

ALL-DAY BREAKFAST

YOGHURT POT	36
yoghurt, toasted granola	
RASPBERRY YOGHURT POT	36
raspberries, yoghurt, toasted granola, honey	
HOT OATS	33
oats, dried cranberries, toasted coconut, almonds, raisins, cinnamon, milk	
EGG PANINI	39
free range egg, cheddar cheese, sweet chili sauce on a panini	

WRAPS

CHICKEN MAYO	39
free range chicken, mayo, tomato, carrot, lettuce	
CHICKEN CHEDDAR FLAT WRAP	42
free range chicken breast, melted cheddar, mayo	
CHICKEN MAYO DELUXE	45
free range chicken, mayo, basil pesto, peppadews™, tomato, carrot, lettuce	
CHICKEN CAESAR	45
free range chicken, pecorino, caesar dressing, tomato, lettuce	
SWEET CHILI CHICKEN	45
free range chicken, tomato, carrot, lettuce, sesame, thai peanut dressing, sweet chili sauce	

SANDWICHES

served on low gi bread

WHITE CHEDDAR & TOMATO	32
white cheddar, tomato	
CHICKEN MAYO	39
free range chicken, mayo	
CHICKEN MAYO DELUXE	58
free range chicken, mayo, peppadews™, basil pesto	

HOT DRINKS

SHORT TALL

AMERICANO	22	26
CAPPUCCINO	25	30
ESPRESSO	19	23
HOT CHOCOLATE	25	30
TEA rooibos, ceylon, green	19	

SMOOTHIES

STRAWBERRY STINGER strawberries, banana, frozen yoghurt, pressed apple juice	36	42
NEW PEANUT BUTTER BERRY sugar-free peanut butter, blueberries, banana, dates, almond milk, purified water	38	44
BERRY DAIRY blueberries, raspberries, strawberries, banana, frozen yoghurt, honey, milk	40	46
PEANUT BUTTER BLISS sugar-free peanut butter, banana, cacao, frozen yoghurt, milk	40	46
MANGO BERRY mango, raspberries, coconut milk, honey, coconut-infused water	42	48
GEM banana, almonds, frozen yoghurt, milk, honey	42	48
NEW MILK TART milk, frozen yoghurt, coconut milk, cinnamon, gluten-free nut crumble	42	48
NEW CAPPUCINO FREEZE espresso, frozen yoghurt, coconut milk, cacao, milk	42	48
TROPICAL GREENS mango, pineapple, kale, spinach, ginger, pressed apple juice	42	48

PROTEIN SMOOTHIES

CINNABOMB whey protein (grass-fed), banana, almond / macadamia nut butter, coconut-infused water, cinnamon, honey	50	59
PEANUT BUTTER BOMB whey protein (grass-fed), sugar-free peanut butter, banana, cacao, yoghurt, milk	50	59
SALTED CARAMEL whey protein (grass-fed), dates, banana, almond / macadamia nut butter, himalayan salt, coconut-infused water	50	59

**ADDITIONS / SUBSTITUTIONS MAY BE CHARGED FOR.
FOR A FULL LIST OF INGREDIENTS PLEASE ASK FOR THE NUTRITIONAL GUIDE.**