

 MENU	
BREAKFAST	
FREE RANGE EGGS ON TOAST VG 2 poached or scrambled eggs	70
POACHED EGGS ON GREENS GF VG 2 poached eggs on a bed of kale & baby spinach, broccoli, green beans, mint, cashews, sriracha dressing	75
SCRAMBLED EGGS, AVO & CHIPOTLE CHILLI VG scrambled eggs, white cheddar, chipotle adobo chilli, avo, baby spinach, seeded bread or wrap	79
NEW CALIFORNIA SŪSHI OMELETTE egg, nori, cabbage, avo, spring onion, sesame, soy sauce, peanut butter ginger dressing ADD trout	95 60
SCRAMBLED EGGS, AVO & FETA ON TOAST VG scrambled eggs, avo, feta, rocket, soy seed sprinkle ADD portobellini & shimeji mushrooms	95 18
NEW SŪPERGREEN OMELETTE VG egg white omelette, baby spinach, broccoli, coriander, avo, sesame, chilli ginger dressing	85
POACHED EGGS & SMASHED AVO ON TOAST VG 2 poached eggs, avo, sautéed rosa tomatoes, roasted peppers, chipotle dressing, lime	105
BREAKFAST WRAP VG 2 poached eggs, avo, white cheddar, rocket, sautéed rosa tomatoes, soy glaze & olive oil dressing	119
ŪMAMI BREAKFAST WRAP VG scrambled eggs, portobellini & shimeji mushrooms, white cheddar, coriander, baby spinach, pickled jalapeno, spring onion, sesame	125
BREAKFAST STEAK WRAP beef steak, scrambled eggs, white cheddar, mixed peppers, coriander, spring onion, sriracha lime dressing, spinach wrap	149
AVO, FETA & TROUT OMELETTE closed omelette with hot smoked trout fillet, avo, feta, baby spinach, dill, sesame, coriander, chilli ginger dressing	160
PROTEIN BREAKFAST BURRITO free range beef mince, black beans, scrambled eggs, white cheddar, avo, coriander, chilli ginger dressing	135

NŪTRI-CUPS	
NEW YELLŪ FRUIT CUP* Bulgarian yoghurt, strawberries, pineapple, banana, raspberries, granola, honey, mint	49
NEW MANGO PASSION OATS CUP V mango overnight oats, passion fruit, whipped coconut cream	58
CHOC CHIA PROTEIN CUP chocolate whey protein chia pudding, sugar-free peanut butter, whipped coconut cream, granola, berry compote, honey	58
NEW PISTACHIŪ CUP V pistachio overnight oats, pistachio paste, caramelised apple, whipped coconut cream, maple syrup	95
CINNAMON OATS BOWL* 1/2 PORTION hot rolled oats, banana, flaked almonds, cinnamon, honey, low fat milk	75 50
PEANUT BUTTER OVERNIGHT OATS CUP V chia seeds, coconut milk, peanut butter drizzle, strawberries, granola, maple syrup, whipped coconut cream	75
ACTIVE CHOC OATS BOWL* 1/2 PORTION hot rolled oats, cacao, chocolate whey protein, oat milk, honey, banana, sugar-free peanut butter, berry compote, hemp seeds, mint	95 70

WRAPS	
LO-CAL CHICKEN kale, carrots, creamy cashew dressing, low carb wrap	92
NEW TACO CHICKEN nachos, cabbage, lettuce, chipotle corn, pickled jalapeno, avo, chipotle adobo dressing	112
IMŪNO PULLED CHICKEN shredded chicken, feta, avo, lettuce, chipotle dressing	112
TŪNA KIMCHI tuna, white cheddar, kimchi, lettuce, celery, spring onion, sriracha mayo	125
BBQ CHICKEN avo, lettuce, rosa tomatoes, chipotle mayo	129
MEXI CHICKEN spiced red kidney beans, avo, white cheddar, lettuce, corn salsa, coriander, yoghurt dressing	129
STEAK QUESADILLA avo, white cheddar, salsa, coriander, coriander lime dressing	140

WRAPS & SALADS	
SWAP FOR GF WRAP 16 / SWAP FOR SPINACH WRAP 6 ALL SALADS ARE GF UNLESS STATED OTHERWISE.	
NŪ THAI CHICKEN grilled chicken, quinoa, red cabbage, carrots, green beans, cucumber, cashews, coriander, sesame, peanut ginger dressing, lime	105
PLANT POWERED COBB V marinated chickpeas, avo, peppers, smoky coconut shavings, sweetcorn, radish, carrot, rosa tomatoes, lettuce, spring onion, creamy cashew dressing	113
KAROLINA'S shredded chicken, cabbage, carrot, radish, pickled ginger, cashews, coriander, spring onion, sesame, miso dressing (contains gluten)	113
CHICKEN CASHEW CAESAR avo, rosa tomatoes, kale, lettuce, smoky coconut shavings, parmesan shavings, creamy cashew dressing	130
DOUBLE PROTEIN 2 poached eggs, grilled chicken, avo, baby spinach, edamame, cucumber, soy seed sprinkle, creamy cashew dressing, Worcestershire sauce	142
CŪBAN STEAK pickled onion, chipotle corn, avo, kale, lettuce, creamy cashew caesar dressing, spring onion	149
NEW GOCHŪ PRO beef steak, kale, lettuce, cucumber, coriander, cashews, avo, spring onion, gochujang dressing	148

LOADED SWEET POTATOES	
NEW BURRITO CABBAGE PICKLE roasted sweet potato stuffed with free range beef mince, black beans, pickled cabbage, lettuce, white cheddar, sriracha lime dressing	88
NEW TŪNA KIMCHI roasted sweet potato stuffed with tuna, kimchi, lettuce, white cheddar, celery, spring onion, sriracha mayo	88
NEW FETA CHICKEN roasted sweet potato stuffed with chicken, lettuce, coriander, pickled onion, chipotle corn, avo, feta lime dressing	98
NEW CHICKEN CAEZR roasted sweet potato stuffed with chicken, lettuce, parmesan, croutons, parmesan caezr dressing	98
NEW PULLED BEEF roasted sweet potato stuffed with pulled beef, lettuce, white cheddar, avo, tomato salsa, spring onion, chipotle dressing	128

MEALS	
MINI BURRITO BOWL free range beef mince, black beans, poached egg, turmeric rice, pickled onion, spring onion, sesame, chilli ginger dressing	82
NEW COTTAGE BURRITO BOWL free range beef mince, black beans, roasted sweet potato, pickled onion, cottage cheese, lettuce, avo, spring onion, chipotle mayo	110
LOLA'S VEGAN BURRITO BOWL / WRAP Mexi beans, guacamole, turmeric rice, lettuce, tomato salsa, coriander, spring onion, vegan chipotle mayo	110
KOREAN KIMCHI BOWL V spiced broccoli, shimeji mushrooms, baby marrow, baby spinach, kimchi, turmeric rice, avo, coriander, sesame, miso dressing	110
NŪCOISE PROTEIN SALAD tuna, capers, poached egg, green beans, avo, edamame, spring onion, lemon & olive oil dressing, sesame	120
CHICKEN SALSA BOWL bbq chicken, turmeric rice, pineapple salsa, rosa tomatoes, avo, spring onion, coriander, lemon & olive oil dressing	126
CHICKEN TERIYAKI BOWL teriyaki chicken, turmeric rice, avo, carrot, cucumber, edamame, lettuce, pickled onion, pickled cabbage, sesame, coriander, miso dressing	139
NŪRISH STEAK BOWL beef steak, turmeric rice, sweet potato, broccoli, rosa tomatoes, lettuce, parmesan cheese, basil dressing	144
SEOUL STEAK BOWL Korean spiced beef steak, kimchi, carrot, rosa tomatoes, pickled ginger, radish, baby spinach, coriander, spring onion, turmeric rice, sesame, miso dressing	155
NŪRI TROUT SALAD hot smoked trout, cucumber, avo, spring onion, edamame, capers, nori, sesame, soy sauce, sriracha mayo	175

PROTEIN PLATES	
BUILD YOUR OWN PROTEIN PLATE Ask in-store how to assemble your plate	150

SANDWICHES

AVO TOAST CLASSIC V coriander, lime, chilli flakes	
ONE SLICE / TWO SLICES	69 / 85
NEW ADOBO OMELETTE PRESS toasted sandwich with egg, baby spinach, avo, sautéed rosa tomatoes, chipotle dressing	98
SRIRACHA CHICKEN MAYO avo, coriander, smoky coconut shavings	98
TÜNA KIMCHI PRESS toasted sandwich with tuna, kimchi, white cheddar, spring onion, celery, lettuce, sriracha mayo	98
VERDE STEAK PRESS toasted sandwich with beef steak, parmesan, rocket, basil dressing, chilli ginger dressing	132
PULLED CHICKEN/ BEEF PRESS toasted sandwich with white cheddar, avo, baby spinach, chipotle adobo dressing	115 / 132

FLAPJACKS & WAFFLES

ALL OUR FLAPJACKS & WAFFLES ARE GF	
FLAPJACKS	
PEANUT BUTTER V 3 vegan flapjacks, peanut butter drizzle, strawberries, whipped coconut cream	95
THE ORIGINAL 3 whey protein blueberry flapjacks, banana, walnuts, honey, cinnamon	100
PROTEIN CHOCOLATE PEANUT BUTTER 3 whey protein blueberry flapjacks, peanut butter drizzle, banana, strawberries, dark chocolate sauce, candied walnuts	118
WAFFLES	
BANANA NUT V Belgian-style waffle, peanut butter drizzle, banana, flaked almonds	78
PROTEIN CHOCOLATE WAFFLE Belgian-style whey protein chocolate waffle, strawberries, mint, peanut butter drizzle, dark chocolate sauce	105

PLEASE SEE DIGITAL MENU SCREENS FOR FULL LIST OF INGREDIENTS.

V VEGAN GF GLUTEN-FREE VG VEGETARIAN *MAKE IT VEGAN

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.

HOT & ICED DRINKS

SWAP FOR ALMOND MILK / OAT MILK V	
ESPRESSO	S28 L32
AMERICANO	S38 L42 G46
CAPPUCCINO	S44 L48 G52
LATTE	S44 L48 G52
FLAT WHITE	S44
CORTADO	S40
MOCHA	S40
TEA	S28
ceylon, rooibos, green tea	
TURMERIC LATTE	L55
HOT CHOCOLATE	L55
CHAI LATTE	L55 G59
MATCHA LATTE	L55
ICED GOLDEN DATE LATTE V almond milk, espresso, date coconut cream, cinnamon	L55
NEW ICED GRANÜDILLA GREEN TEA passion fruit, green tea, honey	L45
HOT LOZENGER apple juice, lemon, ginger, honey	L55 G59
ADD citrus C plus 25	
ICED AMERICANO	S39 L43
ICED CAPPUCCINO	S45 L49
ICED CHAI LATTE / MATCHA / LOZENGER	S55 L59
AFFOGATO low fat frozen yoghurt with a shot of espresso	S42

RAW JUICES

CREATE YOUR OWN orange, apple, carrot, beetroot	S78 L90
ADD cucumber 18 ginger 14	
SÜPER 7 carrot, orange, pineapple, apple, lemon, beetroot, ginger	S83 L95
FLORA RESTORER apple, pineapple, carrot, turmeric, ginger, lemon, probiotic	S83 L95
THANDA GREENS spinach, celery, cucumber, kale, parsley, lemon, ginger, cayenne pepper	S83 L95
D-TOX spinach, celery, cucumber, apple, lemon, ginger	S84 L96
NEW EVER JUICE baby spinach, kale, ginger, celery, cucumber, apple, pineapple, lemon	S89 L101
NEW ELECTRIC BLÜ blue spirulina coconut blend, pineapple, coconut water, lime juice, honey	L100

SMOOTHIES

NEW-ME* blueberries, strawberries, raspberries, low fat frozen yoghurt	S78 L91
STRAWBERRY SWIRL* strawberries, mango, low fat frozen yoghurt, strawberry puree	S75 L88
STRAWBERRY-B* strawberries, apple juice, mint, low fat frozen yoghurt	S86 L99
BLÜ LEMONADE* lemon juice, pineapple, blue spirulina, low fat frozen yoghurt	S90 L103
MANGO-C* mango, apple juice, low fat frozen yoghurt	S94 L108
PEANUT BUTTER BLÜ V sugar-free peanut butter, blueberries, banana, dates, almond milk	S75 L88
RAW CHOCOLATE V cacao, hemp seeds, banana, cinnamon, almond milk, dates	S75 L88
ZOSIA’S GREENS V baby spinach, avo, kale, banana, ginger, lemon, dates, oat milk	S75 L88
THE OLEK KICK low fat frozen yoghurt, chilli, pineapple, lemon, lime	S80 L93
NEW K MOSS V baby spinach, pineapple, mango, banana, coconut water, almond milk, whipped coconut cream	S89 L102
COFFEE DREAM V espresso, cacao, almond macadamia nut butter, banana, dates, coconut milk	S94 L108
NEW LAVA Ü V strawberries, pineapple, mango, orange, coconut water, coconut cream	S95 L108
SALTED CARAMEL CRUNCH V sugar-free peanut butter, banana, dates, vanilla powder, cinnamon, maple syrup, granola, whipped coconut cream	S96 L109

FUNCTIONAL BLENDS

PB BHOZA whey protein, banana, sugar-free peanut butter, cacao, honey, flax seeds	S82 L98
CHAD LE CLOS whey protein, mango, banana, lime, coconut water, honey, coconut milk, blue spirulina coconut swirl	S90 L106

TIGA’S POWER whey protein, almond macadamia nut butter, banana, blue spirulina, honey, cinnamon, oat milk	S94 L110
THE NUTTER* whey protein, sugar-free peanut butter, banana, chia seeds, coconut shavings, honey	S90 L106
THE BOSS* whey protein, almond macadamia nut butter, banana, cacao, dates, honey	S94 L110
OREYO chocolate whey protein, banana, cacao, oat milk, whipped coconut cream	S94 L110
GREEN GODDESS whey protein, baby spinach, mango, pineapple, dates, coconut milk	S94 L110
NEW BLÜ-TIFUL PROTEIN whey protein, blueberries, coconut water, honey, lemon juice	S96 L112
PINK PROTEIN whey protein, banana, strawberries, avo, dates, sea moss, almond milk, coconut milk	S96 L112
POTEM PROTEIN vanilla whey protein, banana, dates, avo, organic green superfood powder, barley grass, almond macadamia nut butter, oat milk	S98 L114
NEW GRANÜDILLA PROTEIN whey protein, passion fruit, mango, banana, coconut water	S100 L116
NEW MANGO DEL SOL whey protein, collagen , pink spirulina, mango, banana, avo, coconut water, coconut cream, maple syrup	S130 L146
GYM BREW whey protein, sugar-free peanut butter, espresso, cocoa powder, full cream milk, banana, coconut water	S92
PROTEIN COOKIE DOUGH whey protein, coconut cream, almond macadamia nut butter, low fat milk, banana, vegan dark chocolate	S100

SHOTS

GUT HEALER V apple juice, apple cider vinegar, ginger	33
MULTI-SHOT apple cider vinegar, ginger, honey	33
GINGER V	39
GINGER PLUS V ginger with added vitamin C, zinc, selenium, fulvic acid, vitamin D3, vitamin K2	49
GINGER NINJA ginger, lemon, cayenne pepper, honey	43