

ALL-DAY BREAKFAST

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

MAKE IT YOUR OWN

· CHOOSE YOUR TOAST: LOW GI / 100% RYE

SALADS

AVO KALE CAESAR avo, parmesan shavings, parmesan crisps, rosa tomatoes, kale, greens, lemon caesar dressing	GF LC 69	THAI CRUNCH LC	89
PLANT POWER lentils, avo, cashews, orange, green beans, cabbage, rocket, kale, greens, curried sunflower seeds, vegan nut butter dressing	GF V 85	free range chicken, cashews, broccoli, carrot, red pepper, cabbage, mint, sesame, pickled ginger, greens, thai peanut dressing	
COBB free range boiled egg, white cheddar, avo, parmesan crisps, red pepper, rosa tomatoes, greens, lemon caesar dressing	GF LC 88	CHIPOTLE STEAK GF LC	69
		grilled steak, cabbage, carrot, baby spinach, rosa tomatoes, coriander, smoked chipotle chili dressing	
		TUNA PROTEIN GF LC	79
		tuna, free range boiled egg, green beans, carrot, rosa tomatoes, coriander, spring onion, greens, lemon caesar dressing	

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 V	38	44	GEM banana, almonds, frozen yoghurt, milk, honey	44	50
BERRY DAIRY blueberries, raspberries, strawberries, banana, frozen yoghurt, honey, milk	42	48	MILK TART milk, frozen yoghurt, coconut milk, cinnamon, gluten-free nut crumble	44	50
PEANUT BUTTER BLISS sugar-free peanut butter, banana, cacao, frozen yoghurt, milk	42	48	CAPPUCCINO FREEZE espresso, frozen yoghurt, coconut milk, cacao, milk	44	50

PROTEIN SMOOTHIES

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

SUPERFOOD SMOOTHIES

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

WRAPS

SALSA QUESADILLA white cheddar, red pepper, salsa, jalapeno, spring onion, coriander ADD avo +14 ADD free range chicken +24	49	MOROCCAN 79	free range chicken, brown rice & quinoa, feta, avo, carrot, rosa tomatoes, coriander, spring onion, moroccan sauce
HARVEST feta, avo, cucumber, carrot, greens, celery & onion mayo, lemon olive oil vinaigrette	55	PRINCESS 79	free range chicken, avo, feta, rosa tomatoes, carrot, greens, celery & onion mayo
NEW MEXI FRESH mexi beans, avo, spiced butternut, salsa, baby spinach, yoghurt coriander dressing	65	THAI CRUNCH 89	free range chicken, cashews, broccoli, carrot, red pepper, cabbage, mint, sesame, pickled ginger, greens, thai peanut dressing
PLANT POWER V lentils, avo, cashews, orange, green beans, cabbage, kale, greens, curried sunflower seeds, vegan nut butter dressing	75	CHIPOTLE STEAK 69	grilled steak, smoked chipotle chili mayo, cabbage, carrot, baby spinach, rosa tomatoes
TROPICAL CHICKEN free range chicken, pineapple, carrot, greens, thai peanut dressing	62	PRINCE 84	grilled steak, avo, feta, rosa tomatoes, carrot, greens, celery & onion mayo
MALAY CHICKEN (LOW CARB = 24g) free range chicken, cabbage, carrot, cucumber, greens, curry yoghurt, curried sunflower seeds, on low carb wrap	LC 72	TUNA PROTEIN 72	tuna, free range boiled egg, green beans, carrot, rosa tomatoes, coriander, greens, celery & onion mayo, lemon caesar dressing
SPICY BURRITO 78			
free range chicken, salsa, jalapeno, chipotle chili, red pepper, cream cheese, rocket, carrot, coriander			

WARM BOWLS

PROTEIN PLATE GF free range chicken breast with lemon & herb sauce, side salad with lemon olive oil vinaigrette with choice of: brown rice, quinoa & salsa OR steamed broccoli	75	ASIAN RAINBOW 89	free range chicken, brown rice & quinoa, broccoli, carrot, cabbage, baby spinach, cashews, pickled ginger, mint, sesame dressing
NEW MEXI FRESH GF mexi beans, avo, spiced butternut, salsa, organic blue corn chips, baby spinach, fresh lime, yoghurt coriander dressing	68	BUTTA CHICKEN GF	92 free range chicken & butternut curry, brown rice & quinoa, roasted cauliflower, baby spinach, curried sunflower seeds, carrot pickle

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

HOT DRINKS

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

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

SNACKS

PROTEIN BAR	34	SEED SNACK	12
PROTEIN BALL	19	FREE RANGE BILTONG Sliced (40g)	35
RAW BAR V	19	FREE RANGE BILTONG Snack Sticks (40g)	38
MIXED NUTS 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.