



gfo,
v

basic

sml \$15 lrg \$17

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



gfo,
v

gone nuts

sml \$15 lrg \$17

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



gf,
v

pb & j

sml \$15 lrg \$17

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



gf

berry ripe

sml \$16 lrg \$18

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



gf,
vo

super

sml \$16 lrg \$18

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



gf,
vo

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

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

lovabowl