

ACAI

BOWLS

ACAI BLENDED WITH BANANA

SML 16

REG 19

1	Peanut Butter	GF DF N	
	TOPPINGS:	banana, strawberry, choc buckies, cacao nibs, coconut yoghurt dollop, 100% peanut butter dollop	
2	Nutella	N	
	TOPPINGS:	banana, strawberry, granola, Oreo crumb, Nutella dollop	
3	Mango	GF DF	
	TOPPINGS:	mango, passionfruit, pineapple, buckies, coconut yoghurt dollop, mango sauce	
4	Salted Caramel	GF DF N	
	TOPPINGS:	banana, kiwi fruit, choc buckies, coconut yoghurt dollop, salted caramel sauce	
5	Berry	DF N	
	TOPPINGS:	banana, strawberry, blueberry, granola, raspberry chia jam, berry sauce	
6	Coco Glow	DF N	
	TOPPINGS:	banana, pineapple, granola, shredded coconut, coconut yoghurt dollop, vitality fuel	
7	Biscoff	DF	
	TOPPINGS:	banana, strawberry, buckies, Biscoff crumb, Biscoff biscuit, Biscoff dollop	
8	Pistachio	N	
	TOPPINGS:	strawberry, kiwi fruit, buckies, pistachio crumb, pistachio dollop	



PURPOSE FUEL

YOUR BOWL +1.5EA

VITALITY / PROTEIN POWDER

FROZEN

YOGHURT

SML 13

REG 16

1	Brownie	N	
	BASE:	chocolate frozen yoghurt	
	TOPPINGS:	strawberry, Oreo crumb, brownie bites, Nutella sauce	
2	Banana Caramel		
	BASE:	natural frozen yoghurt	
	TOPPINGS:	banana, strawberry, Biscoff crumb, Biscoff sauce	
3	Tropical	GF	
	BASE:	natural frozen yoghurt	
	TOPPINGS:	mango, passionfruit, pineapple, mango sauce	
4	Strawberries & Cream	N	
	BASE:	natural frozen yoghurt	
	TOPPINGS:	strawberry, granola, strawberry mochi, berry sauce	
5	Peanut Choc	GF DF N	
	BASE:	chocolate frozen yoghurt	
	TOPPINGS:	banana, choc buckies, crushed peanuts, Reese's peanut butter sauce	
6	Pistachio Swirl	N	
	BASE:	natural + chocolate double swirl	
	TOPPINGS:	strawberry, granola, pistachio crumb, pistachio sauce	
7	Waffle Cones 5		
	1.	natural frozen yoghurt GF	
	2.	chocolate frozen yoghurt GF DF	
	3.	natural + chocolate double swirl GF	

BOWL	BASES
ACAI BLENDED WITH BANANA	Ethically sourced certified organic and fair trade Sambazon acai. Our acai is gluten free and dairy free.
NATURAL FROZEN YOGHURT	Our natural frozen yoghurt is low-fat and gluten free.
CHOCOLATE FROZEN YOGHURT	Our chocolate frozen yoghurt with choc flakes is gluten free and vegan friendly.

PURPOSE	FUELS
VITALITY FUEL	Boost your daily vitality and overall wellness with a probiotics, immunity and multivitamin blend by Prana On.
PROTEIN POWDER	Build and recover with our range of premium proteins to support your wellness goals. Available in Choc, Vanilla and Salted Caramel.

BUILD

YOUR BOWL

1 CHOOSE

BASE

SML 9

REG 12

SML 7

REG 10

acai blended with banana	frozen yoghurt
GF DF	natural GF chocolate GF DF double swirl GF

2 ADD

CRUNCH

+1.5EA

granola	Oreo crumb
buckies GF	pistachio crumb GF N
choc buckies GF	Biscoff crumb DF

3 ADD

FRUIT

+1.5EA

banana	mango*	strawberry
blueberry*	passionfruit	watermelon
kiwi fruit	pineapple	

*Out of season? We freeze the good stuff

4 ADD

SAUCE

+2EA

Biscoff DF	coconut yoghurt	mango GF DF
Nutella GF N	raspberry chia jam DF	berry GF DF
pistachio GF N	salted caramel DF	honey GF DF
100% peanut butter GF DF N	Reese's peanut butter GF DF N	cashew butter N

5 ADD

TOPPINGS

+2EA

brownie bites N	crushed peanuts GF DF N	M&M's minis GF
Biscoff biscuit DF	goji berries GF DF	Maltesers
cacao nibs N	mango popping pearls GF DF	strawberry mochi N
chia seeds GF DF	mini dark choc chips GF N	shredded coconut N

6 ADD

PURPOSE FUEL ^

+1.5EA

choc protein	salted caramel protein
vanilla protein	vitality fuel PRANA ON

V vegetarian GF gluten free DF dairy free N contains/traces of nuts

If you have any dietary requirements or allergies, please alert our team when ordering.

^Fuels & proteins not suitable for under 15 or if pregnant. Public holiday surcharge applies.

FUNCTIONAL SMOOTHIES

REG 13	
1 Choc Protein	DF N
INGREDIENTS: coconut milk, acai, banana, dates, cashew butter, cacao, shredded coconut	
PURPOSE FUEL: choc protein	
2 Peanut Power	DF N
INGREDIENTS: almond milk, banana, dates, cacao, Reese's peanut butter	
PURPOSE FUEL: salted caramel protein	
3 Vita Mango	DF GF
INGREDIENTS: mango nectar, banana, mango, coconut yoghurt	
PURPOSE FUEL: vitality fuel	
4 Berry Glow	DF N
INGREDIENTS: coconut water, acai, banana, raspberry, dates, coconut yoghurt	
PURPOSE FUEL: vitality fuel	
5 Caramel Charge	DF N
INGREDIENTS: coconut milk, banana, dates, cashew butter, Biscoff	
PURPOSE FUEL: salted caramel protein	
6 Espresso Buzz	DF N
INGREDIENTS: coconut milk, espresso shot, banana, dates, cashew butter, cinnamon	
PURPOSE FUEL: vanilla protein	
7 Banana Brekkie	N
INGREDIENTS: almond milk, banana, granola, cinnamon, honey	
PURPOSE FUEL: vitality fuel	
8 Tropical Green	GF DF
INGREDIENTS: coconut water, mango nectar, coconut milk, banana, mango, spinach, passionfruit	

MELT TOASTIES

ALL SERVED ON SOURDOUGH		GLUTEN FREE +1
1 Chicken Pesto 16	N	
INGREDIENTS: chicken, mozzarella cheese, basil pesto, spinach, mayo		
2 Ham & Cheese 14		
INGREDIENTS: ham, mozzarella cheese, tomato relish		
3 Reuben 17	N	
INGREDIENTS: pastrami, sauerkraut, cheddar cheese, dill pickles, house sauce, sweet mustard		
4 Tuna 16		
INGREDIENTS: tuna, dill pickles, cheddar cheese, onion, mayo		
5 Pesto Avocado 15	V N	
INGREDIENTS: avocado, spinach, mozzarella cheese, basil pesto, garlic + herb salt		
6 Mushroom 16	V	
INGREDIENTS: shiitake mushrooms, spinach, mozzarella cheese, mayo, BBQ sauce, BBQ seasoning, garlic + herb salt		
7 Avocado Toast ONE PIECE 9 TWO PIECE 17	V N	
INGREDIENTS: smashed avocado, cashew butter, hemp seeds, garlic + herb salt		

RAW TREATS

BALL 3.5 SLICE 4.5		by Health Lab™
1 Holy Hazelnut Ball		GF N
2 Cookie Dough Ball		GF N
3 Choc Chip Protein Ball		GF N
2.5 WITH ANY REG BOWL		
SLICE		by Health Lab™
1 Brownie Protein Slice		GF N
2 Blondie Protein Slice		GF N

BARISTA COFFEE

SML 5.5	REG 6	LRG 6.5	CHILLED 7
HOT		CHILLED	
1 Latte		1 Iced Latte	
2 Cappuccino		2 Iced Long Black	
3 Flat White		3 Iced Mocha	
4 Long Black		4 Iced Chocolate	
5 Espresso / Piccolo 4		5 Iced Matcha	
6 Mocha		6 Iced Chai	
7 Hot Chocolate			
8 Chai			
9 Matcha			
10 Tea 4 / 4.5 / 5			
MILKS		EXTRAS	
full cream / skim		espresso shot +0.5	
soy / almond / oat / lactose free +0.5		flavour shot +1	