

AÇAÍ BOWLS

ALL OUR BASES ARE BLENDED IN HOUSE WITH OUR SIGNATURE COMBINATION: PREMIUM A-GRADE AÇAÍ, BANANA, MANGO AND COCONUT WATER

MINI | 14.50 MAXI | 16.50

EYE OPENER ^{GF VF}

Signature açai base, top and bottom granola, covered with kiwi, strawberries, passionfruit, goji berries, coconut flakes

ENERGIZER ^{GF}

Signature açai base, top and bottom buckini, covered with banana, strawberries, coconut yoghurt, peanut butter, bee pollen, coconut flakes

HEART STARTER ^{GF VF}

Signature açai base, top and bottom buckini, covered with strawberries, pomegranate, kiwi, cacao nibs, pepitas

SOUL GOOD ^{GF}

Signature açai base, top and bottom chocolate buckini, covered with strawberries, raspberries, chocolate goji berries, macadamias, cacao sauce

BRAIN GAIN ^{GF VF}

Signature açai base, top and bottom buckini, covered with apple, blueberries, goji berries, cacao nibs, walnuts

THE TROPICANA ^{GF VF}

Signature açai base, top and bottom granola, covered with coconut yoghurt, mango, strawberries, passionfruit, pineapple

BUILD YOUR OWN

Signature açai base, with your choice of top and bottom granola or buckini and up to 5 add ons

ADD ONS

+ \$1 EACH

Apple, almonds, banana, bee pollen, blueberries, buckini, cacao nibs, cacao sauce, chocolate goji berries, coconut flakes, goji berries, hemp seeds, kiwi, macadamias, mango, passionfruit, pepitas, pineapple, raspberries, strawberries, walnuts

+ \$2 EACH

Almond butter, chia pudding, chocolate buckini, coconut yoghurt, granola, peanut butter, pomegranate

+ \$2.50 EACH

Protein ball, protein powder

SMOOTHIES

MINI | 9.50 MAXI | 11.50

AÇAÍ POWER ^{GF VF}

Premium A-Grade açai, granola, banana, coconut flakes, almond milk

ANOTHER P.B ^{GF VF}

Peanut butter, banana, cacao nibs, dates, almond milk

GREEN QUEEN ^{GF VF}

Matcha, kale, spinach, banana, chia seeds, coconut water

TROPICAL LOVE ^{GF VF}

Pink dragon fruit, passionfruit, strawberries, mango, coconut water

CONSCIOUS INDULGENCE ^{GF VF}

Strawberries, blueberries, banana, cacao nibs, cacao sauce, coconut milk

DELUXE SMOOTHIES

MAXI | 12.50

RISE AND GRIND ^{VF}

Banana, dates, LSA, coffee, almond butter, protein powder, cinnamon, oat milk

RISE AND SHINE ^{GF}

Mango, pineapple, blue spirulina, collagen, passionfruit, cucumber, coconut water

SUPER SMOOTHIE ^{VF}

Oats, banana, raspberries, spinach, chocolate protein powder, almond milk

CHEAT DAY ^{GF VF}

Banana, dates, macadamias, salted caramel protein powder, hemp seeds, himalayan pink salt, coconut milk

SYNERGY ^{GF VF}

Spinach, kale, blueberries, avocado, chia seeds, ginger, coconut water

FOR THE KIDS

MICRO BOWL | 7.50

Signature açai base, topped with milk chocolate drops, pretzels and your choice of one fruit

- › Strawberry
- › Banana
- › Kiwi
- › Apple
- › Mango

SMOOTHIES | 7.50

LITTLE B

Banana, coconut yoghurt, honey, cinnamon, almond milk

LITTLE M

Strawberries, mango, passionfruit, honey, coconut milk

ORGANIC WHERE POSSIBLE
GF - GLUTEN FREE FRIENDLY
VF - VEGAN FRIENDLY

WARM BOWLS | 14.50

PBSB GF

Gluten free porridge, signature acai, coconut milk, covered with peanut butter, banana, strawberries, honey

COCO APPLE GF VF

Gluten free porridge, signature acai, coconut milk, covered with coconut yoghurt, walnuts, apple, cinnamon

CHIABERRY OATS VF

Oats, coconut milk, covered with strawberries, raspberries, blueberries, chia pudding, cacao nibs

POWER PORRIDGE VF

Oats, almond milk, covered with strawberries, blueberries, chocolate goji berries, pepitas, goji berries, chia seeds

BALANCE BOWLS | 17.50

NIJI VF

Air fried tofu on a base of greens and soba noodles, topped with cucumber, pickled carrot, grilled peppers, edamame and white sesame avocado, with a soy mustard vinaigrette

JACK IN THE BOWL GF VF

Air fried salsa jackfruit on a base of greens and brown rice, topped with corn, black beans, grilled peppers and avocado, with a chipotle mayo dressing

TOAST ON THE GO GF

1 SLICE | 7 2 SLICES | 13

Choose one of the following superfood combinations:

Avocado with:
› Pepitas & chilli
› Hemp seeds
› Vegemite
› Basil pesto

Peanut butter with:
› Banana & chia seeds
› Banana & honey

Almond butter with:
› Strawberries & cacao sauce

DRINKS

COFFEE

MINI | 4.50 MAXI | 5.10

› Single origin,
Sao Silvestre farm, Brazil
› Swiss Water Decaf

SUPERFOOD LATTES

MINI | 5 MAXI | 5.50

› Matcha, Turmeric, Chai

MORK HOT CHOCOLATE GF

MINI | 4.50 MAXI | 5.10

TEA 5

› Earl grey, Peppermint, Green,
Lemongrass & Ginger, English
breakfast, Chamomile

ICED

› Latte, Chocolate, Mocha,
Matcha 6.50
› Long Black 5.50

MILK ALTERNATIVES

+ 0.70c
› Almond, Coconut, Soy, Lactose
free, Macadamia, Oat

EXTRAS

+ 0.60c
› Espresso shot
› Honey

COLD PRESSED JUICES

| 8.50

FRESCO

Spinach, cucumber, celery, kale, apple,
lemon, lime

GINGAKI

Carrot, orange, turmeric, ginger, lemon

ANASTASIA

Beetroot, carrot, ginger, apple, mint

SUMMER

Apple, pineapple, lemon, mint

BUILD YOUR OWN

Choose up to 5 ingredients

GRAB AND GO

› Chia cup 12
› Overnight oats 6.50

SEE OUR DISPLAY FOR A
SELECTION OF DELICIOUS
RAW TREATS



NEW

VEGAN TOASTIES

\$14.50

MUSHROOM

Mushroom, caramelised onion, spinach, feta, pesto

PUMPKIN

Roasted pumpkin, pesto, feta, spinach, caramelised onion, aioli

JACKFRUIT

Jackfruit, corn, jalapeños, chipotle mayo, cheddar, roasted capsicum, spinach

