

1 Choose your base

BROWN RICE / CAULIFLOWER RICE / SUSHI RICE / MIXED CABBAGE

2 Choose your mix

TOFU BUDDHA BOWL

14.9 / 16.9 (V/VG/GF/DF)

Japanese silken tofu, kale, edamame, cucumber, cabbage slaw, cherry tomato, radish, nori crunch, tahini and citrus dressing

SALMON POKE BOWL

15.9 / 17.9 (GF/DF)

Salmon sashimi, pickled ginger, cucumber, baby rocket, cabbage slaw, nori crunch, radish, burnt leek and sesame dressing

MISO SALMON BOWL

16.9 / 18.9 (GF/DF)

Miso glazed salmon, zucchini noodles, shredded carrot, kale, baby rocket, wasabi peas, sunflower seeds, lemon olive oil dressing

CHICKEN KETO BOWL

14.9 / 17.9 (GF/DF)

Poached chicken, cucumber, kale, cabbage slaw, zucchini noodles, golden beetroot, parsley, hemp seeds, mint, fresh horseradish dressing

MISO EGGPLANT BOWL

14.9 / 17.9 (V/VG/GF/DF)

Miso braised eggplant, radish, golden beetroot, shallots, kale, cabbage slaw, wasabi peas, nori crunch, tahini citrus dressing

ROAST PUMPKIN BOWL

14.9 / 16.9 (V/VG/GF/DF)

Roasted pumpkin, quinoa, cabbage slaw, green apple, Spanish onion, chickpeas, pickled parsley, pepitas, dill and mustard dressing

BRISKET SWEET POTATO BOWL

16.9 / 19.9 (GF/DF)

12 hour braised brisket, sweet potato, edamame, cabbage slaw, kale, golden beetroot, wasabi peas, lemon olive oil dressing, teriyaki glaze

CHICKEN ZUCCHINI BOWL

15.9 / 17.9 (GF/DF)

Poached lemon chicken, zucchini noodles, pickled parsley, chickpeas, cabbage slaw, mint, radish, lemon olive oil dressing, dukkah

TERIYAKI CHICKEN BOWL

15.9 / 17.9 (GF/DF)

Teriyaki glazed chicken, cabbage slaw, shallots, cherry tomato, carrot, radish, kale, edamame, sesame dressing

Acai bowls

NUTTER

15 (V/VG/GF/DF)

Organic acai, banana, strawberries, peanut butter, chia seeds, buckinis, hemp seeds

SUPER FRUIT

16 (V/VG/GF/DF)

Organic acai, blueberries, banana, kiwi fruit, passionfruit, strawberries, toasted coconut

CACAO BITE

16 (V/VG/GF/DF)

Organic acai, strawberry, blueberries, banana, cacao syrup, cacao nibs, buckinis

HARVEST OG

14 (V/VG/GF/DF)

Organic acai, banana, strawberries, blueberries, granola

3 Add ons

AVOCADO 3 / SWEET POTATO 2 / EXTRA PROTEIN 5-7 / NORI CRUNCH 1
PICKLED GINGER 1 / WASABI PEAS 2 / SEAWEED SALAD 2

Brékky bowls

PUMPKIN NOURISH BOWL

15.9 (V/VG/GF/DF)

Roast pumpkin with zucchini noodles, rocket, hemp, pepita and sunflower seeds, alfalfa sprouts, quinoa, boiled egg, sesame avocado

AUTUMN HARVEST BOWL

15.9 (V/VG/GF/DF)

Roast sweet potato with chickpeas, golden beetroot, kale, cherry tomato, hummus, boiled egg, sesame avocado

GRANOLA BOWL

13.9 (V/GF)

House made granola, vanilla bean yoghurt, seasonal fruit, organic honey

Toasts

CHOICE OF:

SOURDOUGH / GLUTEN FREE ACTIVATED CHARCOAL +1 / WHITE GLUTEN FREE +1

SIMPLY AVO

10 (V/VG/GF/DF)

Avocado, lemon

SMOKED SALMON

12 (GF)

Smoked salmon, labneh, cucumber, dill

NUTELLA BERRY

11 (V/GF)

Nutella spread, banana, strawberries, chia seeds

PERFECT PEAR

13 (V/GF)

Ricotta, pear, cinnamon, crushed walnuts

AVO EVERYTHING

13 (V/GF)

Avocado, feta, cherry tomatoes, dukkah, lemon

BREAKFAST CRUNCH

13 (V/VG/GF/DF)

Peanut butter, banana, toasted granola, blueberry, honey

Add on BOILED EGG 3

Protein shakes

R10 / L12

PB & J

strawberry, raspberry, peanut butter, vanilla whey protein, milk

BANANA GAINS

banana, oats, chia seeds, cinnamon, honey, Greek yoghurt, vanilla whey protein, milk

CHOC NUTTER

peanut butter, banana, chia seeds, honey, chocolate whey protein, milk

BREAKY

espresso, banana, honey, Greek yoghurt, vanilla whey protein, milk

AVO DREAMS

avocado, activated almonds, honey, vanilla whey protein, milk

BLUEBERRY BURST

blueberry, banana, vanilla whey protein, coconut water

STRAWBERRY ENERGY

strawberry, banana, chia seeds, cacao nibs, vanilla whey protein, milk

CACAO

cacao powder, banana, honey, activated almonds, vanilla whey protein, milk

Super smoothies

R8 / L10

ANTIOXIDANT

blueberry, banana, dates, chia seeds, Greek yoghurt, almond milk

ACAI

acai berry, banana strawberry, coconut water

GREEN

spinach, passionfruit, cucumber, mango, banana, coconut water

GOLDEN BLISS

mango, banana, activated almonds, Greek yoghurt, honey, chia seeds, milk

PEANUT BUTTER CUP

peanut butter, cacao, banana, chia seeds, dates, oat milk

SUPER SPIRULINA

banana, mango, spinach, cucumber, avocado, spirulina, almond milk

CHOCOLATE SHAKE

cacao powder, activated almonds, maca, dates, banana, cacao nibs, honey, almond milk

HOT CHOCOLATE 3.8 / 4.3

Classics

R7 / L9

BANANA

cinnamon, Greek yoghurt, honey, milk

MIXED BERRY

Greek yoghurt, honey, milk

MANGO

Greek yoghurt, honey, milk

Coffee

ESPRESSO / PICCOLO / MACCHIATO 3.5

FLAT WHITE / CAPPUCCINO / LATTE / LONG BLACK 3.8 / 4.3

MOCHA 4.3 / 4.7 PRANA CHAI LATTE 4.5 / 5

MATCHA GREEN TEA LATTE / TURMERIC LATTE 4.5 / 5

DECAF / ALMOND / SOY / OAT / LACTOSE FREE +0.7

Teas

4.5

ENGLISH BREAKFAST GREEN EARL GREY PEPPERMINT

CHAMOMILE BLACK CHAI LEMONGRASS & GINGER

GREEN JASMINE FOREST BERRY

Iced

ICED LONG BLACK 5

double espresso, ice, water

ICED LATTE 6

double espresso, ice, milk

ICE PRANA CHAI 6

prana chai, ice, almond milk

Fresh juices

S6.5 / M7.5 / L8.5

DETOX

spinach, cucumber, chia, mint, lemon, apple

ANTI-INFLAMMATORY

green apple, cucumber, celery, spinach, lemon, ginger

REFRESH

watermelon, pineapple, orange, passionfruit

PEARFECT

pear, pineapple, apple, mint

CITRUS

orange, lemon, lime, grapefruit

IMMUNITY

carrot, ginger, orange, beetroot

STRAWBERRY

strawberries, orange, watermelon, mint

GREEN

kale, celery, spinach, apple

GLOW

carrot, kale, spinach, celery, lemon, ginger

PEARMINT

kale, cucumber, pear, lemon, mint

TURMERIC

spinach, beetroot, apple, lemon, carrot, turmeric

JUICY FRUIT

watermelon, strawberry, mango, passionfruit