

ALL-DAY BREAKFAST

EGG HOT POT poached egg, sautéed mushrooms, rosa tomatoes, swiss chard, pesto, feta, parmesan	GF LC 39	BREAKFAST BOWL yoghurt, pineapple, strawberries, banana, almonds, honey, chia seeds	GF 50
NEW PROTEIN EGG HOT POT poached egg, sautéed beef sausage, red pepper, rosa tomatoes, swiss chard, feta, chipotle chili, spring onion	GF LC 49	BALANCED BREAKFAST poached / scrambled eggs, sautéed beef sausage & mushrooms, rosa tomatoes, toast	82
SMASHED AVO TOAST	V 42	SUNRISE UNWRAPPED scrambled eggs, salsa, white cheddar, sautéed rosa tomatoes, baby spinach	GF LC 60
SMASHED AVO, POACHED EGGS & TOAST	52	SUNRISE WRAP scrambled eggs, salsa, white cheddar, sautéed rosa tomatoes, baby spinach	69
POACHED / SCRAMBLED EGGS & TOAST	45	PROTEIN BREAKFAST WRAP scrambled eggs, beef sausage, cream cheese, chipotle chili, red pepper, baby spinach, rosa tomatoes	87
PESTO MUSHROOM TOAST sautéed mushrooms, pesto, rosa tomatoes, feta, cream cheese	LC 50		
POWER OATS rolled oats, almonds, banana, chia seeds, goji berries, honey	48		

MAKE IT YOUR OWN

· CHOOSE YOUR TOAST: LOW GI / 100% RYE

SMOOTHIES

	350ML S	500ML L		350ML S	500ML L
STRAWBERRY STINGER strawberries, banana, frozen yoghurt, pressed apple juice	42	48	MANGO BERRY mango, raspberries, coconut milk, honey, coconut-infused water	44	50
NEW PEANUT BUTTER BERRY sugar-free peanut butter, blueberries, banana, dates, almond milk, purified water	V 42	48	GEM banana, almonds, frozen yoghurt, milk, honey	44	50
PEANUT BUTTER BLISS sugar-free peanut butter, banana, cacao, frozen yoghurt, milk	42	48	NEW CAPPUCCINO FREEZE espresso, frozen yoghurt, coconut milk, cacao, milk	44	50
BERRY DAIRY blueberries, raspberries, strawberries, banana, frozen yoghurt, honey, milk	42	48			

PROTEIN SMOOTHIES

	350ML S	500ML L		350ML S	500ML L
LOW FAT CHOCOLATE PROTEIN SHAKE fat free milk, whey protein (grass-fed)	45	55	PEANUT BUTTER BOMB whey protein (grass-fed), sugar-free peanut butter, banana, cacao, yoghurt, milk	50	60
NATURE'S PROTEIN vegan protein, hemp seeds, spirulina blend, banana, pineapple, coconut milk, pressed apple juice	V 49	59	SALTED CARAMEL whey protein (grass-fed), dates, banana, almond / macadamia nut butter, himalayan salt, coconut-infused water	50	60
CINNABOMB whey protein (grass-fed), banana, almond / macadamia nut butter, coconut-infused water, cinnamon, honey	50	60			

SUPERFOOD SMOOTHIES

	350ML S	500ML L		350ML S	500ML L
VITAMIN SEE mango, pineapple, freshly squeezed carrot & orange juice, vitamin C (500mg)	V 42	52	CHOCOLATE BLISS cacao, cacao nibs, frozen yoghurt, avo, dates, milk	55	65
TROPICAL GREENS mango, pineapple, kale, spinach, ginger, pressed apple juice	V 42	52	THE ANTI-OXIDANT acai berries, goji berries, raspberries, banana, pineapple, coconut-infused water, almond / macadamia nut butter, honey	55	65
CITRUS GLO orange juice, mango, frozen yoghurt, chia seeds, collagen, citrus-spiced honey	49	59	NUT MILK almond / macadamia nut butter, cashews, cacao nibs, banana, coconut milk, coconut-infused water, honey	56	66

SALADS

CHIPOTLE STEAK grilled steak, cabbage, carrot, spinach, rosa tomatoes, coriander, smoked chipotle chili dressing	82	COBB boiled egg, white cheddar, avo, parmesan crisps, red pepper, rosa tomatoes, greens, lemon caesar dressing	86
TUNA PROTEIN tuna, boiled egg, green beans, carrot, rosa tomatoes, coriander, spring onion, greens, lemon caesar dressing	GF LC 84	THAI CRUNCH chicken, cashews, broccoli, carrot, red pepper, cabbage, mint, sesame, pickled ginger, greens, thai peanut dressing	GF LC 95

MAKE IT YOUR OWN

· ADD MUSHROOMS	+24
· ADD CHICKEN	+24
· REMOVE CHICKEN	-24
· SWAP CHICKEN FOR GRILLED STEAK	+10

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

HARVEST feta, avo, cucumber, carrot, greens, celery & onion mayo, lemon olive oil vinaigrette	65	NEW MALAY CHICKEN chicken, cabbage, carrot, cucumber, greens, curry yoghurt, curried sunflower seeds	79
TROPICAL CHICKEN chicken, pineapple, carrot, greens, thai peanut dressing	72	THAI CRUNCH chicken, cashews, broccoli, carrot, red pepper, cabbage, mint, sesame, pickled ginger, greens, thai peanut dressing	97
OLD STYLE CAESAR chicken, rosa tomatoes, pecorino, low gi croutons, greens, lemon caesar dressing	78	CHIPOTLE STEAK grilled steak, smoked chipotle chilli mayo, cabbage, carrot, spinach, rosa tomatoes	82
PRINCESS chicken, avo, feta, rosa tomatoes, carrot, celery & onion mayo, greens	87	TUNA PROTEIN tuna, boiled egg, green beans, carrot, rosa tomatoes, coriander, greens, celery & onion mayo, lemon caesar dressing	82
PRINCE grilled steak, avo, feta, rosa tomatoes, carrot, celery & onion mayo, greens	90	NEW SALSA QUESADILLA white cheddar, red pepper, salsa, jalapeno, spring onion, coriander	59
SPICY BURRITO chicken, salsa, jalapeno & chipotle chili, red pepper, cream cheese, rocket, carrot, coriander	84	ADD avo	+14
		ADD chicken	+24
MOROCCAN chicken, brown rice & quinoa, feta, avo, carrot, rosa tomatoes, coriander, spring onion, moroccan sauce	87		

WARM BOWLS

PROTEIN PLATE chicken breast with lemon & herb sauce, brown rice & quinoa, salsa, side salad with lemon olive oil vinaigrette	79	BUTTA CHICKEN chicken & butternut curry, brown rice & quinoa, roast cauliflower, spinach, curried sunflower seeds, carrot pickle	98
CARB CONSCIOUS PROTEIN PLATE chicken breast with lemon caesar dressing, steamed broccoli, side salad with parmesan shavings	89	MEXI chicken, brown rice & quinoa, avo, salsa, rocket, corn, jalapeno, coriander, tortilla chips, lemon olive oil vinaigrette, sriracha	96
EASTERN SPICE chicken, brown rice & quinoa, roast cauliflower, cabbage, carrot pickle, rocket, curried sunflower seeds, chili yoghurt dressing	84		

HOT DRINKS

	SHORT	TALL		SHORT	TALL
AMERICANO	25	28	RED CAPPUCCINO	30	36
CAPPUCCINO	27	32	HOT CHOCOLATE	26	30
CAFFÉ LATTE / CHAI LATTE	30	36	FLOO FIGHTER mint tea, lemon, ginger, cayenne pepper, honey	28	
FLAT WHITE double espresso, steamed milk	28		TEA rooibos, ceylon, green, mint, chai	20	
ESPRESSO	22	25			

MAKE IT YOUR OWN

· SWAP FOR ALMOND MILK

+10

RAW JUICES & SHOTS

	350ML S	500ML L		250ML S	500ML L
HEART BEET apple, beetroot, cucumber, lemon, mint	V 39	49	FLOO SHOT ginger, honey, lemon, cayenne pepper		24
FLOO JUICE orange, carrot, lemon, ginger, cayenne pepper	V 40	50	GINGER SHOT	V 20	36
NEW LEMON CUCUMBER COOLER cucumber, lemon, pineapple, celery, apple, mint	V 45	55			
DAILY GREENS apple, kale, spinach, cucumber, celery, chia seeds	V 45	55			

SNACKS

PROTEIN BAR	42	MIXED NUTS	V 19
PROTEIN BALL	25	SEED SNACK	15
CAPPUCCINO MUFFIN	24	SEASONAL FRUIT	7
SUPERFOOD MUFFIN	27		

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.