalapeno, spinach, celery, parsley	
<b>SUPER 7</b>	<b>S72 L82</b>
carrot, orange, pineapple, apple, lemon, beetroot, ginger	
<b>FLORA RESTORER</b>	<b>S72 L82</b>
apple, pineapple, carrot, turmeric, ginger, lemon, probiotic	
<b>THANDA GREENS</b>	<b>S74 L84</b>
spinach, celery, cucumber, kale, parsley, lemon, ginger, cayenne pepper	
<b>D-TOX</b>	<b>S76 L86</b>
spinach, celery, cucumber, apple, lemon, ginger	

## SMOOTHIES

<b>THE BASIC*</b>	<b>S65 L79</b>
banana, low fat milk, low fat frozen yoghurt	
<b>NEW-ME* <b>u</b></b>	<b>S69 L81</b>
blueberries, strawberries, raspberries, low fat frozen yoghurt	
<b>STRAWBERRY SWIRL* <b>u</b></b>	<b>S65 L77</b>
strawberries, mango, low fat frozen yoghurt, strawberry puree	
<b>STRAWBERRY-B* <b>u</b></b>	<b>S77 L89</b>
strawberries, apple juice, mint, low fat frozen yoghurt	
<b>NEW MANGO-B <b>v</b></b>	<b>S77 L89</b>
mango, raspberries, beetroot, mint, coconut water, lime juice	
<b>BLU LEMONADE*</b>	<b>S85 L97</b>
lemon juice, pineapple, blue spirulina, low fat frozen yoghurt	
<b>MANGO-C* <b>u</b></b>	<b>S85 L97</b>
mango, apple juice, low fat frozen yoghurt	
<b>NEW SUNSET SKY* <b>u</b></b>	<b>S85 L97</b>
mango, raspberries, low fat frozen yoghurt	
<b>SUN CREAM</b>	<b>S83 L95</b>
mango, pineapple, banana, orange, collagen, coconut milk	
<b>PEANUT BUTTER BLU <b>v u</b></b>	<b>S69 L81</b>
sugar-free peanut butter, blueberries, banana, dates, almond milk	
<b>RAW CHOCOLATE <b>v</b></b>	<b>S69 L81</b>
cacao, hemp seeds, banana, cinnamon, almond milk, dates	
<b>ZOSIA'S GREENS <b>v u</b></b>	<b>S69 L81</b>
baby spinach, avo, kale, banana, ginger, lemon, dates, oat milk	
<b>COFFEE DREAM <b>v</b></b>	<b>S85 L97</b>
espresso, cacao, almond macadamia nut butter, banana, dates, coconut milk	
<b>NEW GOJI BOOST <b>v u</b></b>	<b>S83 L95</b>
goji berries, pineapple, mango, orange juice, coconut nectar	
<b>GRANÜDILLA <b>v u</b></b>	<b>S83 L95</b>
mango, pineapple, passion fruit, banana, coconut milk	
<b>SALTED CARAMEL CRUNCH <b>v u</b></b>	<b>S87 L99</b>
sugar-free peanut butter, banana, dates, vanilla powder, cinnamon, coconut syrup, granola, whipped coconut cream	
SUPERBOOST YOUR SMOOTHIE - ASK IN-STORE FOR DETAILS	

## FUNCTIONAL BLENDS

<b>PB BHOZA</b>	<b>S74 L86</b>
whey protein, banana, sugar-free peanut butter, cacao, honey, flax seeds	
<b>O MEGA ALMOND <b>v</b></b>	<b>S76 L88</b>
almond macadamia nut butter, banana, dates, lucuma, almond milk, activated chia seeds	
<b>BETTER THAN BOTOX <b>v</b></b>	<b>S78 L90</b>
almond macadamia nut butter, strawberries, raspberries, banana, flax seeds, dates, oat milk	
<b>TIGA'S POWER</b>	<b>S84 L96</b>
whey protein, almond macadamia nut butter, banana, blue spirulina, honey, cinnamon, oat milk	
<b>THE NUTTER*</b>	<b>S80 L92</b>
whey protein, sugar-free peanut butter, banana, chia seeds, coconut shavings, honey	
<b>THE BOSS*</b>	<b>S86 L98</b>
whey protein, almond macadamia nut butter, banana, cacao, dates, honey	
<b>OREYO</b>	<b>S86 L98</b>
chocolate whey protein, banana, cacao, oat milk, whipped coconut cream	
<b>GREEN GODDESS</b>	<b>S86 L98</b>
whey protein, baby spinach, mango, pineapple, dates, coconut milk	
<b>PINK PROTEIN</b>	<b>S86 L98</b>
whey protein, banana, strawberries, avo, dates, sea moss, almond milk, coconut milk	
<b>NEW GYM BREW</b>	<b>S84</b>
whey protein, sugar-free peanut butter, espresso, cocoa powder, full cream milk, banana, coconut water	
<b>POTEM PROTEIN</b>	<b>S89 L101</b>
vanilla whey protein, banana, dates, avo, organic green superfood powder, barley grass, almond macadamia nut butter, oat milk	

## SHOTS

<b>GUT HEALER <b>v</b></b>	<b>32</b>
apple juice, apple cider vinegar, ginger	
<b>GINGER <b>v</b></b>	<b>38</b>
<b>GINGER PLUS <b>v</b></b>	<b>42</b>
ginger with added vitamin C, zinc, selenium, fulvic acid, vitamin D3, vitamin K2	
<b>GINGER NINJA</b>	<b>42</b>
ginger, lemon, cayenne pepper, honey	

# niū MENU

## BREAKFAST

<b>FREE RANGE EGGS ON TOAST <b>vg u</b></b>	<b>63</b>
2 poached or scrambled eggs	
<b>POACHED EGGS ON GREENS <b>gf vg</b></b>	<b>67</b>
2 poached eggs on a bed of kale & baby spinach, broccoli, green beans, mint, cashews, sriracha dressing	
<b>SCRAMBLED EGGS, AVO &amp; CHIPOTLE CHILLI <b>vg</b></b>	<b>72</b>
scrambled eggs, white cheddar, chipotle adobo chilli, avo, baby spinach, seeded bread or wrap	
<b>SCRAMBLED EGGS, AVO &amp; FETA ON TOAST <b>vg u</b></b>	<b>80</b>
scrambled eggs, avo, feta, rocket, soy seed sprinkle	
<b>ADD portobellini &amp; shimeji mushrooms 18</b>	
<b>POACHED EGGS &amp; SMASHED AVO ON TOAST <b>vg</b></b>	<b>100</b>
2 poached eggs, avo, sautéed rosa tomatoes, roasted peppers, chipotle dressing, lime	
<b>BREAKFAST WRAP <b>vg</b></b>	<b>107</b>
2 poached eggs, avo, white cheddar, rocket, sautéed rosa tomatoes, soy glaze & olive oil dressing	
<b>KIMCHI OMELETTE <b>vg</b></b>	<b>74</b>
with baby spinach, coriander, avo, spring onion, sesame, chilli ginger dressing	
<b>NEW SPICY MUSHROOM &amp; EGG WHITE OMELETTE <b>vg</b></b>	<b>125</b>
egg white omelette, portobellini & shimeji mushrooms, baby spinach, jalapeno, avo, spring onion, sesame, chilli ginger dressing	
<b>UMAMI BREAKFAST WRAP <b>vg</b></b>	<b>117</b>
scrambled eggs, portobellini & shimeji mushrooms, white cheddar, coriander, baby spinach, pickled jalapeno, spring onion, sesame	
<b>PULLED BEEF BREAKFAST WRAP</b>	<b>127</b>
pulled beef, scrambled eggs, baby spinach, white cheddar, chipotle adobo chilli	
<b>BREAKFAST STEAK WRAP <b>u</b></b>	<b>140</b>
beef steak, scrambled eggs, white cheddar, mixed peppers, coriander, spring onion, sriracha lime dressing, spinach wrap	
<b>AVO, FETA &amp; TROUT OMELETTE</b>	<b>152</b>
hot smoked trout, avo, feta, baby spinach, dill, sesame, coriander, chilli ginger dressing	
<b>NEW TROUT, AVO &amp; BROCCOLI ON TOAST</b>	<b>145</b>
hot smoked trout, broccoli, spring onion, avo, coriander, sesame, lemon ginger soy dressing	