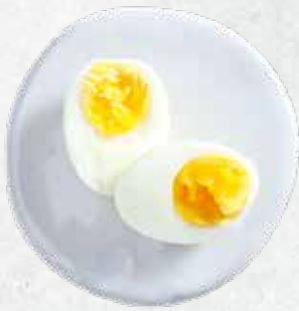


DIETARY PREFERENCES





VEGAN

The following drinks and meals are free of meat, chicken, fish, dairy and honey:

BREAKFAST

Smashed Avo & Toast
Dragon Fruit Smoothie Bowl

WRAPS

Harvest*
Thai Crunch*
Mexi*

SALADS & BOWLS

Thai Crunch Salad*
Mexi Bowl*
Asian Rainbow Bowl*
Winter Nourish Bowl*

Plant Power Salad

SMOOTHIES

Vitamin See
Tropical Greens
Natures Protein

RAW JUICES

Floo Juice
Heart Beet
CBC
Your Daily Greens
Ginger Shot

HOT DRINKS

Americano*
Cappuccino*
Café Late*
Flat White*
Espresso
Matcha Mint Late*
Chai Late*
Chai Tea*
Tea*



MAKE IT VEGAN FRIENDLY

Remove chicken and cheese. Replace dressings with olive oil.



MAKE IT VEGAN FRIENDLY

Option: Add mushrooms to any dish. Please specify cooked in oil.



MAKE IT VEGAN FRIENDLY

Replace milk with almond milk to make any hot drink vegan.

Please note coconut-infused water contains honey.



VEGETARIAN

The following menu items are free of meat, chicken and fish:

BREAKFAST

Almond Butter Toast
Smashed Avo & Toast
Scrambled / Poached Eggs & Toast
Smashed Avo, Poached Eggs & Toast
Pesto Mushroom Toast
Breakfast Bowl
Dragon Fruit Smoothie Bowl
Chocolate Protein Smoothie Bowl
Power Oats
Citrus Spiced Oats
Sunrise Unwrapped
Sunrise Wrap
Pesto Mushroom Breakfast Wrap

WRAPS

Harvest
Old Style Caesar*
Princess*
Moroccan*
Kale Caesar*
Thai Crunch*
Mexi*
Tuna Protein*
Chipotle Steak*
The Real Kahuna*
Spicy Burrito*

SALADS & BOWLS

Avo Kale Caesar Salad*
Thai Crunch Salad*
Tuna Protein Salad*
Asian Rainbow Bowl*
Butta Chicken Bowl*
Eastern Spice Bowl*

Avo Kale Caesar Salad
Cobb Salad
Plant Power Salad
Winter Nourish Bowl

SMOOTHIES

All smoothies are veggie friendly except Citrus Glo.

RAW JUICES

All raw juices are veggie friendly.

HOT DRINKS

All hot drinks are veggie friendly.



MAKE IT VEGGIE FRIENDLY

Remove chicken, tuna or steak & replace with mushrooms.



PALEO

The following menu items follow the paleo guidelines being free from dairy, legumes, soy, gluten and grains:

BREAKFAST

Sunrise Unwrapped*
Egg Hot Pot*

SALADS & BOWLS

Chipotle Steak Salad*
Thai Crunch Salad*
Asian Rainbow Bowl*
Plant Power Salad*
Butta Chicken Bowl*
Eastern Spice Bowl*

SMOOTHIES

Mango Berry
Vitamin See
Tropical Greens
Dragon Punch
Acai-Me
Nature's Protein
The Anti-Oxidant
Nut Milk

RAW JUICES

All raw juices are paleo friendly.



MAKE IT PALEO FRIENDLY

Customise this menu item by removing the cheese.



MAKE IT PALEO FRIENDLY

Replace dressing with olive oil.



MAKE IT PALEO FRIENDLY

Customise these menu items by removing the lentils, quinoa, rice & feta.



GLUTEN FREE

The following menu items are free from gluten: (although our kitchens use ingredients containing gluten)

BREAKFAST

Breakfast Bowl
Dragon Fruit Smoothie Bowl
Chocolate Protein Smoothie Bowl
Egg Hot Pot
Sunrise Unwrapped
Protein Breakfast Wrap
Pesto Mushroom Breakfast Wrap

WRAPS

Harvest*
Tropical Chicken*
Princess*
Old Style Caesar*
Moroccan*
Kale Caesar*
Thai Crunch*
Tuna Protein*
Chipotle Steak*
The Real Kahuna*
Spicy Burrito*

SALADS & BOWLS

Cobb Salad
Avo Kale Caesar Salad
Thai Crunch Salad
Tuna Protein Salad
Chipotle Steak Salad
Plant Power Salad
Winter Nourish Bowl
Butta Chicken Bowl
Eastern Spice Bowl

SMOOTHIES

All smoothies are gluten free.

RAW JUICES

All raw juices are gluten free.

HOT DRINKS

All hot drinks are gluten free.



MAKE IT GLUTEN FREE

Customise these menu items to make them gluten free by swopping to a gluten free wrap.