

ALL-DAY BREAKFAST

NEW PEANUT BUTTER CUP	36
yoghurt, banana, sugar-free peanut butter, toasted almonds, honey	
YOGHURT POT	38
yoghurt, toasted granola	
RASPBERRY YOGHURT POT	38
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	45
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	40
free range chicken, mayo	
CHICKEN MAYO DELUXE	59
free range chicken, mayo, peppadews™, basil pesto	

HOT DRINKS

SHORT TALL

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

SMOOTHIES		350ML S	500ML 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	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	

PROTEIN SMOOTHIES		350ML S	500ML L
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	
SALTED CARAMEL whey protein (grass-fed), dates, banana, almond macadamia nut butter, himalayan salt, purified water	50	60	

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