



basic

sml \$15 lrg \$17

granola, chia seeds,
coconut, banana,
strawberries,
blueberries

gone nuts

sml \$15 lrg \$17

granola, cacao
nibs, banana, apple,
strawberries,
peanut butter

pb & j

sml \$15 lrg \$17

cacao granola,
cacao nibs, banana,
blueberries, raspberry
& chia jam, peanut butter

berry ripe

sml \$16 lrg \$18

cacao granola,
coconut, strawberries,
raspberry & chia jam,
nutella

super

sml \$16 lrg \$18

quinoa puffs, coconut,
chia seeds, banana, kiwi,
strawberries, blueberries,
passionfruit, yoghurt

date

sml \$16 lrg \$18

quinoa puffs, cacao nibs,
banana, strawberries,
dates, raspberries,
yoghurt

build a bowl

sml \$8 lrg \$10

kids bowl

\$10

with your choice
of 3 toppings

extras

banana.....	\$50c
strawberries.....	\$2
blueberries.....	\$2
raspberries.....	\$2
kiwi.....	\$1
apple.....	\$50c
passionfruit.....	\$1
mango.....	\$3
goji berries.....	\$1

greek yoghurt.....	\$2
coconut yoghurt.....	\$2.5
peanut butter.....	\$2.5
almond butter.....	\$2.5
nutella.....	\$2.5
honey.....	\$1
raspberry & chia jam.....	\$2
pistachio spread.....	\$3.5

dates.....	\$2
granola.....	\$2.5
gf granola.....	\$2.5
cacao granola.....	\$2.5
cacao nibs.....	\$1
chia seeds.....	\$1
coconut.....	\$1
biscoff spread.....	\$2.5
quinoa puffs.....	\$1

dietary

gfo gluten free option
gf gluten free
v vegan
vo vegan option

lovabowl

All our Acai bowls are made fresh to order and are blended with frozen acai pulp and banana. Please be advised our acai bowls are made in a production area that may contain traces of nuts, dairy and gluten. Please specify any allergies before ordering.

smoothies

banana \$11

almond milk, banana, cinnamon, honey

berry \$11

coconut milk, mixed berries, banana, honey

mango & passionfruit \$11

coconut milk, mango, passionfruit,
banana, honey

choc mousse \$12

almond milk, banana, nibs, cacao powder,
maple, dates, peanut butter

green \$12

coconut milk, banana, spinach,
almond butter, maple

mocha \$14

almond milk, banana, dates, salt,
mocha protein powder, coffee, maple

vitamin b salted caramel \$14

almond milk, banana, dates, salt, nibs, salted caramel
protein powder, almond butter, maple

raspberry skin glaze \$15.5

coconut milk, maple, raspberries, avocado, dates,
vanila coyo, seamoss, hyaluronic acid, collagen

mango skin glaze \$15.5

coconut milk, honey, mango, banana, vanila coyo,
seamoss, hyaluronic acid, collagen



coffee - dukes

esp. \$3 reg \$4.5 lrg \$5

+ oat, soy, almond .70c

organic matcha

warm \$6 iced \$7

add strawberry or mango \$2

organic tea

\$4.5

english breakfast, green,
early grey, peppermint,
chamomile, lemongrass

toast

gf/vegan bread

1 for \$7.5 or 2 for \$14

honey

peanut butter, banana,
honey, cacao nibs

almond

almond butter,
strawberries, coconut

avo smash

avocado, fresh herbs

+ goats cheese \$1

+ chilli .50c

granola bags

450g - \$13.5

peanut butter tubs

500g - \$7.99

huskee cups

6oz \$16 - 8oz \$18

porridge

basic \$16 (vo)

granola, banana,
strawberries, blueberries,
yoghurt, maple syrup

biscoff \$16 (vo)

granola, strawberries,
raspberries, yoghurt,
biscoff spread

oats prepared with oat milk,
cinnamon & coconut sugar

choc nut \$16 (vo)

raw cacao buckini, banana,
strawberries, yoghurt, maple
syrup, peanut butter

oats prepared with
oat milk, cacao powder
& coconut sugar

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