

1 Choose your base

- BROWN RICE
- SUSHI RICE
- CAULIFLOWER RICE +1
- MIXED CABBAGE
- SOBA NOODLES +1

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, dill & mustard 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, lemon olive oil dressing

ROAST PUMPKIN BOWL

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

Roasted pumpkin, quinoa, cabbage slaw, green apple, Spanish onion, chickpeas, picked 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, picked 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

3 Add ons

- AVOCADO +2
- SWEET POTATO +2
- NORI CRUNCH +1
- PICKLED GINGER +1
- WASABI PEAS +1
- SEAWEED SALAD +1
- EDAMAME +2

Brékky Bowls

BREAKFAST BOWL

16.9 (V/VG/GF/DF)

Hummus, avocado, sauerkraut, alfalfa, cherry tomato, roasted sweet potato, kale, lemon olive oil

- Add boiled egg +2
- Add 1 slice toast +2.5

GRANOLA BOWL

12.9 (V/VG)

House-made honey spiced granola, fresh berries, bush honey, Greek yoghurt

Toasts

- Choice of:
- SOURDOUGH
 - WHITE GLUTEN FREE +1
 - GLUTEN FREE ACTIVATED CHARCOAL +1

SIMPLY AVO (V/VG/GF/DF)

1 PCE 8 / 2 PCS 13

Avocado, fresh lemon

AVOMITE

1 PCE 8 / 2 PCS 13

Avocado, vegemite

PEANUT BUTTER

1 PCE 9 / 2 PCS 14

Peanut butter, banana, strawberries, chia seeds

HARVEST TOAST

1 PCE 11 / 2 PCS 17

Avocado, tomato, feta, basil pesto

NUTELLA BERRY

1 PCE 9 / 2 PCS 14

Nutella, banana, strawberries, chia seeds

PLAIN TOAST

1 PCE 5 / 2 PCS 8

With peanut butter, Nutella, vegemite

Acai bowls

NUTTER 16

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

CACAO 16

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

NUTELLA 16

Organic acai, strawberry, banana, Nutella

OG 15

Organic acai, banana, strawberries, granola

SUPER FRUIT 17

Organic acai, strawberry, blueberries, banana, coconut flakes, passionfruit, kiwi

Naked acai

WAFFLE CONE 10 CUP 13

KIDS PICCOLO ACAI CUP 6

- STRAWBERRIES +2
- BLUEBERRIES +2
- KIWI +2
- BANANA +2
- PASSIONFRUIT +2
- GRANOLA +2
- PEANUT BUTTER +2
- NUTELLA +2
- CACAO SYRUP +2
- CACAO NIBS +1
- TOASTED COCONUT +1
- HEMP SEEDS +1
- BUCKINIS +1
- HONEY +1

Add ons





Protein Shakes

R10 / L12

BANANA GAINS

Banana, oats, chia seeds, honey, vanilla whey protein, milk

CHOC NUTTER

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

BLUEBERRY BURST

Blueberry, banana, vanilla whey protein, coconut water

STRAWBERRY ENERGY

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

BREAKY

Espresso, oats, banana, honey, Greek yoghurt, vanilla whey protein, milk

PB & J

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

Super Smoothies

R9 / L11

ACAI

Acai berry, banana, strawberry, coconut water

GOLDEN BLISS

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

PEANUT BUTTER CUP

Peanut butter, cacao, banana, dates, milk

SUPER GREEN

Spirulina, spinach, cucumber, mango, coconut water

BERRY

Blueberries, strawberries, raspberries, honey, Greek yoghurt, milk

CHOCOLATE

Cacao powder, banana, activated almonds, dates, honey, milk

BANANA CLASSIC

Banana, honey, Greek yoghurt, milk

MANGO CLASSIC

Mango, honey, Greek yoghurt, milk

Fresh Juices

R8 / L9

ANTI-INFLAMMATORY

Green apple, cucumber, celery, lemon, ginger

REFRESH

Watermelon, pineapple, orange, passionfruit

DETOX

Carrot, apple, pineapple, orange

PEARFECT

Pear, pineapple, apple, mint

IMMUNITY

Carrot, ginger, orange, beetroot

FRESH OJ

Cold Drinks

ICED LONG BLACK 5

double espresso, ice, water

ICED LATTE 5.5

double espresso, ice, milk ice

ICED ALMOND CHAI 6

prana chai, ice, almond milk

ICED MATCHA 6

matcha, ice, milk

COLD BREW COFFEE 6

WATER 4

SPARKLING WATER 4.5

KOMBUCHA 4.5

COCONUT WATER 3.5

Hot Drinks

ESPRESSO 4

PICCOLO 4

MACCHIATO 4

FLAT WHITE R4.2 / L4.9

CAPPUCCINO R4.2 / L4.9

LATTE R4.2 / L4.9

LONG BLACK R4.2 / L4.9

MOCHA R5 / L5.7

CHAI LATTE R4.5 / L5.2

PRANA CHAI R5 / L5.7

MATCHA GREEN TEA LATTE R5 / L5.7

TURMERIC LATTE R5 / L5.7

HOT CHOCOLATE R4.2 / L4.9

TEA 4

- English breakfast
- green
- earl grey
- masala chai
- peppermint
- chamomile
- lemongrass & ginger

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

