BOWLS

FROZEN

YOGHURT BUILD

YOUR BOWL

ACAI BLENDED WITH BANANA

SML 16 **REG 19**

1 Peanut Butter

GF DF N

GF DF

GF DF N

TOPPINGS: banana, strawberry, choc buckies, cacao nibs, coconut yoghurt dollop,

100% peanut butter dollop

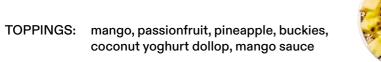


2 Nutella

TOPPINGS: banana, strawberry, granola, Oreo crumb, Nutella dollop



3 Mango





TOPPINGS: banana, kiwi fruit, choc buckies, coconut yoghurt dollop, salted caramel sauce



5 Berry

TOPPINGS: banana, strawberry, blueberry, granola, raspberry chia jam, berry sauce



DF N

6 Coco Glow

TOPPINGS: banana, pineapple, granola, shredded coconut, coconut yoghurt dollop,

vitality fuel



TOPPINGS: banana, strawberry, buckies, Biscoff crumb, Biscoff biscuit, Biscoff dollop



Pistachio

BROS C

TOPPINGS: strawberry, kiwi fruit, buckies, pistachio crumb, pistachio dollop



PURPOSE FUEL YOUR BOWL +1.5EA

VITALITY / PROTEIN POWDER

SML13 REG16

1 Brownie

BASE: chocolate frozen yoghurt

TOPPINGS: strawberry, Oreo crumb, brownie bites,

Nutella sauce

Banana Caramel

BASE: natural frozen yoghurt

TOPPINGS: banana, strawberry, Biscoff crumb,

Biscoff sauce

3 Tropical

GF

GF DF N

BASE: natural frozen yoghurt

TOPPINGS: mango, passionfruit, pineapple,

mango sauce

Strawberries & Cream

BASE: natural frozen yoghurt

TOPPINGS: strawberry, granola, strawberry mochi,

berry sauce

Peanut Choc

BASE: chocolate frozen yoghurt

TOPPINGS: banana, choc buckies, crushed peanuts,

Reese's peanut butter sauce

Pistachio Swirl

BASE: natural + chocolate double swirl TOPPINGS: strawberry, granola, pistachio crumb,

pistachio sauce

7 Waffle Cones 5

3.

1. natural frozen yoghurt GF 2. chocolate frozen yoghurt GFDF

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. | |

1 CHOOSE **BASE**

SML 9 REG 12 SML7 **REG 10**

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

2 ADD CRUNCH +1.5EA

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

FRUIT 3 ADD

| banana | mango* | strawberry |
|------------|--------------|------------|
| blueberry* | passionfruit | watermelon |
| kiwi fruit | pineapple | |

*Out of season? We freeze the good stuff

4 ADD **SAUCE**

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

TOPPINGS 5 ADD

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

6 ADD PURPOSE FUEL +1.5EA

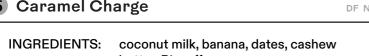
choc protein salted caramel protein vanilla protein vitality fuel PRANA WN

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 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 INGREDIENTS: coconut water, acai, banana, raspberry, dates, coconut yoghurt PURPOSE FUEL: vitality fuel 5 Caramel Charge DF N



butter, Biscoff

DF N

PURPOSE FUEL: salted caramel protein

INGREDIENTS: coconut milk, espresso shot, banana, dates, cashew butter, cinnamon

PURPOSE FUEL: vanilla protein

6 Espresso Buzz

7 Banana Brekkie

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



TOASTIES

V N

ALL SERVED ON SOURDOUGH

GLUTEN FREE +1

1 Chicken Pesto 16

INGREDIENTS: chicken, mozzarella cheese, basil pesto,

spinach, mayo 2 Ham & Cheese 14

INGREDIENTS: ham, mozzarella cheese, tomato relish

3 Reuben 17

Tuna 16

INGREDIENTS: pastrami, sauerkraut, cheddar cheese, dill pickles, house sauce, sweet mustard

INGREDIENTS: tuna, dill pickles, cheddar cheese, onion, mayo

INGREDIENTS: avocado, spinach, mozzarella cheese, basil pesto, garlic + herb salt

Mushroom 16

5 Pesto Avocado 15

INGREDIENTS: shiitake mushrooms, spinach, mozzarella cheese, mayo, BBQ sauce, BBQ seasoning, garlic + herb salt

Avocado Toast one PIECE 9 TWO PIECE 17

INGREDIENTS: smashed avocado, cashew butter, hemp seeds, garlic + herb salt

RAW

BALL 3.5 SLICE 4.5

TREATS

by Health Lab

BALL by Health Lab 1 Holy Hazelnut Ball 2 Cookie Dough Ball GF N 3 Choc Chip Protein Ball GF N

2.5 WITH ANY REG BOWL

1 Brownie Protein Slice

SLICE

2 Blondie Protein Slice

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 full cream / skim soy / almond / oat / lactose free +0.5

espresso shot +0.5 flavour shot +1

EXTRAS