

CAFÉ MENU

FOOD;

FOCACCIA.....	\$10.95
WRAP ½ Meat, Veggie, Vegan, GF.....	\$4.95
ZUCCINI SLICE GF, VEG.....	\$5.95
FILO QUICHE Mushroom, Lorraine, Spinach.....	\$4.50
SPINACH CHEESE PUFF PARCEL.....	\$5.50
TOMATO, BACON & BOCONCINI SCROLL.....	\$5.50
SALAD BOWL.....	Sml \$5.95.....Lrg \$8.95
CROISSANT Ham & Cheese, Cheese & Tom.....	\$5.95
GOURMET BAGUETTE.....	\$9.95
ROLL Wholemeal/White, Meat & Salad.....	\$7.95
SOUP OF THE DAY W TOASTED FOCACCIA BREAD.....	\$6.50
TOASTIES Ham & Cheese, Cheese & Tom.....	\$4.50
CHIA PUDDING GF, DF.....	\$5.95
YOGHURT CUP.....	\$5.95
OVERNIGHT PROTEIN OATS.....	\$7.50
ACAI BOWL.....	\$14.00
SMOOTHIE BOWL.....	\$12.00

DRINKS;

COFFEE.....	Med \$4.75	Lrg \$5.50
- LATTE	- MOCHA	
- CAPPACCINO	- CHAI	
- LONG BLACK	- HOT CHOCOLATE	*ICED OPTIONS AVAILABLE*
- SHORT BLACK	- TUMERIC LATTE	
- FLAT WHITE	- BEETROOT LATTE	
ALTERNATE MILK ALMOND, SOY, OAT, LACTOSE FREE, COCONUT, MACADAMIA.....	50c	
EXTRA SHOT.....	50c	
SYRUP CARAMEL, SALTED CARAMEL, VANILLA, HAZELNUT.....	50c	

SMOOTHIES.....\$7.95

MANGO MAYHEM MANGO, YOGHURT, MANGO NECTAR, COCONUT WATER, ICE

BERRYLICIOUS STRAWBERRIES, BLUEBERRIES, RASPBERRIES, BLACKBERRIES, BANANA, YOGHURT, APPLE JUICE, COCONUT MILK

GREEN SPINACH, KALE, AVOCADO, BANANA, BLUEBERRIES, ALMOND MILK, ICE

BANANA BUZZ BANANA, HONEY, YOGHURT, COCONUT MILK, ICE

PINEAPPLE PUNCH PINEAPPLE, PASSIONFRUIT, LIME, TROPICAL JUICE

FUNKY MONKEY BANANA, STRAWBERRIES, KIWI FRUIT, TROPICAL JUICE

JAFFA TWIST ORANGE, ORGANIC CHOCOLATE, DATES, SPINACH, AVOCADO, ICE

TROPICAL STORM FRUIT SALAD, YOGHURT, APPLE BLACK CURRANT JUICE

PASSION LIME PASSIONFRUIT, LIME, PINEAPPLE, BANANA, ICE

RASPBERRY RIPPLE RASPBERRIES, PINEAPPLE, PEACH, YOGHURT

OVER THE RAINBOW RASPBERRIES, ORANGE, BANANA, LIME, BLUEBERRIES, GRAPES, BLACKBERRIES, ICE

WATERMELON CRUSHER WATERMELON, STRAWBERRIES, LIME, MINT, COCONUT WATER

PINA COLADA PINEAPPLE, COCONUT MILK, COCONUT WATER

RASPBERRY RIPE RASPBERRIES, ORGANIC CHOCOLATE, COCONUT MILK, ICE

EXTRA FRUIT.....50C

ADD PROTEIN\$1.00

- CACAO - PEANUT BUTTER - HEMP - PROTEIN POWDER
- CHIA SEEDS - MUSELI - HONEY

JUICES.....\$8.95

DETOX CUCUMBER, SPINACH, PEAR, CELERY, PINEAPPLE, GINGER, LIME, MINT, COCONUT WATER

RED RACER BEETROOT, CARROT, CELERY, APPLE, LEMON, GINGER

BUZZ ORANGE, CARROT, LEMON, GINGER, TURMERIC

KAMIKAZEE WATERMELON, PINEAPPLE, MINT, LEMON

MINT MAGIC PEAR, CUCUMBER, LIME, MINT

ANTIOXIDANT BLUEBERRIES, POMEGRANATE, WATERMELON, APPLE

HEAD HELPER GRAPEFRUIT, STRAWBERRIES, KIWI FRUIT, WATERMELON, LIME

SEASONAL APPLE, ORANGE, LEMON, GINGER, CARROT, PINEAPPLE, HONEY, CAYENNE PEPPER

EXTRA FRUIT.....50c