



PEANUT BUTTER BERRY



PLANT POWER WRAP

PLANT POWERED

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.

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.

SMOOTHIES

350ML 500ML
S L

STRAWBERRY STINGER strawberries, banana, frozen yoghurt, pressed apple juice	38	44
PEANUT BUTTER BERRY sugar-free peanut butter, blueberries, banana, dates, almond milk, purified water	V 38	44
BERRY DAIRY blueberries, raspberries, strawberries, banana, frozen yoghurt, honey, milk	42	48
PEANUT BUTTER BLISS sugar-free peanut butter, banana, cacao, frozen yoghurt, milk	42	48
MANGO BERRY mango, raspberries, coconut milk, honey, purified water	44	50
GEM banana, almonds, frozen yoghurt, milk, honey	44	50
MILK TART milk, frozen yoghurt, coconut milk, cinnamon, gluten-free nut crumble	44	50
CAPPUCCINO FREEZE espresso, frozen yoghurt, coconut milk, cacao, milk	44	50

SUPERFOOD SMOOTHIES

350ML 500ML
S L

VITAMIN SEE mango, pineapple, freshly squeezed carrot & orange juice, vitamin C (500mg)	V 42	50
TROPICAL GREENS mango, pineapple, kale, spinach, ginger, pressed apple juice	V 44	52
NEW GINGER SNAP pineapple, mango, dragon fruit, ginger, pressed apple juice, cinnamon, collagen	46	54
CITRUS GLO orange juice, mango, frozen yoghurt, chia seeds, collagen, citrus-spiced honey	49	57
THE ANTI-OXIDANT acai berries, goji berries, raspberries, banana, pineapple, almond macadamia nut butter, purified water	56	64
NUT MILK almond macadamia nut butter, cashews, cacao nibs, banana, dates, coconut milk, almond milk	56	64

PROTEIN SMOOTHIES

350ML 500ML
S L

NATURE'S PROTEIN vegan protein, hemp seeds, spirulina blend, banana, pineapple, coconut milk, pressed apple juice	V 49	59
SALTED CARAMEL whey protein (grass-fed), dates, banana, almond macadamia nut butter, himalayan salt, purified water	50	60
CINNABOMB whey protein (grass-fed), banana, almond macadamia nut butter, cinnamon, honey, purified water	50	60
PEANUT BUTTER BOMB whey protein (grass-fed), sugar-free peanut butter, banana, cacao, yoghurt, milk	52	62

RAW JUICES & SHOTS

350ML 500ML
S L

HEART BEET apple, beetroot, cucumber, lemon, mint	V 39	47
FLOO JUICE orange, carrot, lemon, ginger, cayenne pepper	V 42	50
LEMON CUCUMBER COOLER cucumber, lemon, pineapple, celery, apple, mint	V 44	52
DAILY GREENS apple, kale, spinach, cucumber, celery, chia seeds	V 46	54
DRAGON FIRE dragon fruit, ginger, apple, cucumber, celery	V 46	54
FLOO SHOT (50ML) ginger, honey, lemon, cayenne pepper		22
GINGER SHOT (25ML/50ML)	V 15	30

COLD DRINKS

WATER (500ML / 750ML) still	17 / 23
WATER (500ML) sparkling	17
SCHECKTERS ORGANIC ENERGY (250ML)	32
SCHECKTERS LITE ORGANIC ENERGY (250ML)	32
BOS SPARKLING UNSWEETENED ICE TEA (330ML)	19
BOS SPORT (500ML) mandarin orange / red berry / blueberry / lemon lime	22

BREAKFASTS

RASPBERRY YOGHURT POT	30
yoghurt, raspberry, honey, chia seeds	
BOILED EGG POT	32
free range boiled eggs, rocket, rosa tomatoes, feta lemon caesar dressing, curried sunflower seeds	
PEANUT BUTTER & BANANA YOGHURT POT	34
yoghurt, banana, sugar-free peanut butter, toasted almonds, honey	
BREAKFAST BOWL	39
yoghurt, pineapple, strawberries, banana, toasted almonds, honey, chia seeds	

WRAPS

HARVEST	55
feta, avo, cucumber, carrot, greens, celery & onion mayo, lemon olive oil vinaigrette	
TROPICAL CHICKEN	62
free range chicken, pineapple, carrot, greens, thai peanut dressing	
MALAY CHICKEN (LOW CARB = 24G)	LC 72
free range chicken, cabbage, carrot, cucumber, greens, curry yoghurt, curried sunflower seeds, on low carb wrap	
PLANT POWER	V 75
lentils, avo, cashews, orange, green beans, cabbage, kale, greens, curried sunflower seeds, vegan almond butter dressing	
PRINCESS	79
free range chicken, avo, feta, rosa tomatoes, carrot, celery & onion mayo, greens	
THAI CRUNCH	89
free range chicken, cashews, broccoli, carrot, red pepper, cabbage, mint, sesame, pickled ginger, greens, thai peanut dressing	
TUNA PROTEIN	72
tuna, free range boiled egg, green beans, carrot, rosa tomatoes, coriander, spring onion, greens, celery & onion mayo, lemon caesar dressing	

SALADS

AVO KALE CAESAR	GF LC 69
avo, parmesan shavings, parmesan crisps, rosa tomatoes, kale, greens, lemon caesar dressing	
TUNA PROTEIN	GF LC 79
tuna with lemon olive oil dressing, free range boiled egg, green beans, carrot, rosa tomatoes, coriander, spring onion, greens, lemon caesar dressing	
PLANT POWER	GF V 85
lentils, avo, cashews, orange, green beans, cabbage, rocket, kale, greens, curried sunflower seeds, vegan almond butter dressing	

SALADS

COBB	GF LC 88
free range boiled egg, white cheddar, avo, parmesan crisps, red pepper, rosa tomatoes, greens, lemon caesar dressing	
THAI CRUNCH	LC 89
free range chicken, cashews, broccoli, carrot, red pepper, cabbage, mint, sesame, pickled ginger, greens, thai peanut dressing	

HOT DRINKS

dairy-free almond milk **ADD 10** **SHORT** **TALL**

AMERICANO	22	26
CAPPUCCINO	25	30
CAFFÉ LATTE / CHAI LATTE	26	31
FLAT WHITE	27	
double espresso, steamed milk		
ESPRESSO	19	23
RED CAPPUCCINO	28	33
HOT CHOCOLATE	25	30
NEW SKINNY HOT CHOCOLATE	25	
FLOO FIGHTER	28	
mint tea, lemon, ginger, cayenne pepper, honey		
TEA rooibos / ceylon / green / mint / chai	19	

SNACKS

PROTEIN BAR	34
PROTEIN BALL	19
RAW BAR	V 19
SEED SNACK	12
MIXED NUTS	V 19
FREE RANGE BEEF BILTONG (40G) - sliced	35
FREE RANGE BEEF BILTONG (40G) - snack sticks	38
SEASONAL FRUIT banana / apple / orange	7
PEANUT BUTTER COOKIES	GF 20
CRANBERRY ALMOND BISCUITS	GF 20
SEED RUSKS	GF 15
CHOCOLATE OAT CRUNCHIE	GF 20
SMART COOKIE	GF 28
CAPPUCCINO MUFFIN	23
SUPERFOOD MUFFIN	GF 26

HAVE A Ball



**PROTEIN
BALLS**



TRY OUR NEW SNACK RANGE