

BREAKFASTS

served until 12:00pm
toasted artisan bread (choice of low gi or 100% rye bread)

HOT DRINKS

NEW dairy-free almond milk ADD 10

250ML SHORT 350ML TALL

- NEW ALMOND BUTTER TOAST** 29
almond / macadamia nut butter, sliced banana, full-cream yoghurt, cinnamon, honey, toasted artisan bread
- SMASHED AVO & TOAST** 34
- SCRAMBLED / POACHED EGGS & TOAST** 38
- AVO TOAST SRIRACHA** 42
avo, cream cheese, sriracha, cucumber, lemon, hemp seeds
- SMASHED AVO, POACHED EGGS & TOAST** 43
- NEW SMOKED TROUT ON RYE TOAST** 69
franschhoek smoked trout, cream cheese, cucumber, rocket, pickled ginger, toasted 100% rye bread
- BREAKFAST BOWL** 36
full-cream yoghurt, pineapple, strawberries, banana, toasted almonds, honey, chia seeds
- POWER OATS** 36
rolled oats, toasted almonds, banana, chia seeds, goji berries, milk, honey
- SUNRISE UNWRAPPED / WRAP** 48 / 57
free range scrambled eggs, salsa, white cheddar, sautéed rosa tomato, baby spinach
- NEW PROTEIN BREAKFAST WRAP** 69
free range scrambled eggs, free range beef sausage, cream cheese, chipotle, red pepper, baby spinach, rosa tomato, spring onion
- FULL BREAKFAST** 69
free range scrambled / poached eggs, sautéed rosa tomato, free range beef sausage, toasted artisan bread
- SMOKED TROUT SCRAMBLED EGGS** 79
free range scrambled eggs, franschhoek smoked trout, cream cheese, toasted artisan bread

- AMERICANO** 21 25
- CAPPUCCINO** 23 28
- CAFFÉ LATTE** 24 29
- FLAT WHITE** 25
- ESPRESSO** 17 20
- MATCHA MINT LATTE** NEW 30
with organic matcha
- RED CAPPUCCINO** 24 29
- CHAI LATTE** 24 29
- HOT CHOCOLATE** 23 28
- FLOO FIGHTER** 23
mint tea, lemon juice, ginger, cayenne pepper, honey
- CHAI TEA** 21 25
- TEA** 17
rooibos, ceylon, green, mint



WRAPS

low carb or gluten-free wrap ADD 11
without chicken LESS 24 swap chicken for grilled steak ADD 5

- HARVEST** 49
feta, avo, cucumber, carrot, house greens, celery & onion mayo (contains free range egg), lemon olive oil vinaigrette
- TROPICAL CHICKEN** 59
free range chicken, pineapple, carrot, house greens, thai peanut dressing
- OLD STYLE CAESAR** 62
free range chicken, rosa tomato, pecorino, low gi croutons, house greens, lemon caesar dressing (contains free range egg)
- PRINCESS** 69
free range chicken, avo, feta, rosa tomato, carrot, celery & onion mayo (contains free range egg), house greens
- MOROCCAN** 69
free range chicken, warm brown rice & quinoa, feta, avo, carrot, rosa tomato, coriander, spring onion, moroccan sauce
- KALE CAESAR** 79
free range chicken, shaved parmesan, parmesan crisps, rosa tomato, lemon, kale, cos, lemon caesar dressing (contains free range egg)
- THAI CRUNCH** 84
free range chicken, cashews, broccoli, carrot, red pepper, cabbage, mint, sesame seeds, pickled ginger, house greens, thai peanut dressing
- MEXI** 86
free range chicken, warm brown rice & quinoa, avo, salsa, raw corn, coriander, jalapeno, rocket, sriracha, lemon olive oil vinaigrette
- TUNA PROTEIN** 66
tuna, free range boiled egg, green beans, carrot, rosa tomato, coriander, spring onion, house greens, celery & onion mayo (contains free range egg), lemon caesar dressing (contains free range egg)
- CHIPOTLE STEAK** 69
grilled steak, smoked chipotle mayo (contains free range egg), cabbage, carrot, baby spinach, rosa tomato
- THE REAL KAHUNA** 77
grilled steak, avo, rosa tomato, house greens, cucumber mint & yoghurt dressing
- WARM INDIE** 82 NEW
free range chicken, warm brown rice & quinoa, butternut, broccoli, rocket, cranberries, toasted coconut, cumin seeds, coriander, curry almond dressing

SALADS

without chicken LESS 24
swap chicken for grilled steak ADD 5

- NEW COBB** 79
free range boiled egg, white cheddar, avo, parmesan crisps, raw corn, rosa tomato, house greens, lemon caesar dressing (contains free range egg)
TRY ME with free range chicken ADD 24
- KALE CAESAR** 79
free range chicken, shaved parmesan, parmesan crisps, rosa tomato, lemon, kale, cos, lemon caesar dressing (contains free range egg)
- THAI CRUNCH** 84
free range chicken, cashews, broccoli, carrot, red pepper, cabbage, mint, sesame seeds, pickled ginger, house greens, thai peanut dressing
- TUNA PROTEIN** 72
tuna with lemon olive oil dressing, free range boiled egg, green beans, carrot, rosa tomato, coriander, spring onion, house greens, lemon caesar dressing (contains free range egg)
- CHIPOTLE STEAK** 69 NEW
grilled steak, cabbage, carrot, baby spinach, rosa tomato, coriander, smoked chipotle dressing (contains free range egg)



WARM BOWLS

without chicken **LESS 24**

swap chicken for grilled steak **ADD 5**

WARM INDIE **82**
free range chicken, warm brown rice & quinoa, butternut, broccoli, rocket, cranberries, toasted coconut, cumin seeds, coriander, curry almond dressing

POWER ROCKET **89**
free range chicken, warm brown rice & quinoa, feta, broccoli, celery, raw corn, rosa tomato, radish, rocket, basil pesto vinaigrette (contains nuts)

NEW **ASIAN RAINBOW** **84**
free range chicken, warm brown rice & quinoa, broccoli, carrot, cabbage, baby spinach, cashews, radish, mint, pickled ginger, coriander, sesame dressing, soy glaze

MEXI **86**
free range chicken, warm brown rice & quinoa, avo, salsa, rocket, raw corn, jalapeno, coriander, wholewheat tortilla chips, lemon olive oil vinaigrette, sriracha



SMOOTHIES

350ML 500ML
S L

STRAWBERRY STINGER **34 40**
strawberries, banana, frozen yoghurt, pressed apple juice

PEANUT BUTTER BLISS **34 40**
sugar-free peanut butter, banana, cacao, frozen yoghurt, milk

BERRY DAIRY **34 40**
blueberries, raspberries, strawberries, banana, frozen yoghurt, honey, milk

LEMON-AID **39 45**
freshly squeezed lemon juice, pineapple, ginger, pressed apple juice, mint, honey

MANGO BERRY **39 45**
mango, raspberries, coconut milk, coconut-infused water, agave

COCO MANGO **39 45**
mango, pineapple, frozen yoghurt, coconut milk, coconut-infused water, mint, honey

GEM **39 45**
banana, toasted almonds, frozen yoghurt, milk, honey

COFFEE DATE **39 45**
espresso, banana, dates, frozen yoghurt, milk

PROTEIN SMOOTHIES

350ML 500ML
S L

LOW FAT PROTEIN SHAKE **42 48**
natural or chocolate: fat free milk, whey protein (sourced from grass-fed cows)

CINNABOMB **45 51**
whey protein (sourced from grass-fed cows), banana, almond / macadamia nut butter, coconut-infused water, cinnamon, agave

PEANUT BUTTER BOMB **48 56**
whey protein (sourced from grass-fed cows), sugar-free peanut butter, banana, cacao, full-cream yoghurt, milk

FRUIT & VEG SMOOTHIES

350ML 500ML
S L

THE CLEANSER **36 42**
pineapple, avo, kale, spinach, pressed apple juice

VITAMIN SEE **36 42**
mango, pineapple, freshly squeezed carrot & orange juice, vitamin C (500mg)

TROPICAL GREENS **36 42**
mango, pineapple, kale, spinach, ginger, pressed apple juice

NEW **WHOLEFOOD BLUSH** **40 46**
carrot, apple, strawberries, lime, coconut-infused water

WHOLEFOOD GREEN **40 46**
apple, kale, spinach, cucumber, pineapple, celery, lemon juice, coconut-infused water

SUPERFOOD SMOOTHIES

350ML 500ML
S L

ACAI-ME **44 50**
acai berries, blueberries, strawberries, pressed apple juice, coconut shavings, honey, mint

NATURE'S PROTEIN **44 50**
vegan protein, hemp seeds, spirulina blend, banana, pineapple, coconut milk, coconut-infused water, agave

THE ANTI-OXIDANT **50 56**
acai berries, goji berries, raspberries, banana, pineapple, coconut-infused water, almond / macadamia nut butter, agave

NUT MILK **50 56**
almond / macadamia nut butter, cashews, cacao nibs, banana, coconut milk, coconut-infused water, honey

RAW JUICES & SHOTS

350ML 500ML
S L

FLOO JUICE **34 42**
orange, carrot, lemon, ginger, cayenne pepper

HEART BEET **34 42**
apple, beetroot, cucumber, lemon, mint

CBC **34 42**
carrot, beetroot, celery

HELPER **36 44**
carrot, cucumber, celery, lemon, turmeric, himalayan salt

YOUR DAILY GREENS **40 48**
apple, kale, spinach, cucumber, celery, chia seeds

NEW **ACTIVATED CHIA SHOT (50ML)** **12**
activated chia, apple, ginger

GINGER SHOT (25ML) **12**

FLOO SHOT (50ML) **15**
ginger, honey, lemon juice, cayenne pepper