

SMOOTHIE

SUPERFOOD RANGE

Small: \$10.00, Regular: \$11.50, Original: \$12.50

IMMUNE SHIELD (Citrus Shield)

Orange, Raspberries, Banana, Greek Yoghurt, Baobab, Coconut Water, Ice

ENERGY FLOW (Power Flow)

Mango, Avocado, Spinach, Kale, Greek Yoghurt, Almond Milk, Maca, Ice



PURE GLOW (Blue Glow)

Blueberries, Kiwi, Green Apple, Cucumber, Ginger, Coconut Water, Lemon, Chia Seeds, Baobab, Ice

DETOXER (Crimson Cleanse)

Beetroot, Pineapple, Cucumber, Orange, Lemon, Coconut Water, Barley Grass, Flaxseed, Ice

SATISFIED GLOW (Island Glow)

Pineapple, Mango, Lemon, Coconut Water, Chia Seeds, Ice

GREEN MACHINE (Vital Greens)

Green Apple, Kale, Spinach, Mint, Celery, Cucumber, Baobab, Flaxseed, Ice



Add-ons for Smoothies

(\$1 extra) :

Baobab	Supergreens blend
Spirulina	Multivitamin powder
Maca	Protein powder
Barley grass	Creatine
Mesquite	Monohydrate

PROTEIN RANGE

Small: \$10, Regular: \$11, Original: \$12

THE MUSCLE

Blueberries, Mango, Coconut Water, Chia Seeds, Baobab, Protein, Ice

POPEYE

Spinach, Banana, Almond Milk, Cacao Nibs, Protein, Ice

ENERDRIVER

Blueberries, Banana, Spinach, Spirulina, Goji Berries, Coconut Water, Protein, Ice

THE HULK

Banana, Pineapple, Coconut Water, Ice, Supergreens, Ginger, Mint, Lemon, Protein

GLADIATOR

Pineapple, Banana, Almond Milk, Greek Yoghurt, Lemon, Chia Seeds, Protein, Ice



Make Your Own

Small: \$9, Regular: \$10, Original: \$11

Choose 3 from ingredients:

Banana	Beetroot	Carrot
Mango	Celery	Green Apple
Apple	Kiwi	Grapefruit
Orange	Blueberries	Mint
Spinach	Pineapple	Lemon
Kale	Mixed Berries	Watermelon
	Strawberries	

BREKKIE RANGE

Small: \$10, Regular: \$11, Original: \$12

MORNING KICKSTARTER

Banana, Oats, Mango, Milk, Vanilla Yoghurt, Honey, Ice

BERRY BREKKIE

Banana, Mixed Berries, Honey, Greek Yoghurt, Milk, Ice

FRUIT RANGE

Small: \$10, Regular: \$11, Original: \$12

ISLAND RUSH

Pineapple, Mango, Oat Milk, Vanilla Yoghurt, Ice



PINEAPPLE PASSION

Banana, Pineapple, Pineapple Juice, Ice

ISLAND BLEND

Banana, Strawberries, Mango, Apple Juice, Ice



TROPICAL WAVE

Pineapple, Strawberries, Apple Juice, Honey, Ice



MIXED TWIST

Banana, Mixed Berries, Milk, Honey, Ice



FROZEN YOGHURT

Small: \$6.50, Medium: \$9.50, Large: \$11.00

Sauce \$2

Pistachio
Peanut Butter
Nutella
Biscoff
Honey
Chocolate sauce
Passionfruit pulp

Toppings

Granola \$1.50
Cookie Dough \$1.50
Oreos \$1
Waffle cone pieces \$1.50
M&Ms \$1.50
Gummy bears \$1.50
Strawberries \$2
Banana \$1.50
Kiwi \$2
Almonds \$1.50

AÇAÍ SMOOTHIES

Small: \$10, Regular: \$12, Original: \$14

THE AMAZONIA

Açaí Puree, Mixed Berries, Banana, Almond Milk,
Honey

TROPICAL PARADISE

Açaí Puree, Mango, Pineapple, Coconut Water

PEANUT POWER

Açaí Puree, Banana, Peanut Butter, Whey Protein,
Oat Milk

GREEN ENERGY

Açaí Puree, Spinach, Banana, Coconut Water

HOJICHA RANGE

HOJICHA LATTE

Hojicha, Oat Milk, Ice, Agave \$7.00



BLACK SESAME HOJICHA

Hojicha, Oat Milk, Black Sesame Cream,
Ice, Agave \$8.00

EARL GREY HOJICHA

Hojicha, Oat Milk, Earl Grey Syrup,
Ice, Agave \$8.00

POWER HOUSE JUICES

Small: \$7.50, Regular: \$8.50 Original: \$9.50

GREEN GLOW (Detox + Energy)

Cucumber, Celery, Spinach, Green Apple, Lemon, Ginger

IMMUNITY BOOST (Immunity)

Orange, Grapefruit, Carrot, Lemon

GOLDEN ROOTS (Anti-Inflammatory)

Carrot, Pineapple, Ginger, Lemon



VITAL GREENS (Daily Nutrients)

Kale, Spinach, Green Apple, Celery, Lemon



PURPLE CLEANSE

Beetroot, Celery, Carrot, Lemon



PINK PARADISE

Watermelon, Mint, Lemon

No ice (\$1.50 extra)

MATCHA RANGE

MATCHA LATTE

Ceremonial Matcha, Oat Milk, Ice, Agave \$7.00



MATCHA COCONUT CLOUD

Ceremonial Matcha, Coconut Water, Heavy Cream, Milk, Ice, Agave \$8.00

STRAWBERRY MATCHA LATTE

Ceremonial Matcha, Oat Milk, Strawberry Syrup, Ice, Agave \$8.00

MANGO MATCHA LATTE

Ceremonial Matcha, Oat Milk, Mango Syrup, Ice, Agave \$8.00



EARL GREY MATCHA LATTE

Ceremonial Matcha, Oat Milk, Earl Grey Syrup, Ice, Agave \$8.00



Bar &

AÇAÍ BOWLS

Small: \$12, Regular: \$15, Large: \$17.50

CHOOSE YOUR SIZE

Small
Regular
Large

DEFAULT TOPPINGS

Banana
Strawberry
Granola,

ADD EXTRA TOPPINGS (80c each)

Goji Berries
Coconut Flakes
Chia Seeds
Hemp Seeds
Cacao Nibs

SAUCES (Extra \$2)

Peanut Butter
Nutella
Biscoff
Pistachio



Nutella



Pistachio



Biscoff



Peanut