

## ALL-DAY BREAKFAST

TOAST: LOW GI / 100% RYE

<b>NEW</b> ALMOND PORRIDGE POT rolled oats, almond macadamia nut butter, dates, yoghurt, milk, honey, cinnamon	29	SMASHED AVO TOAST	<b>V</b> 39
POWER OATS rolled oats, almonds, banana, chia seeds, goji berries, honey, milk	39	SMASHED AVO, POACHED EGGS & TOAST	49
<b>NEW</b> MEXI EGG POT free range poached egg, mexi beans, baby spinach, rosa tomatoes, feta, spring onion	<b>GF</b> <b>LC</b> 39	POACHED / SCRAMBLED EGGS & TOAST	44
<b>NEW</b> MAKE IT A BOWL + free range poached egg, baby spinach	65	PESTO MUSHROOM TOAST	<b>LC</b> 48
PESTO EGG POT free range poached egg, sautéed mushrooms, rosa tomatoes, kale, pesto, feta, parmesan	<b>GF</b> <b>LC</b> 30	SUNRISE UNWRAPPED / WRAP	53 / 63
<b>NEW</b> MAKE IT A BOWL + free range poached egg, baby spinach	52	free range scrambled eggs, salsa, white cheddar, sautéed rosa tomatoes, baby spinach	
PROTEIN EGG POT free range poached egg, sautéed free range beef sausage, red pepper, rosa tomatoes, kale, feta, chipotle chili, spring onion	<b>GF</b> <b>LC</b> 39	SPINACH & FETA OMELETTE free range scrambled eggs, feta, baby spinach, red pepper, spring onion	60
<b>NEW</b> MAKE IT A BOWL + free range poached egg, baby spinach	65	BALANCED BREAKFAST free range poached / scrambled eggs, sautéed free range beef sausage & mushrooms, rosa tomatoes, toast	72
BREAKFAST BOWL yoghurt, pineapple, strawberries, banana, almonds, honey, chia seeds	<b>GF</b> 39	PROTEIN BREAKFAST WRAP OR OMELETTE free range scrambled eggs, free range beef sausage, cream cheese, chipotle chili, red pepper, baby spinach, rosa tomatoes	76 / 79
CHOC PROTEIN SMOOTHIE BOWL whey protein (grass-fed), cacao, nut butter, frozen yoghurt, avo, topped with banana, coconut, cacao nibs, almonds, hemp seeds	<b>GF</b> 66		

## HOT DRINKS

ALMOND MILK +10

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

## RAW JUICES & SHOTS

	350ML S	500ML L		350ML S	500ML L
HEART BEET apple, beetroot, cucumber, lemon, mint	<b>V</b> 39	47	DAILY GREENS apple, kale, spinach, cucumber, celery, chia seeds	<b>V</b> 46	54
FLOO JUICE orange, carrot, lemon, ginger, cayenne pepper	<b>V</b> 42	50	DRAGON FIRE dragon fruit, ginger, apple, cucumber, celery	<b>V</b> 46	54
LEMON CUCUMBER COOLER cucumber, lemon, pineapple, celery, apple, mint	<b>V</b> 44	52	FLOO SHOT (50ML) ginger, honey, lemon, cayenne pepper		22
			GINGER SHOT (25ML / 50ML)	<b>V</b> 15	30

## WRAPS, SALADS & WARM BOWLS

SALSA QUESADILLA white cheddar, red pepper, salsa, jalapeno, spring onion, coriander	49	THAI CRUNCH WRAP OR SALAD free range chicken, cashews, broccoli, carrot, red pepper, cabbage, mint, sesame, pickled ginger, greens, thai peanut dressing	89
ADD avo +14 ADD free range chicken +24		PLANT POWER WRAP OR SALAD <b>V</b> 75 / 85 lentils, avo, cashews, orange, green beans, cabbage, kale, greens, curried sunflower seeds, vegan nut butter dressing	
<b>NEW</b> MEXI FRESH WRAP mexi beans, avo, spiced butternut, salsa, baby spinach, yoghurt coriander dressing	65	TUNA PROTEIN WRAP OR SALAD 72 / 79 tuna, free range boiled egg, green beans, carrot, rosa tomatoes, coriander, greens, celery & onion mayo, lemon caesar dressing	
HARVEST WRAP feta, avo, cucumber, carrot, greens, celery & onion mayo, lemon olive oil vinaigrette	55	<b>SALAD served with rocket</b>	
TROPICAL CHICKEN WRAP free range chicken, pineapple, carrot, greens, thai peanut dressing	62	AVO KALE CAESAR SALAD 69 avo, parmesan shavings, parmesan crisps, rosa tomatoes, kale, greens, lemon caesar dressing	
MALAY CHICKEN WRAP (LOW CARB = 24g) <b>LC</b> 72 free range chicken, cabbage, carrot, cucumber, greens, curry yoghurt, curried sunflower seeds, on low carb wrap		COBB SALAD 88 free range boiled egg, white cheddar, avo, parmesan crisps, red pepper, rosa tomatoes, greens, lemon caesar dressing	
CHIPOTLE STEAK WRAP OR SALAD 69 grilled steak, smoked chipotle chili mayo, cabbage, carrot, baby spinach, rosa tomatoes		WINTER NOURISH BOWL 49 root vegetable & lentil stew with roasted cauliflower, spiced butternut, pesto, curried sunflower seeds, kale, parmesan	
SALAD served with coriander		<b>NEW</b> MEXI FRESH BOWL 68 mexi beans, avo, spiced butternut, salsa, organic blue corn chips, baby spinach, fresh lime, yoghurt coriander dressing	
SPICY BURRITO WRAP free range chicken, salsa, jalapeno, chipotle chili, red pepper, cream cheese, rocket, carrot, coriander	78	ASIAN RAINBOW BOWL 89 free range chicken, brown rice & quinoa, broccoli, carrot, cabbage, baby spinach, cashews, pickled ginger, mint, sesame dressing	
MOROCCAN WRAP free range chicken, brown rice & quinoa, feta, avo, carrot, rosa tomatoes, coriander, spring onion, moroccan sauce	79	BUTTA CHICKEN BOWL 92 free range chicken & butternut curry, brown rice & quinoa, roasted cauliflower, baby spinach, curried sunflower seeds, carrot pickle	
PRINCESS WRAP free range chicken, avo, feta, rosa tomatoes, carrot, greens, celery & onion mayo	79		
PRINCE WRAP grilled steak, avo, feta, rosa tomatoes, carrot, greens, celery & onion mayo	84		

**LC** All of our salads are low carb except the plant power.

**GF** Selected salads & bowls are gluten-free. Please see the NUTRITIONAL GUIDE for more info.

## MAKE IT YOUR OWN

· SWAP FOR LOW CARB WRAP	+12
· ADD MUSHROOMS	+24
· ADD CHICKEN	+24
· REMOVE CHICKEN	-24
· SWAP CHICKEN FOR GRILLED STEAK	+5

## DESIGN YOUR OWN WRAP, SALAD, BOWL OR OMELETTE

includes base, 3 harvest fillings, 1 deli topping & dressing

60

### 1. CHOOSE YOUR BASE

- WRAP (for low carb wrap +12)
- SALAD (choose: kale, baby spinach, rocket, cos or lettuce)
- BOWL warm grain - quinoa & brown rice (gluten-free)
- OMELETTE three free range eggs, toast

### 2. PICK ANY 3 HARVEST FILLINGS

rosa tomatoes	spring onion	green beans
roasted butternut	mint	sesame seeds
roasted cauliflower	coriander	cashews
lentils	jalapeno	almonds
red pepper	fresh salsa	rocket
carrot	broccoli	curried sunflower seeds
red onion	pickled ginger	organic blue corn chips
cucumber	carrot pickle	
	red cabbage	ADD an extra harvest filling +8

### 3. SELECT 1 DELI TOPPING

free range boiled egg	shaved parmesan	
avo ¼	white cheddar	
feta	parmesan crisps	ADD an extra deli topping +12

### 4. DRESS IT

olive oil	vegan nut butter dressing	squeeze of lemon
thai peanut dressing	balsamic vinegar	mayo (free range egg)
lemon caesar dressing	chipotle dressing	yoghurt coriander dressing
sesame dressing	lemon & olive oil vinaigrette	

### 5. THROW IN A PROTEIN

free range chicken	tuna
sautéed mushrooms	grilled steak
ADD a protein +24	mexi beans

*Frozen Yoghurt*  
AVAILABLE IN  
SELECTED STORES.

## SMOOTHIES

	350ML S	500ML L		350ML S	500ML L
STRAWBERRY STINGER strawberries, banana, frozen yoghurt, pressed apple juice	38	44	MANGO BERRY mango, raspberries, coconut milk, honey, purified water	44	50
PEANUT BUTTER BERRY <b>V</b> 38 sugar-free peanut butter, blueberries, banana, dates, almond milk, purified water		44	GEM 44 banana, almonds, frozen yoghurt, milk, honey		50
BERRY DAIRY 42 blueberries, raspberries, strawberries, banana, frozen yoghurt, honey, milk		48	MILK TART 44 milk, frozen yoghurt, coconut milk, cinnamon, gluten-free nut crumble		50
PEANUT BUTTER BLISS 42 sugar-free peanut butter, banana, cacao, frozen yoghurt, milk		48	CAPPUCCINO FREEZE 44 espresso, frozen yoghurt, coconut milk, cacao, milk		50

## PROTEIN SMOOTHIES

	350ML S	500ML L		350ML S	500ML L
NATURE'S PROTEIN <b>V</b> 49 vegan protein, hemp seeds, spirulina blend, banana, pineapple, coconut milk, pressed apple juice		59	CINNABOMB 50 whey protein (grass-fed), banana, almond macadamia nut butter, cinnamon, honey, purified water		60
SALTED CARAMEL 50 whey protein (grass-fed), dates, banana, almond macadamia nut butter, himalayan salt, purified water		60	PEANUT BUTTER BOMB 52 whey protein (grass-fed), sugar-free peanut butter, banana, cacao, yoghurt, milk		62

## SUPERFOOD SMOOTHIES

	350ML S	500ML L		350ML S	500ML L
VITAMIN SEE <b>V</b> 42 mango, pineapple, freshly squeezed carrot & orange juice, vitamin C (500mg)		50	CITRUS GLO 49 orange juice, mango, frozen yoghurt, chia seeds, collagen, citrus-spiced honey		57
TROPICAL GREENS <b>V</b> 44 mango, pineapple, kale, spinach, ginger, pressed apple juice		52	THE ANTI-OXIDANT 56 acai berries, goji berries, raspberries, banana, pineapple, almond macadamia nut butter, honey, purified water		64
<b>NEW</b> GINGER SNAP 46 pineapple, mango, dragon fruit, ginger, pressed apple juice, cinnamon, collagen		54	NUT MILK 56 almond macadamia nut butter, cashews, cacao nibs, banana, dates, coconut milk, almond milk		64

## 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.