

ALL-DAY BREAKFAST

EGG HOT POT poached egg, sautéed mushrooms, rosa tomatoes, kale, pesto, feta, parmesan	GF LC 29	NEW BERRY DAIRY SMOOTHIE BOWL GF 49 raspberries, blueberries, banana, milk, topped with fresh strawberries, apple, gluten-free nut crumble, mint, honey
NEW PROTEIN EGG HOT POT poached egg, sautéed free range beef sausage, red pepper, rosa tomatoes, kale, feta, chipotle chili, spring onion	GF LC 39	CHOC PROTEIN SMOOTHIE BOWL GF 65 whey protein (grass-fed), cacao, nut butter, frozen yoghurt, avo, topped with banana, coconut, cacao nibs, almonds, hemp seeds
BREAKFAST BOWL yoghurt, pineapple, strawberries, banana, almonds, honey, chia seeds	GF 39	SUNRISE UNWRAPPED GF LC 52 scrambled eggs, salsa, white cheddar, sautéed rosa tomatoes, baby spinach
NEW TROPICAL YOGHURT CRUNCH yoghurt, dragon fruit, banana, chia seeds, gluten-free nut crumble, mint, hemp seeds, honey	GF 42	SUNRISE WRAP 62 scrambled eggs, salsa, white cheddar, sautéed rosa tomatoes, baby spinach
POWER OATS rolled oats, almonds, banana, chia seeds, goji berries, honey, milk	39	BALANCED BREAKFAST 70 poached / scrambled eggs, sautéed free range beef sausage & mushrooms, rosa tomatoes, toast
SMASHED AVO TOAST	V 39	PROTEIN BREAKFAST WRAP 74 scrambled eggs, free range beef sausage, cream cheese, chipotle chili, red pepper, baby spinach, rosa tomatoes
SMASHED AVO, POACHED EGGS & TOAST	49	SMOKED TROUT SCRAMBLED EGGS 89 scrambled eggs, franschhoek smoked trout, cream cheese, toast
POACHED / SCRAMBLED EGGS & TOAST	42	
PESTO MUSHROOM TOAST sautéed mushrooms, pesto, rosa tomatoes, feta, cream cheese	LC 46	

MAKE IT YOUR OWN

· CHOOSE YOUR TOAST: LOW GI / 100% RYE

SANDWICHES

served on low gi bread

WHITE CHEDDAR white cheddar, rosa tomatoes, celery & onion mayo	39	CHICKEN MAYO DELUXE 66 free range chicken, celery & onion mayo, peppadews™, basil pesto
AVO SALAD avo, rosa tomatoes, carrot, lettuce, celery & onion mayo	40	SMOKED TROUT 87 franschhoek smoked trout, cream cheese, cucumber, rosa tomatoes, lettuce, lemon olive oil dressing
CHICKEN MAYO free range chicken, celery & onion mayo, rosa tomatoes	59	

SMOOTHIES

	350ML S	500ML L		350ML S	500ML L
STRAWBERRY STINGER strawberries, banana, frozen yoghurt, pressed apple juice	36	42	MANGO BERRY mango, raspberries, coconut milk, honey, coconut-infused water	42	48
NEW PEANUT BUTTER BERRY V 38 sugar-free peanut butter, blueberries, banana, dates, almond milk, purified water	38	44	GEM 42 48 banana, almonds, frozen yoghurt, milk, honey	42	48
BERRY DAIRY blueberries, raspberries, strawberries, banana, frozen yoghurt, honey, milk	40	46	NEW MILK TART 42 48 milk, frozen yoghurt, coconut milk, cinnamon, gluten-free nut crumble	42	48
PEANUT BUTTER BLISS sugar-free peanut butter, banana, cacao, frozen yoghurt, milk	40	46	NEW CAPPUCCINO FREEZE 42 48 espresso, frozen yoghurt, coconut milk, cacao, milk	42	48

PROTEIN SMOOTHIES

	350ML S	500ML L		350ML S	500ML L
NATURE'S PROTEIN V 48 vegan protein, hemp seeds, spirulina blend, banana, pineapple, coconut milk, pressed apple juice	48	56	PEANUT BUTTER BOMB 50 59 whey protein (grass-fed), sugar-free peanut butter, banana, cacao, yoghurt, milk	50	59
CINNABOMB whey protein (grass-fed), banana, almond / macadamia nut butter, coconut-infused water, cinnamon, honey	50	59	SALTED CARAMEL 50 59 whey protein (grass-fed), dates, banana, almond / macadamia nut butter, himalayan salt, coconut-infused water	50	59

SUPERFOOD SMOOTHIES

	350ML S	500ML L		350ML S	500ML L
VITAMIN SEE V 40 mango, pineapple, freshly squeezed carrot & orange juice, vitamin C (500mg)	40	46	CHOCOLATE BLISS 53 60 cacao, cacao nibs, frozen yoghurt, avo, dates, milk	53	60
TROPICAL GREENS V 42 mango, pineapple, kale, spinach, ginger, pressed apple juice	42	48	NUT MILK 56 63 almond / macadamia nut butter, cashews, cacao nibs, banana, coconut milk, coconut-infused water, honey	56	63
CITRUS GLO orange juice, mango, frozen yoghurt, chia seeds, collagen, citrus-spiced honey	48	55			

NUTRI KNOW-HOW:

Use these handy icons to help you find meals that fit your lifestyle:

GF GLUTEN-FREE **LC** LOW CARB (<25g carb per serving) **V** VEGAN

All of our smoothies are gluten-free.

WRAPS

HARVEST feta, avo, cucumber, carrot, greens, celery & onion mayo, lemon olive oil vinaigrette	55	NEW SALSA QUESADILLA 49 white cheddar, red pepper, salsa, jalapeno, spring onion, coriander ADD avo +14 ADD free range chicken +24
TROPICAL CHICKEN free range chicken, pineapple, carrot, greens, thai peanut dressing	59	THAI CRUNCH 89 free range chicken, cashews, broccoli, carrot, red pepper, cabbage, mint, sesame, pickled ginger, greens, thai peanut dressing
NEW MALAY CHICKEN (LOW CARB = 24g) LC 69 free range chicken, cabbage, carrot, cucumber, greens, curry yoghurt, curried sunflower seeds, on low carb wrap	69	TUNA PROTEIN 70 tuna, boiled egg, green beans, carrot, rosa tomatoes, coriander, greens, celery & onion mayo, lemon caesar dressing
OLD STYLE CAESAR 72 free range chicken, rosa tomatoes, pecorino, low gi croutons, greens, lemon caesar dressing	72	SMOKED TROUT 82 franschhoek smoked trout, cream cheese, cucumber, rosa tomatoes, lettuce, lemon olive oil dressing
SPICY BURRITO 75 free range chicken, salsa, jalapeno, chipotle chili, red pepper, cream cheese, rocket, carrot, coriander	75	
PRINCESS 76 free range chicken, avo, feta, rosa tomatoes, carrot, celery & onion mayo, greens	76	

SALADS

SUPERFOOD GF LC 69 avo, broccoli, cashews, red pepper, rosa tomatoes, carrot, cucumber, chia seeds, lettuce, lemon olive oil dressing	69	THAI CRUNCH LC 89 free range chicken, cashews, broccoli, carrot, red pepper, cabbage, mint, sesame, pickled ginger, greens, thai peanut dressing
TUNA PROTEIN GF LC 78 tuna, boiled egg, green beans, carrot, rosa tomatoes, coriander, spring onion, greens, lemon caesar dressing	78	

MAKE IT YOUR OWN

· SWAP FOR LOW CARB OR GLUTEN-FREE WRAP	+12
· ADD MUSHROOMS	+24
· ADD CHICKEN	+24
· REMOVE CHICKEN	-24

HOT DRINKS

	SHORT	TALL		SHORT	TALL
AMERICANO	22	26	RED CAPPUCCINO	26	31
CAPPUCCINO	25	30	HOT CHOCOLATE	25	30
CAFFÉ LATTE / CHAI LATTE	26	31	FLOO FIGHTER	25	
FLAT WHITE double espresso, steamed milk	27		TEA rooibos, ceylon, green, mint, chai	19	
ESPRESSO	19	23			

MAKE IT YOUR OWN

· SWAP FOR ALMOND MILK	+10
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RAW JUICES & SHOTS

	350ML S	500ML L		350ML S	500ML L
HEART BEET V 39 apple, beetroot, cucumber, lemon, mint	39	47	DRAGON FIRE V 45 53 dragon fruit, ginger, apple, cucumber, celery	45	53
FLOO JUICE V 40 orange, carrot, lemon, ginger, cayenne pepper	40	48	FLOO SHOT (50ML) ginger, honey, lemon, cayenne pepper		20
NEW LEMON CUCUMBER COOLER V 42 cucumber, lemon, pineapple, celery, apple, mint	42	50	GINGER SHOT (25ML / 50ML) V 15	15	30
DAILY GREENS V 45 apple, kale, spinach, cucumber, celery, chia seeds	45	53			

SNACKS

PROTEIN BAR	32	MIXED NUTS V 19
PROTEIN BALL	19	SEED SNACK 12
RAW BAR	V 19	

NEED MORE INFO?

Please ask for our in store **NUTRITIONAL GUIDE** to help you choose suitable menu items.

ADVICE ON ALLERGENS:

Our kitchens use ingredients containing gluten, milk, celery, fish, soya, nuts, and eggs which may accidentally come into contact with your meal. We have strict food safety practices in place to avoid this, but there is a small risk of contact with these allergens.