

## SALAD

### The One

M 18.95 L 22.95 gf. vgo: organic tofu

free range egg, edamame, soaked organic quinoa mixed with avo, spring mix, cucumber, carrot, tomato, coriander, spring onion, house organic sesame & mint chutney

toppings: sesame seed, toasted almond, roasted pistachios

### Bloom Bowl

M 18.95 L 22.95 gf. v

soaked black beans, avo, soaked organic quinoa mixed with spring mix, lettuce, cucumber, carrot, tomato, coriander, spring onion, house tomato chutney

toppings: sesame seed, toasted almond, roasted pistachios

### Soul (warm bowl)

#### Warming

M 18.95 L 22.95 gf. v

soaked organic jasmine brown rice & avo, tomato, lettuce, coriander, spring onion, soaked black beans gravy, dry sautéed veg

toppings: sesame seed, organic pumpkin seed

### Out of the Ordinary

M 22.95 L 26.95 gf. vgo: organic tofu

soaked organic millet & quinoa, free range egg, edamame, spring mix, organic baby spinach, lettuce, avo, organic flax, soaked organic chia, house organic sesame sauce

toppings: sesame seed, toasted almond, roasted pistachios

### M salad

M 18.95 L 22.95 gf. vgo: organic tofu

free range egg & avo, soaked organic millet, spring mix, lettuce, cucumber, carrot, tomato, coriander, spring onion, house organic sesame dressing

toppings: sesame seed, toasted almond, roasted pistachios

### A salad

M 18.95 L 22.95 gf. v

soaked black beans, edamame, soaked organic brown jasmine rice & avo mixed with organic baby spinach, lettuce, cucumber, carrot, tomato, coriander, spring onion, house tomato chutney

toppings: sesame seed, organic pumpkin seed

## MEAL (SERVED WITH SOUP)

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MAARS

### Power+

M 24.95 L 28.95 gf. vg. vgo: organic tofu

soaked millet & quinoa, edamame, organic flax, wholesome + mushroom soup, avo, dry sautéed veg, free range egg, house organic sesame & mint chutney

toppings: sesame seed, organic pumpkin seeds

### Balance Bowl

M 22.95 L 26.95 gf. v

black beans gravy, organic millet with avo, carrot, cucumber, lettuce, coriander, spring onion, tomato, mushroom soup,

house organic sesame & mint chutney

toppings: sesame seed, organic pumpkin seeds

### A meal

M 20.95 L 24.95 gf. v

soaked organic brown jasmine rice or organic millet, edamame, dry sautéed veg, house-made tomato chutney, soup of choice

toppings: sesame seed, organic pumpkin seeds

### R meal

M 20.95 L 24.95 gf. v

organic brown jasmine rice mixed with avo, organic spinach, cucumber, carrot, lettuce, coriander, spring onion, tomato, dry sautéed veg, house tomato chutney, wholesome soup

toppings: sesame seed, organic pumpkin seeds

### S meal

M 20.95 L 24.95 gf. vg. vgo: organic tofu

organic brown jasmine rice or organic millet & free range egg, organic spinach, cucumber, carrot, lettuce, spring onion, tomato, coriander, dry sautéed veg, soup of choice

house tomato chutney, toppings: sesame seed, organic pumpkin seeds

Organic  
**GRAINS  
AND MOST  
PRODUCE**





## CELEBRATION

### BERRIES HIGH R 13 L 16

House Activated Almond Milk, Organic Berries (blueberry, raspberry, blackberry, Strawberry) Banana, Organic Date

### THE BERRIES (BANANA FREE) R 13 L 16

House Activated Almond Milk, Organic Berries (Blueberry, Raspberry, Blackberry, Strawberry), Organic Goji Berry, Mango

### CHOCOLATE JOY R 13 L 16

House Organic Coconut Milk, House Almond Butter, Banana, Organic Cacao, Organic Date, Pink Salt

### BLUEBERRY BLUES R 13 L 16

House Activated Almond Milk, House Almond Butter, Organic Blueberry, Banana, Organic Date, Pink Salt

### STRAWBERRY MELODY R 13 L 16

House Activated Almond Milk, House Almond Butter, Organic Strawberry, Banana, Organic Date

### VANILLA DELIGHT R 13 L 16

House Organic Coconut Milk, 100% Pure Grade A Vanilla (Alcohol Free), Banana, House Peanut Butter, Organic Date, Pink Salt

### SEEDS AND NUTS R 13 L 16

House Activated Almond Milk, House Peanut Butter, Banana, Organic Flaxseed, Overnight Soaked Organic Chia seed, Organic Date, Cinnamon

# SMOOTHIES & PROTEIN SHAKES

## POWERHOUSE

### POWER PUNCH R 15 L 18

House Activated Almond Milk, House Peanut Butter, 100% Pure Organic Hemp Protein, Overnight Soaked Organic Chia seed, Organic Flaxseed, Organic Spinach, Banana, Organic Date, Cinnamon

### DOM'S FAV R 15 L 18

House Activated Almond Milk, House Peanut Butter, 100% Pure Grade A Vanilla Powder (Alcohol Free), 100% Pure Organic Hemp Protein, Banana, Organic Strawberry, Organic Coconut Nectar, Topped With Organic Cacao & Organic Mulberry

### IN FORCE R 15 L 18

House Activated Almond Milk, 100% Grade A Pure Vanilla (No Alcohol), House Peanut Butter, Banana, Organic Hemp Seed, Organic MCT Oil, Organic Date

### LEVEL UP R 14 L 17

House Organic Coconut Milk, Wild Blueberry, Organic Blue Spirulina, Banana, 100% Pure Organic Hemp Protein, Organic Date

### BLUE SKY R 14 L 17

House Activated Almond Milk, Blue Spirulina, Organic Strawberry, Banana, 100% Pure Organic Hemp Protein

## GO GREEN

### LEAFY PROTEIN R 15 L 18

House Activated Almond Milk, House Almond Butter, Organic Spinach, Organic Kale, 100% Pure Organic Hemp Protein, Banana, Cinnamon, Organic Date, Pink Salt

### GLORIOUS GREEN R 14 L 17

Filtered Water, Organic Spirulina, Organic Spinach, Organic Kale, Banana, Overnight Soaked Organic Chia, Organic Date, Cinnamon

### BERRY SUPERGREENS (BANANA FREE) R 14 L 17

Filtered Water, Mango, Organic Strawberry, Organic Supergreens (Spirulina, Chlorella, Barley Grass, Alfalfa, Wheat Grass), Overnight Soaked Organic Chia Seed, Organic Goji Berry, Cinnamon

## PROTEIN SHAKES

### VANILLA PROTEIN R 13 L 16

House Activated Almond Milk, 100% Pure Grade A Vanilla (Alcohol Free), 100% Pure Organic Hemp Protein, Organic Chia Seed Protein, 100% Pure Organic MCT Oil, Organic Date, Pink Salt

### CHOCOLATE PROTEIN R 13 L 16

House Activated Almond Milk, Organic Cacao, 100% Pure Organic Hemp Protein, Organic Chia Seed Protein, 100% Pure Organic MCT Oil, Organic Date, Pink Salt, Cinnamon



100% PURE ORGANIC HEMP PROTEIN 3.50  
100% ALCOHOL FREE PURE GRADE A VANILLA 2.50  
HOUSE ALMOND BUTTER 3.50

HOUSE PEANUT BUTTER 2.50  
ORGANIC TOASTED FLAXSEED 2  
OVERNIGHT SOAKED ORGANIC CHIA 2  
ORGANIC SPIRULINA 2

ORGANIC GOJI BERRY 2  
ORGANIC SUPERGREEN (BARLEY, CHLORELLA, SPIRULINA, ALFALFA, WHEAT GRASS) 3  
ORGANIC CACAO 2

100% PURE ORGANIC MCT OIL 3  
ORGANIC SPINACH OR KALE 3  
ORGANIC BLUE SPIRULINA 3



# morning **GLORY**

## **SMOOTHIES**

### **COMPOSURE**

**R 15 L 18**

House Activated Almond Milk, Fresh Avo, Organic Strawberry, House Almond Butter, Soaked Organic Chia, Organic Mulberry, Pink Salt, Cinnamon, Cardamom

### **BERRY BRAIN**

**R 15 L 18**

House Activated Almond Milk, Fresh Avo, Organic Strawberry & Blueberry, House Almond Butter, Pure Vanilla, Organic Blue Spirulina, Organic Date, Pink Salt, Cinnamon

### **SIMPLIFIED**

**R 15 L 18**

Filtered Water, Fresh Avo, Banana, House Almond Butter, Roasted Pistachio, Soaked Organic Chia, Organic Flax, Pink Salt, Organic Date, Cardamom

## **PROTEIN SHAKES**

### **C.C (CORE CATALYST)**

**R 15 L 18**

House Activated Almond Milk, Fresh Avo, Organic Cacao, 100% Pure Organic Hemp Protein, House Almond Butter, Organic Date, Pink Salt, Cinnamon, Cardamom

### **F.F (FLOW FINE)**

**R 15 L 18**

Filtered Water, Fresh Avo, Organic Blue Spirulina, 100% Pure Organic Hemp Protein, Soaked Organic Chia, Organic Date, Pink Salt, Cinnamon

### **R.R (RECOVERY RITUAL)**

**R 15 L 18**

House Activated Almond Milk, 100% Pure Organic Hemp Protein, Soaked Organic Chia, House Peanut Butter, Organic Flax, Pink Salt, Organic Date, 100 Pure Alcohol Free Grade A Vanilla