

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
PESTO EGG POT free range poached egg, sautéed mushrooms, rosa tomatoes, kale, pesto, feta, parmesan	GF LC 30	POACHED / SCRAMBLED EGGS & TOAST	44
NEW MAKE IT A BOWL + free range poached egg, baby spinach	52	PESTO MUSHROOM TOAST sautéed mushrooms, pesto, rosa tomatoes, feta, cream cheese	LC 48
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 free range scrambled eggs, salsa, white cheddar, sautéed rosa tomatoes, baby spinach	GF LC 53
NEW MAKE IT A BOWL + free range poached egg, baby spinach	65	SUNRISE WRAP free range scrambled eggs, salsa, white cheddar, sautéed rosa tomatoes, baby spinach	63
BREAKFAST BOWL yoghurt, pineapple, strawberries, banana, almonds, honey, chia seeds	GF 39	BALANCED BREAKFAST free range poached / scrambled eggs, sautéed free range beef sausage & mushrooms, rosa tomatoes, toast	72
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	PROTEIN BREAKFAST WRAP free range scrambled eggs, free range beef sausage, cream cheese, chipotle chili, red pepper, baby spinach, rosa tomatoes	76

MAKE IT YOUR OWN

· CHOOSE YOUR TOAST: LOW GI / 100% RYE

SANDWICHES

served on low gi bread

WHITE CHEDDAR white cheddar, rosa tomatoes, celery & onion mayo	39	CHICKEN MAYO free range chicken, rosa tomatoes, celery & onion mayo	59
AVO SALAD avo, rosa tomatoes, carrot, lettuce, celery & onion mayo	40	CHICKEN MAYO DELUXE free range chicken, peppadews™, basil pesto, celery & onion mayo	68

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 sugar-free peanut butter, blueberries, banana, dates, almond milk, purified water	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 vegan protein, hemp seeds, spirulina blend, banana, pineapple, coconut milk, pressed apple juice	V 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 mango, pineapple, freshly squeezed carrot & orange juice, vitamin C (500mg)	V 42	50	CITRUS GLO orange juice, mango, frozen yoghurt, chia seeds, collagen, citrus-spiced honey	49	57
TROPICAL GREENS mango, pineapple, kale, spinach, ginger, pressed apple juice	V 44	52	NUT MILK almond macadamia nut butter, cashews, cacao nibs, banana, dates, coconut milk, almond milk	56	64
NEW GINGER SNAP pineapple, mango, dragon fruit, ginger, pressed apple juice, cinnamon, collagen	46	54			

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	SPICY BURRITO free range chicken, salsa, jalapeno, chipotle chili, red pepper, cream cheese, rocket, carrot, coriander	78
HARVEST feta, avo, cucumber, carrot, greens, celery & onion mayo, lemon olive oil vinaigrette	55	PRINCESS free range chicken, avo, feta, rosa tomatoes, carrot, greens, celery & onion mayo	79
TROPICAL CHICKEN free range chicken, pineapple, carrot, greens, thai peanut dressing	62	THAI CRUNCH free range chicken, cashews, broccoli, carrot, red pepper, cabbage, mint, sesame, pickled ginger, greens, thai peanut dressing	89
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 tuna, free range boiled egg, green beans, carrot, rosa tomatoes, coriander, greens, celery & onion mayo, lemon caesar dressing	72

SALADS

SUPERFOOD avo, broccoli, cashews, red pepper, rosa tomatoes, carrot, cucumber, chia seeds, lettuce, lemon olive oil dressing	GF LC 69	TUNA PROTEIN tuna, free range boiled egg, green beans, carrot, rosa tomatoes, coriander, spring onion, greens, lemon caesar dressing	GF LC 79
THAI CRUNCH free range chicken, cashews, broccoli, carrot, red pepper, cabbage, mint, sesame, pickled ginger, greens, thai peanut dressing	LC 89		

MAKE IT YOUR OWN

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

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 mint tea, lemon, ginger, cayenne pepper, honey	28	
FLAT WHITE double espresso, steamed milk	27		TEA rooibos, ceylon, green, mint, chai	19	
ESPRESSO	19	23			
RED CAPPUCCINO	28	33			

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

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.