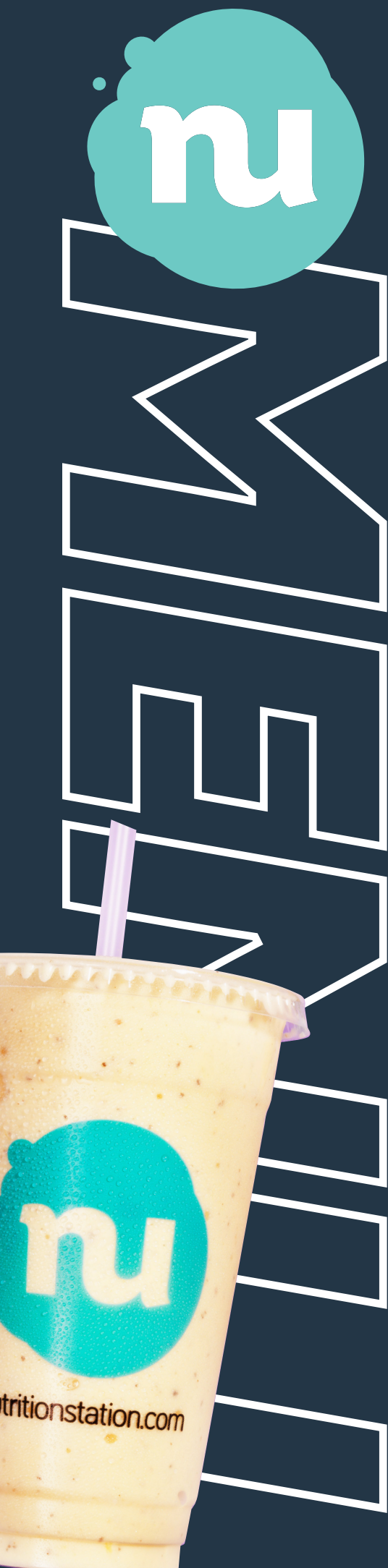




BREAKFAST

SMASHED AVOCADO

KJ1626 P20 F23 C23 V

Miche sourdough, avocado, poached eggs, fetta, cherry tomatoes, nut mix, herbs

Add bacon or smoked salmon

CHILLI EGGS

KJ2404 P26 F39 C26 V

Scrambled eggs, avocado, spinach, halloumi cheese, harissa, tomato salsa, miche sourdough

TOMATO & ZAATAR

KJ2470 P10 F38 C41 VE DFF

Miche sourdough, tomato, hummus, tahini dressing, zaatar, herbs

BREAKFAST BURGER

KJ2266 P34 F32 C31

Bacon, fried eggs, cheddar cheese on a burger bun

BREKKIE WRAP

KJ2543 P29 F33 C45 V

Avocado, spinach, scrambled eggs, halloumi cheese, tomato salsa, wholemeal tortilla

HEALTHY BENNY

KJ3133 P39 F54 C24

Miche sourdough, bacon, spinach, poached eggs, kalenaïse
With smoked salmon

RICOTTA TOAST

KJ2066 P13 F24 C49 V

Whipped ricotta, miche sourdough, honey, fruit & berries, walnuts

COCOA & BANANA OATS

KJ2730 P33 F19 C75 V

Chocolate protein oats, banana, blue berries, coconut chips, cacao

CREATE YOUR OWN BREAKFAST

HIGH PROTEIN
OR HIGH CARB,
THE CHOICE
IS YOURS!

KETO BOWL

KJ2514 P36 F42 C16

Halloumi cheese, poached eggs, bacon, kale, mushroom, avocado, quinoa

WELLBEING BOWL

KJ2235 P32 F37 C17

Sauteed kale & spinach, mixed quinoa, grilled halloumi cheese, fresh avocado, poached eggs with a raspberry vinaigrette

OMELETTE

KJ1132 P17 F11 C24 V

Eggs, baby spinach, salsa, miche sourdough

BIG BREAKY

KJ3936 P54 F59 C46

Two eggs your way, bacon, mushroom, spinach, cherry tomatoes, avocado, halloumi cheese, miche sourdough

PROTEIN PANCAKES

KJ2960 P34 F18 C98 V

Protein pancakes, mixed berries, banana, nuts and seeds, coconut ice cream, maple syrup

ACAI BOWL

KJ2413 P10 F23 C83 V DFF

Acai, mango, berries topped with granola, banana, strawberries, coconut chips, chia seeds

Add peanut butter

HONEY NUTTER BOWL

KJ3423 P41 F38 C75 V

NU's famous honey nutter bowl with granola, banana, coconut chips, blueberries

Gluten Free Quinoa & Charcoal Bread
\$3 extra

EGG KJ234 P6 F4 C0 V GFF DFF

BACON KJ1545 P23 F31 C2 GFF DFF

SPINACH KJ27 P1 F0 C0 VE GFF DFF

BAKED MUSHROOM VE GFF DFF

AVOCADO KJ347 P1 F8 C0 VE GFF DFF

FETTA

HALLOUMI CHEESE KJ544 P9 F11 C0 V GFF

SMOKED SALMON KJ437 P12 F6 C0 GFF DFF

MICHE SOURDOUGH

KJ457 P4 F1 C20 VE GFF DFF

QUINOA & CHARCOAL GLUTEN

FREE BREAD (2) KJ323 P1 F1 C15 VE GFF DFF

KALE, TOMATO &

SPANISH ONION KJ99 P2 F0 C3 VE GFF DFF

CHERRY TOMATOES KJ52 P0 F0 C2 VE GFF DFF

SHAKES

PROTEIN SHAKES

REGULAR

LARGE

HONEY NUTTER V GFF

REG KJ2006 P34 F24 C32

LARGE KJ2314 P45 F25 C36

Chocolate protein powder, peanut butter, honey, chia seeds

MANGO MADNESS V GFF

REG KJ1374 P26 F10 C36

LARGE KJ1682 P37 F11 C40

Vanilla protein powder, mango, honey, almond flakes, chia seeds

KETO SHAKE V GFF

REG KJ2477 P37 F41 C18

LARGE KJ2785 P48 F42 C22

Vanilla protein powder, avocado, peanut butter, walnuts, spinach, cinnamon

BANANA BLISS V GFF

REG KJ1780 P27 F19 C39

LARGE KJ2088 P38 F20 C43

Vanilla protein powder, banana, chia seeds, honey, walnuts, cinnamon

BERRY SWEET V GFF

REG KJ975 P24 F6 C19

LARGE KJ1283 P35 F7 C23

Vanilla protein powder, mixed berries, goji berries, cranberries, coconut

FOREVER ENERGY V GFF

REG KJ1371 P26 F10 C33

LARGE KJ1679 P37 F11 C37

Vanilla protein powder, banana, avocado, dates, almond flakes, chia seeds

NUTTY BANANA V GFF

REG KJ2163 P35 F24 C39

LARGE KJ2471 P46 F25 C43

Vanilla protein powder, banana, peanut butter, honey, chia seeds.

SHREDDER V GFF

REG KJ712 P24 F5 C9

LARGE KJ1020 P35 F6 C13

Your choice of protein powder, L-Carnitine, chia seeds

BISCOFF OVERLOAD V

REG KJ1843 P25 F20 C40

LARGE KJ2151 P37 F21 C44

Vanilla protein, biscoff spread, chia seeds, banana

BASE SHAKE V GFF

REGULAR

LARGE

REG KJ616 P23 F3 C7

LARGE KJ923 P34 F4 C11

Chocolate or Vanilla

VEGAN SMOOTHIES

REGULAR

LARGE

ACAI VE GFF DFF

REG KJ879 P3 F5 C38

LARGE KJ1115 P5 F7 C47

Acai, banana, chia seeds, goji berries, cranberries

GREEN & LEAN VE GFF DFF

REG KJ485 P3 F2 C19

LARGE KJ737 P5 F4 C29

Super greens, spinach, apples, passionfruit, banana, chia seeds

ADD EXTRA TO SHAKE

PROTEIN

COFFEE SHOT

VEGAN PROTEIN

PEANUT BUTTER

CREATINE

L-CARNITINE

GLUTAMINE

SUPER GREENS

FRUIT CRUSH

FRUIT CRUSH

REGULAR

LARGE

TROPICANA CRUSH

KJ455 P3 F2 C19

Pineapple, orange, mango, passionfruit, chia seeds

ORANGE OASIS

KJ451 P2 F0 C19

Orange, green apple, passionfruit

LYCHEE, PINEAPPLE, PEAR, APPLE

KJ406 P1 F0 C20 VE GFF DFF

WATERMELON, APPLE &

PASSIONFRUIT

KJ348 P1 F0 C17 VE GFF DFF

CELERY, APPLE, CUCUMBER

KJ190 P1 F0 C9 VE GFF DFF

ADD EXTRA TO FRUIT CRUSH

GINGER, LEMON, FRUIT

V VEGETARIAN VE VEGAN DFF DAIRY FREE GFF GLUTEN FREE

KJ KILOJOULES P PROTEIN F FATS C CARBOHYDRATES





KIDS

KIDS FOOD

- CHEESE TOASTY
- BACON EGG BURGER
- CHEESE BURGER
- BAKED CHICKEN BITES & CHIPS
- KIDS PANCAKES
- Banana, strawberries, maple syrup

KIDS SHAKES

- Milk, ice, choose your flavour
- CHOCOLATE
- STRAWBERRY
- VANILLA

SET PLATES

LOW CARB PLATE

- KJ1116 P29 F12 C9
- 100g garlic herb chicken breast, broccoli, roast cumin pumpkin

BULK PLATE

- KJ2064 P56 F10 C42
- 200g beef meatballs in napoli sauce, rice, charred veg

VEGO PLATE

- KJ1708 P15 F12 C58
- 100g herbed falafel, rosemary baked sweet potato, charred veg

POWER PLATE

- KJ1737 P27 F15 C41
- 100g chipotle chicken thigh, baked sweet potato wedges, green beans

LUNCH

BURGERS

OG BURGER

- KJ2925 P34 F47 C35
- Beef patty, onion, fresh pickles, cheddar cheese, aioli, lettuce, tomato, burger bun
- Add egg, bacon

CHICKEN BURGER

- KJ2614 P33 F38 C38
- Chicken breast, chilli aioli, tomato, onion, lettuce, burger bun
- Add cheese, bacon

Add side of sweet potato wedges

WRAPS

CHICKEN AVOCADO WRAP

- KJ3183 P34 F49 C44
- Chipotle chicken, avocado, tomato, spinach, aioli, wholemeal tortilla

LOADED BEEF WRAP

- KJ3142 P40 F46 C44
- Beef rump, tomato, onion, cucumber, aioli, lettuce, wholemeal tortilla

FALAFEL WRAP

- KJ2656 P22 F23 C82 (V) (DFF)
- Herb falafel, charred zucchini, onion & capsicum, hummus, lettuce

Add side of sweet potato wedges

SALADS

HEALTHY CAESAR

- KJ3072 P53 F51 C16
- Quinoa crusted chicken, lettuce, kale, bacon, parmesan cheese, egg, caesar dressing

CHICKEN AVOCADO SALAD

- KJ2777 P32 F51 C19 (GFF)
- Chicken, avocado, sweet potato, spinach, walnuts, avocado herb dressing

ROAST PUMPKIN SALAD

- KJ2254 P17 F26 C53 (VE) (GFF) (DFF)
- Cumin roasted pumpkin, pickled cabbage, falafel, shaved cucumber, quinoa, avocado, beetroot hummus

BOWL BAKED SWEET POTATO WEDGES

- KJ946 P2 F8 C35 (VE) (DFF)

CREATE YOUR OWN PLATE

1 CHOOSE YOUR PROTEIN

- GARLIC HERB CHICKEN BREAST (GFF) 100g 200g KJ900 P25 F11 C1 KJ1799 P49 F23 C7
- QUINOA CRUSTED CHICKEN TENDERS 100g 200g KJ673 P24 F2 C11 KJ1345 P48 F4 C22
- CHIPOTLE CHICKEN THIGH (GFF) (DFF) 100g 200g KJ676 P24 F7 C2 KJ1352 P47 F13 C4
- ATLANTIC SALMON FILLET (GFF) (DFF) 100g 200g KJ1215 P25 F22 C1 KJ2431 P50 F44 C2
- BARRAMUNDI FILLET (GFF) (DFF) 100g 200g KJ505 P22 F3 C1 KJ1010 P44 F7 C1
- HERBED FALAFEL (VE) (GFF) (DFF) 100g 200g KJ1090 P10 F10 C32 KJ2180 P20 F21 C64
- BEEF RUMP (GFF) (DFF) 100g 200g KJ823 P30 F9 C0 KJ1645 P61 F17 C0
- BEEF MEATBALLS IN NAPOLI SAUCE... 100g 200g KJ625 P26 F5 C0 KJ1251 52 F10 C1

2 CHOOSE YOUR CARBS

- BAKED SWEET POTATO WEDGES KJ946 P2 F8 C35 (VE) (DFF)
- ROSEMARY BAKED SWEET POTATO KJ484 P3 F1 C21 (VE) (GFF) (DFF)
- ROAST CUMIN PUMPKIN KJ117 P1 F0 C4 (VE) (GFF) (DFF)
- TURMERIC BASMATI RICE KJ362 P2 F0 C18 (VE) (GFF) (DFF)
- BROWN RICE KJ735 P4 F1 C36 (VE) (DFF)
- QUINOA KJ346 P3 F1 C13 (VE) (GFF) (DFF)

3 CHOOSE YOUR SIDES

- BROCCOLI KJ100 P3 F0 C1 (VE) (GFF) (DFF)
- GREEN BEANS KJ115 P2 F0 C4 (VE) (GFF) (DFF)
- AVOCADO KJ347 P1 F8 C0 (VE) (GFF) (DFF)
- SALAD KG886 P1 F22 C2 (VE) (GFF) (DFF)
- CHARRED VEG KJ134 P2 F0 C5 (VE) (GFF) (DFF)
- CHARRED KALE, TOMATO & ONION KJ99 P2 F0 C3 (VE) (GFF) (DFF)
- BAKED MUSHROOM KJ401 P4 F8 C2 (VE) (GFF) (DFF)
- BOILED EGG KJ235 P5 F4 C0 (V) (GFF) (DFF)

4 CHOOSE YOUR SAUCE

ADD ON SAUCES

- AIOLI KJ1140 P1 F30 C1 (V) (GFF)
- CHILLI AIOLI KJ968 P1 F24 C3 (V) (GFF)
- HARISSA KJ595 P0 F15 C1 (VE) (GFF) (DFF)
- HUMMUS KJ370 P3 F6 C6 (VE) (GFF) (DFF)
- BEETROOT HUMMUS KJ352 P1 F6 C6 (VE) (GFF) (DFF)
- TOMATO SAUCE
- BBQ SAUCE

