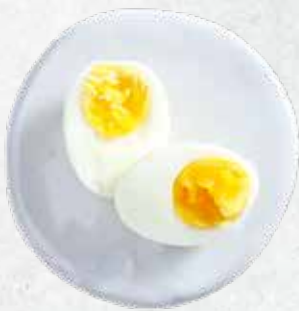


# DIETARY PREFERENCES





# VEGAN

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

## BREAKFAST

Smashed Avo & Toast

## WRAPS

Plant Power

Harvest\*  
Thai Crunch\*

## SALADS & BOWLS

Thai Crunch Salad\*  
Mexi Bowl\*  
Asian Rainbow Bowl\*

Plant Power Salad

## SMOOTHIES

Vitamin See  
Tropical Greens  
Natures Protein  
Peanut Butter Berry

## RAW JUICES

Floo Juice  
Heart Beet  
Your Daily Greens  
Ginger Shot  
Lemon Cucumber Cooler

## HOT DRINKS

Americano\*  
Cappuccino\*  
Caffé Late\*  
Flat White\*  
Espresso  
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.



# VEGETARIAN (LACTO-OVO)

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

## **BREAKFAST**

Smashed Avo & Toast  
Scrambled / Poached Eggs & Toast  
Smashed Avo, Poached Eggs & Toast  
Pesto Mushroom Toast  
Breakfast Bowl  
Berry Dairy Smoothie Bowl  
Tropical Yoghurt Crunch  
Chocolate Protein Smoothie Bowl  
Power Oats  
Sunrise Unwrapped  
Sunrise Wrap

## **WRAPS**

Plant Power  
Harvest

Old Style Caesar\*  
Princess\*  
Moroccan\*  
Kale Caesar\*  
Thai Crunch\*  
Tuna Protein\*  
Chipotle Steak\*  
Spicy Burrito\*  
Cape Malay\*

## **SALADS & BOWLS**

Thai Crunch Salad\*  
Tuna Protein Salad\*  
Asian Rainbow Bowl\*  
Butta Chicken Bowl\*  
Eastern Spice Bowl\*

Avo Kale Caesar Salad  
Cobb Salad  
Plant Power Salad

## **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\*  
Protein 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  
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  
Chocolate Protein Smoothie Bowl  
Egg Hot Pot  
Protein Egg Hot Pot  
Sunrise Unwrapped

Protein Breakfast Wrap

## **WRAPS**

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

**\*  
MAKE IT GLUTEN FREE**

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

## **SALADS & BOWLS**

Cobb Salad  
Avo Kale Caesar Salad  
Tuna Protein Salad  
Chipotle Steak Salad  
Plant Power Salad  
Butta Chicken Bowl  
Eastern Spice Bowl  
Carb Conscious Plate  
Protein Protein

## **SMOOTHIES**

All smoothies are gluten free.

## **RAW JUICES**

All raw juices are gluten free.

## **HOT DRINKS**

All hot drinks are gluten free.