





MENU



TOASTS

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- Sourdough options include white or rye.
- SMASHED AVO** 7.00
Sourdough & smashed avocado
 - HOLE TOMOLE** 9.00
Sourdough, smashed avocado, diced tomato & mint
 - AVOMITE** 9.00
Sourdough, smashed avocado, vegemite & diced tomato
 - PEANUT BUTTER CHOC** 9.00
Sourdough, peanut butter, banana, nice majik
 - CINNAMON SURPRISE** 9.00
Sourdough, raw caramel, apple, cinnamon & walnuts
 - PUMPKINFULL** 13.00
Pumpkin bread, pumpkin puree, pistachio, tomato, coconut yoghurt, kale & mint
 - BANANA MEETS CHOCOLATE** 14.00
Banana bread, nice majik, strawberries, banana, mint & a petit rich hot chocolate

BOWLS

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- All served with seasonal fruit toppings & granola
- | | SML | LRG |
|---|-------|-------|
| ACAI BOWL
Acai, strawberry and banana blend, coconut | 12.00 | 15.00 |
| SNICKERS BOWL
Banana, dates, peanut, cacao & coconut | 12.00 | 15.00 |
| DRAGON BOWL
Banana and strawberry, pitaya, goji berry, coconut | 12.00 | 15.00 |
| GREEN BOWL
Banana and kiwi fruit, supergreens, coconut, spinach & kale | 12.00 | 15.00 |
| SALTED CARAMEL BOWL
Banana, dates, walnut, almond mylk & himalayan salt | 12.00 | 15.00 |
| MANGO BOWL
Mango, orange & pineapple | 12.00 | 15.00 |
| SUPERFOOD ACAI BOWL
Banana, acai, cacao, goji berry & coconut | 13.00 | 16.00 |
| CHOC MINT BOWL
Banana, spinach, coconut, cacao nibs, rice malt syrup & peppermint oil | 13.00 | 16.00 |
| CLASSIC PORRIDGE (WARM)
Rolled oats, soy mylk, strawberry & rice malt syrup | | 9.00 |
| + Seasonal fruit | 4.00 | |
| + Coconut yoghurt
strawberry sauce | 2.00 | |
| + The Lot for | 14.00 | |

All of our fruit is seasonal and subject to change.

Gluten Free options are available.

Please ask one of our friendly staff for more information.

JUICES



	SML	LRG
LEAN GREEN CLEANSING MACHINE Spinach, kale, lemon, cucumber, celery & apple	7.00	9.00
VITAMIN SEE Lemon, carrot, celery, apple, ginger	7.00	9.00
RESTORE, REFRESH, REPAIR Kiwi fruit, watermelon, pineapple, mint	7.00	9.00
SKINNY GOLD Lemon, pear, apple, pineapple	7.00	9.00
RED TO REJUVENATE Beetroot, carrot, ginger, lemon, pineapple & cayenne pepper	7.00	9.00
WINTER FLU Pineapple, orange, ginger, turmeric, lemon & cayenne pepper	7.00	9.00
HIGH ON HYDRATION Pineapple, watermelon, strawberries & passionfruit	7.00	9.00
BOOST YOUR IMMUNITY Orange, carrot, ginger, turmeric	7.00	9.00

SMOOTHIES



	SML	LRG
FUEL YOUR WARRIOR Banana, peanut, maca powder, rice malt syrup & almond mylk	8.00	10.00
CACAO ENERGY BOOSTER Banana, cacao, dates, maca powder & almond mylk	8.00	10.00
BULK THE HULK Banana, spinach, kale, walnut, mint, cinnamon, coconut	10.00	12.00
SPOIL YOURSELF Banana, cookies, gelato, coconut, chocolate powder & nice majik	10.00	12.00
BERRY IMMUNE Pineapple and strawberry, acai, coconut & mint	10.00	12.00
NATURES' RAW SALTED CARAMEL Banana, raw caramel, walnut, dates, himalayan salt, gelato & almond mylk	10.00	12.00
SUPERFOOD DETOX-ACAI Banana, almond mylk, acai, cacao dates, topped with granola & goji berries	10.00	12.00
GLOW CRAZY Mango, orange & pineapple	10.00	12.00

SWEETS & TREATS



**Choice of wafer or (GF) granola*

GELATO & CHOC Waffle cone, gelato & nice majik	6.50
STRAWBERRY BLISS NICE CREAM Banana and strawberry, coconut & nice majik	7.50
CHOCOLATE NICE CREAM Banana, cacao, coconut, wafers*, nice majik	7.50
SALTED CARAMEL NICE CREAM Banana, raw caramel, walnut, wafers*, dates, himalayan salt & almond mylk	10.00
PB & C GELATO Gelato, peanut butter, cookies & nice majik	10.00
FRUITALICIOUS Gelato & seasonal fruit	10.00
COOKIES 'n' CREAM NICE CREAM Banana, cookies, gelato, coconut, wafers*, chocolate powder & nice majik	10.00
RAW SQUEEZE BITES (Dine in only) Suitable for two to three people to share. A collection of favourites consisting of: cake pops, mini salted caramel and acai bowls, gelato, fruit and a wide array of complimenting sauces.	39.00

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COFFEE



For range of milks ask our friendly staff.

	SML	RGL	LRG
ESPRESSO	3.50		
PICCOLO	4.00		
MACCHIATO	4.00	4.70	
LONG BLACK	4.00	4.70	5.30
FLAT WHITE / CAPPUCINO	4.00	4.70	5.30
MOCHA	4.00	4.70	5.30
LATTE / HOT CHOCOLATE	4.00	4.70	5.30
ASSORTED TEA		3.00	
BUBBA CINO		2.00	
ICED LONG BLACK Coffee & ice	4.00	4.70	
ICED LATTE Coffee, mylk & ice	4.00		5.30
ICED COFFEE Coffee, ice, mylk & gelato	6.00		7.30
ICED CHOCOLATE Chocolate, ice, mylk & gelato	6.00		7.30
ICED MOCHA Coffee, chocolate, ice, mylk & gelato	6.00		7.30
EXTRA SHOT		0.50	
GELATO		2.00	

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Please ask one of our friendly staff for more information.

Check out our cabinet for a wide range of treats courtesy of Rawsome and Plant Based Dough Co.