



CAFÉ & WELLNESS

Welcome to your oasis of nourishment and radiance. Every bite, sip, and supplement is crafted to fuel your body, uplift your spirit, and help you shine from within.

SMOOTHIES

Each smoothie is crafted with premium ingredients and infused with our signature supplements.

MANGLOW \$15.50 17g Protein

*Tropical glow smoothie with Luminous Collagen and Sculpt Mango (nut free)*

A luxuriously smooth blend of Mango, Banana, Passionfruit and Lime, enriched with Sculpt (vegan protein featuring coconut MCT oil, hyaluronic acid, fibre, 24 vitamins and minerals and more!), and creamy oatmilk. Includes one full serving of our Luminous marine collagen peptides for a truly radiant boost.

PROTEIN POWERHOUSE \$17.50 32g Protein

*Traditional choc peanut butter smoothie with Replenish Chocolate and Brilliance Bovine Collagen.*

A decadent, classic choc peanut butter, powered by our Replenish Chocolate protein (with added fibre, probiotics, BCAA's, magnesium and iron), and a full serve of our signature 'Brilliance' bovine collagen peptides. Blended with almond milk, banana, oats, peanut butter and cacao nibs for a bit of texture!

BERRY MAGIC \$14.50

*Antioxidant-rich with Thrive & Magic 8 - the ultimate immunity boost! (vegan & nut free)*

Indulge in this refreshing blend of Mixed Berries, Coconut Water, Banana and mint. Supercharged with Thrive Strawberry (featuring our exclusive Kissed Earth vitamin & mineral premium blend of Calcium, Magnesium, Iron, Zinc, Vitamin C, Vitamin E, Vitamin B, Vitamin A, Vitamin D) and Magic 8 for a complete adaptogenic and nutritional boost.

Available Smoothie Add-Ons:

Hydrolysed Collagen (Brilliance or Luminous):	+\$2.00
Medicinal Mushrooms	
Brain Elixir, Magic 8, or Divine Woman	+\$3.00
Extra Vegan Protein (25g):	+\$2.00
Peanut Butter:	+\$2.00

BEYOND GREEN \$14.50

*The ultimate, refreshing green smoothie with Balance and zesty ginger (vegan & nut free)*

Our nutrient-dense powerhouse reimaged! Enjoy our bespoke super greens blend (spinach, organic barley grass, organic wheatgrass, organic kale, organic spirulina, organic alfalfa grass, and organic broccoli) with hemp seed protein, and pre & probiotics. Enhanced with Mango, Banana, Ginger and creamy Oat Milk. A beautiful way to enjoy your daily greens!

THE ELIXIR \$15.50 26g Protein

*Espresso & Chocolate smoothie infused with Brain Elixir (vegan)*

A smart blend of Replenish Chocolate protein (with added fibre, probiotics, BCAA's, magnesium and iron), 1 shot of Espresso, Banana, Almond Milk, and supercharged with Brain Elixir - our potent nootropic blend which includes Lion's Mane, Mucuna Extract, Gotu Kola, Ginkgo Biloba, and Bacopa Monnieri to improve mental performance and help unlock your mind's full potential.

BREAKFAST

Acai Sunrise Bowl \$17.50

*with bespoke Magic 8 infused Granola topping (vegan)*

An antioxidant rich acai base, crowned with crunchy, Magic 8 infused granola for an immunity boost, fresh seasonal fruits, and coconut shavings.

Optional Add-Ons:

Crunchy Peanut Butter \$2.00  
Brilliance or Luminous Collagen \$2.00

Avocado on Toast \$15.00

*With pickled onion & creamy feta (vegetarian & nut free)*

Fresh avocado, cherry tomatoes, coriander and our signature feta spread, layered on a thick slice of Sonoma sourdough bread. Gluten-free bread - \$3.



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SALADS

Fresh, wholesome, and vibrantly nutritious.

HARVEST \$18.00

*with legumes & crispy shallots (vegan & nut free)*  
A fresh, vibrant palate of jasmine rice, lentils, chickpeas and cherry tomatoes, lifted with parsley, cumin and creamy avocado.

SWEET CORN & CHILI RISONI \$18.00

*with fresh mint & preserved lemon (vegan)*  
Light, flavourful risoni with sweet corn, fragrant herbs and roasted almonds, brightened with preserved lemon and a touch of green chili.

GRILLED ZUCCHINI & ZESTY DILL \$18.00

*with fresh lemon & toasted almonds (vegan & gluten-free)*  
Delicately grilled zucchini paired with fresh dill, roasted almonds and silky garlic confit, finished with a squeeze of lemon.

CLASSIC BEETROOT & FETA \$18.00

*with chopped dill & walnuts (vegetarian & gluten-free)*  
Slow-cooked beetroot layered with creamy feta, roasted walnuts and chopped dill, finished with a splash of red wine vinegar.

**Enhance your salad by adding a protein side for an extra \$6.00:**

Homestyle Meatballs, Smoked Chicken, or Michael's Falafels.

SANDWICHES

All sandwiches are served on fresh Sonoma Bakery bread. Gluten-free bread/focaccia available for \$3.

RUSTIC ANTIPASTO \$16.50

*with basil pesto (vegetarian)*  
Marinated eggplant, preserved red capsicum and rocket layered with creamy buffalo mozzarella, brought together with our fresh basil pesto.

MICHAEL'S FALAFEL \$17.50

*with hand-made hummus (vegan & nut free)*  
Michael's crunchy house-made falafels with silky hummus, juicy tomato and tangy sauerkraut for a vibrant, plant-based bite full of texture.

HOMESTYLE MEATBALL \$18.50

*with Rach's special tomato sauce*  
Juicy beef meatballs coated in a rich tomato sauce, capsicum and garlic reduction, topped with fresh rocket and a spoonful of basil pesto.

SMOKED CHILLI CHICKEN \$17.50

*with our signature chili jam (nut free)*  
Smoked chicken breast with creamy avocado, crisp rocket, smooth house aioli and a touch of our signature chilli jam.

COFFEE & BEVERAGES

Coffee selection

Espresso	\$4.00
Piccolo	\$4.50
Long Black	\$4.00/\$5.00
Latte	\$5.00/\$6.50
Flat White	\$5.00/\$6.50
Cappuccino	\$5.00/\$6.50
Organic Teas (Earl Grey, English Breakfast, Peppermint, Green & Chai)	\$5.50
Bliss Mochaccino	\$8.00

Other beverages

Sparkling Water 250ml/ 750ml	\$4.50 / \$10.00
Still Water 500ml	\$6.50
Kombucha	\$7.00
Allie's Cold Pressed Juices 300ml	\$7.00
Coconut Water 500ml	\$6.00

Bliss Hot Chocolate	\$8.00
Matcha Latte	\$9.00
Turmeric Latte	\$9.00
Chai Latte	\$9.00

Enrich Your Coffee:

Hydrolysed Collagen (Bovine or Marine):	+\$2.00
Medicinal Mushrooms, Brain Elixir, Magic 8, or Divine Woman	+\$2.00
Oat/Almond/Coconut/Soy Milk	+\$1.00

HEALTHY TREATS

See the counter selection for our changing selection of healthy sweets, made using our Kissed Earth supplements!