

DRINKS MENU



COFFEE

★★★★★

SMALL / LARGE

ESPRESSO	4.0
PICCOLO	4.0
MACCHIATO	4.0
FLAT WHITE	4.5 / 5.0
CAPPUCCINO	4.5 / 5.0
LATTE	4.5 / 5.0
MOCHA	5.0 / 5.50
DIRTY CHAI	5.0 / 5.50

HOT DRINKS

CHAI LATTE	4.5 / 5.0
MATCHA	4.5 / 5.0
HOT CHOCOLATE	4.5 / 5.0
GOLDEN LATTE	4.5 / 5.0

TEA

HONEY DEW GREEN	4.5 / 5.0
PEPPERMINT	4.5 / 5.0
LEMONGRASS GINGER	4.5 / 5.0
ENGLISH BREAKFAST	4.5 / 5.0
STICKY CHAI	4.5 / 5.0

EXTRAS	0.5
EXTRA SHOT, DECAF, SYRUPS	
MILK	0.5
SOY, ALMOND, OAT, LACTOSE FREE	

COLD DRINK

★★★★★

SMALL / LARGE

ICED LONG BLACK	6.0 / 6.5
ICED LATTE	6.5 / 7.5
ICED MATCHA	6.5 / 7.5
ICED MOCHA	7.0 / 8.0
THAI MILK TEA	7.5 / 8.50
THAI LEMON ICED TEA	7.5 / 8.50
COFFEE FRAPPE	7.5 / 8.50
CHOCOLATE FRAPPE	7.5 / 8.50
MATCHA FRAPPE	7.5 / 8.50

MILKSHAKES

REGULAR

CHOOSE ONE	8.50
NUTELLA, BISCOFF, CHOCOLATE, STRAWBERRY, VANILLA	
ADDITIONAL OPTION	2.5

SMOOTHIE

REGULAR

CHOOSE ONE	10
STRAWBERRY, BLUEBERRY, BANANA, MANGO	
ADDITIONAL FRUIT	2.5

ACAI SMOOTHIE

REGULAR

ACAI, BANANA, ROLLED OATS	12
COCONUT WATER	

EXTRAS	0.5
EXTRA SHOT, DECAF, SYRUPS	
MILK	1.0
SOY, ALMOND, OAT, LACTOSE FREE	

FOOD MENU



ALL DAY FOOD



TOAST SOURDOUGH SERVED WITH YOUR CHOICE OF BUTTER, JAM, VEGEMITE, HONEY, NUTELLA	8.50	EGGS BENEDICT SERVED ON SOUGHDOUGH WITH SPINACH AND HOLANDAISE SAUCE ADD BACON	15 4
EGGS ON TOAST POACHED, SCRAMBLED OR FRIED EGGS ON SOURDOUGH TOAST	12.50	ACAI BOWLS FRESH STRAWBERRIES, BANANA, BLUEBERRIES, GRANOLA, HONEY & CHOICE OF PEANUT BUTTER, NUTELLA OR BISCOFF	16
CRISPY BACON & EGG ROLL CHOICE OF BBQ OR TOMATO SAUCE ON WHITE OR CHARCOAL BUN	14	BREAKFAST BOWL COCONUT YOGHURT, GRANOLA & FRESH FRUIT	12
BREAKFAST WRAP CRISPY BACON, EGG, AVOCADO, CHEESE, W/BBQ SAUCE	15	TOASTIES HAM, CHEESE, TOMATO SALAMI, CHEESE, TOMATO	12.5 12.5
200G WAGYU RUMP STEAK COOKED MEDIUM	22	BEEF BURGER BEEF MINCE, CHEESE, LETTUCE, TOMATO, ONION AND SAUCE ON WHITE OR CHARCOAL BUN	16
ADD 2 EGGS	5	CHICKEN BURGER CHICKEN SCHNITZEL, LETTUCE, TOMATO, ONION AND SAUCE ON WHITE OR CHARCOAL BUN	16
ADD SALAD	5	CHICKEN SCHNITZEL WRAP CHICKEN SCHNITZEL, LETTUCE, TOMATO ONION, SAUCE	16
ADD VEGGIES	5	CREAMY CHICKEN PESTO WRAP CHICKEN SCHNITZEL, LETTUCE, TOMATO ONION, PESTO SAUCE	16
200G CHICKEN BREAST CRUMBED OR GRILLED	16		
ADD 2 EGGS	5		
ADD SALAD	5		
ADD VEGGIES	5		
EXTRAS			
SOURDOUGH, EGG, CHEESE, ONION	2.5		
HAM, TOMATO, SALAMI	3		
BACON, AVOCADO, MUSHROOMS, HALLUMI	4		



PRE-WORKOUT



Pick Pre-Workout

Pre-Workout Shot \$5

Mixed with cold water in a small 6oz cup

Pre-Workout Slushy \$6.5

Slushy with a buzz

Pre-Workout Super Mix Slushy \$8.5

Pre-workout, EAA and Creatine - Best Value



Add

CREATINE \$2

EAA \$2

BCAA \$2

PURE CARBS \$2

100% FRESH JUICE



Pick or make your own

Original OG

Nothing but Oranges and Ice

Tropical Juice

Apple, Orange, Pineapple, Ginger, Ice

Vitality Boost

Celery, Beetroot, Apple, Orange, Ginger, Ice

Or make your own!

**SMALL
8.50**

**LARGE
10**



PROTEIN SHAKES



Pick Shake

Protein

46g Choc Peanut butter Shake \$12
Chocolate Whey Isolate, Peanut Butter, Banana, Rolled Oats - 495 calories

41g Blueberry Boost
Vanilla Whey Isolate, Blueberries, Caramel Syrup, Rolled Oats - 350 Calories

41g Vanilla and Banana
Vanilla Whey Isolate, Banana, Rolled Oats - 401 Calories

42g Mixed Berry Bomb
Vanilla Whey Isolate, Mixed Berries, Caramel Syrup, Rolled Oats - 359 Calories

30g Coco Pops
Chocolate Whey Isolate, Coconut Water, Rolled Oats - 320 Calories

41g Biscoff Buzz
Vanilla Whey Isolate, Biscoff, Rolled Oats - 383 Calories

100g Super Shake 100 \$16
Chocolate Whey Isolate, Protein Peanut Butter, Banana, Rolled Oats - 676 Calories

Pick type of Milk

- ☐ Full Cream/Skim \$0
- ☐ Almond \$2
- ☐ Oat \$2
- ☐ Soy \$2
- ☐ Coconut Water \$1.5
- ☐ Lactose Free \$1



Extras

EXTRA SCOOP PROTEIN \$2

CREATINE \$2

EAA \$2

BCAA \$2

PURE CARBS \$2

Enjoy

Massive Gains to Follow



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