

POWER UP SMOOTHIES

400ml
S \$6.5

500ml
M \$7.5

600ml
L \$8.5

Smoothies to start your day or to give your day an energy boost

WAKEUP

fresh blueberries, chia seeds, banana, linseed, sunflower & almond meal (LSA) coconut yogurt & bonsoy

GREENDAY

kale & spinach leaves with fresh pears, finely ground oats, almond milk & maple syrup

CHOCOLOTTA

creamy hemp seed & raw cocoa smoothie with medjool dates, frozen fresh banana, cinnamon & almond milk

ANTIINFLAMER

antioxidant rich smoothie made with turmeric, rice milk, mango cheeks, fresh pineapple & fresh banana

PROTEIN SMOOTHIES

400ml
S \$6.5

500ml
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600ml
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INNERWARMER

cinnamon & nutmeg with apples, linseed, almond & sunflower seed meal (LSA) unsweetened coconut milk, almond butter & ice

CHARLIEBROWN

organic peanut butter, frozen fresh banana, cranberries, chia seeds, hemp seeds, coconut water & coconut ice cream

CHILLIBILLY

a spicy sweet mango smoothie with mango cheeks cheeks, almond milk, flaxseeds, hemp seeds, chia seeds, 1/4 of a birdseye chilli, lime juice & fresh avocado

SILKYSMOOTH

silken organic tofu smoothie with vanilla bean, bonsoy, frozen banana, 1/4 avocado & coconut syrup

SUPERJUICES

400ml
S \$6.5

500ml
M \$7.5

600ml
L \$8.5

ALL DAY BREAKFAST

250gm
S \$6.0

350gm
M \$7.0

450gm
L \$8.0

PUREORANGE

freshly squeezed orange juice squeezed to order

CITRUSBLEND

orange, lemon, grapefruit & lime juice & coconut water

SUPERCITRUS

orange, lemon & grapefruit, fresh ginger, 1/4 birds eye chilli, fresh turmeric

SUNNYSIDE

rockmelon, strawberry, blueberry, pear & pineapple

COOLAZA

cucumber & carrot, watermelon, apple & iced green tea

GREENALKALINER

fresh kale, parsley, spinach, celery, lemon, apple & coconut water

PASSIONPLAY

watermelon, mango cheeks, passionfruit & strawberries with a teaspoon of acai

SIX2TANGO

grapefruit, beetroot, ginger, watermelon, celery & carrot

MINTYMATCHA

spinach, apple, mint leaves, celery, coconut water & a teaspoon of matcha

FRESH FRUIT SALAD

COCONUT YOGURT & FRUIT SALAD

SWISS BIRCHER MUESLI

with rolled oats, LSA, orange juice & bonsoy with apple, sultanas, hemp seeds, chia & flax seeds

CREAMY BIRCHER MUESLI

with rolled oats, LSA, coconut yogurt, fresh raspberries, hemp, chia, & flax seed & cranberries

UNSWEETENED CHOCOLATE BIRCHER

with coconut yogurt, rolled oats, raw cocoa sultana, cranberries, banana & walnuts

COLD RICE PUDDING

made with almond milk, vanilla bean, sultana & cranberries & roasted almonds swirled with coconut syrup

HOT OAT PORRIDGE

made with bonsoy topped with strawberries, blueberries, orange zest & maple syrup

HOT RICE CONGEE

with ginger & assorted mushrooms sprinkled with spring onion & tamari