

FOOD FOR THOUGHT

CHICKEN

We use chicken that is free of routine antibiotics, animal by-products and growth promoters.

SUGAR-WISE

We avoid added sugars in our food and smoothies, to help you make healthier food choices.

SUSTAINABLE

Our kids' menu has been printed on paper from PEFC-certified sustainable forests, because green is our favourite colour.

KIDS' PORTIONS

We care about offering balanced portion sizes to give kids the nutrients they need to grow and develop.

INGREDIENTS

We use responsibly sourced, natural ingredients, because little bodies are better without artificial flavourants, colourants and preservatives.

SMOOTHIES

250ML

STRAWBERRY STINGER

strawberries, banana, frozen yoghurt, pressed apple juice

26

PEANUT BUTTER BLISS

sugar-free peanut butter, banana, cacao, frozen yoghurt, milk

28

GEM

banana, toasted almonds, frozen yoghurt, milk, honey

28

NEW GREEN LEMON-AID

pineapple, lemon, honey, frozen yoghurt, kale, baby spinach, pressed apple juice

28

WRAPS

low carb or gluten-free wrap ADD 12

NEW CHEESY EGG

free range scrambled eggs, white cheddar

34

NEW CHEESY CHICKEN

free range chicken, white cheddar, celery & onion mayo

42

CHICKEN, WHITE CHEDDAR & CORN

free range chicken, white cheddar, raw corn, celery & onion mayo

46

LITTLE PRINCESS

free range chicken, avo, rosa tomato, carrot, greens, celery & onion mayo

49

YOGHURT POTS

250ML

PEANUT BUTTER CUP

yoghurt, banana, sugar-free peanut butter, toasted almonds, honey

32

