

DIETARY PREFERENCES





VEGAN

The following drinks and meals are free of meat, chicken, fish, dairy and honey:

BREAKFAST

Smashed Avo & Toast

WRAPS

Plant Power

Harvest*
Thai Crunch*

SALADS & BOWLS

Thai Crunch Salad*
Asian Rainbow Bowl*

Plant Power Salad

SMOOTHIES

Vitamin See
Tropical Greens
Natures Protein
Peanut Butter Berry

RAW JUICES

Floo Juice
Heart Beet
Your Daily Greens
Ginger Shot
Lemon Cucumber Cooler

HOT DRINKS

Americano*
Cappuccino*
Caffé Late*
Flat White*
Espresso
Tea*



MAKE IT VEGAN FRIENDLY

Remove chicken and cheese. Replace dressings with olive oil.



MAKE IT VEGAN FRIENDLY

Option: Add mushrooms to any dish. Please specify cooked in oil.



MAKE IT VEGAN FRIENDLY

Replace milk with almond milk to make any hot drink vegan.



VEGETARIAN (LACTO-OVO)

The following menu items are free of meat, chicken and fish:

BREAKFAST

Smashed Avo & Toast
Scrambled / Poached Eggs & Toast
Smashed Avo, Poached Eggs & Toast
Pesto Mushroom Toast
Breakfast Bowl
Chocolate Protein Smoothie Bowl
Power Oats
Sunrise Unwrapped
Sunrise Wrap
Pesto Egg Pot
Mexi Egg Pot
Almond Porridge Pot

WRAPS

Plant Power
Harvest
Mexi Fresh

Princess*
Moroccan*
Kale Caesar*
Thai Crunch*
Tuna Protein*
Chipotle Steak*
Spicy Burrito*
Cape Malay*

SALADS & BOWLS

Thai Crunch Salad*
Tuna Protein Salad*
Asian Rainbow Bowl*
Butta Chicken Bowl*

Avo Kale Caesar Salad
Cobb Salad
Plant Power Salad
Mexi Fresh
Winter Nourish

SMOOTHIES

All smoothies are veggie friendly except Citrus Glo & Ginger Snap

RAW JUICES

All raw juices are veggie friendly.

HOT DRINKS

All hot drinks are veggie friendly.



MAKE IT VEGGIE FRIENDLY

Remove chicken, tuna
or steak & replace
with mushrooms.



PALEO

The following menu items follow the paleo guidelines being free from dairy, legumes, soy, gluten and grains:

BREAKFAST

Sunrise Unwrapped*
Pesto Egg Pot*
Protein Egg Pot*

SALADS & BOWLS

Chipotle Steak Salad*
Thai Crunch Salad*
Asian Rainbow Bowl*
Plant Power Salad*
Butta Chicken Bowl*
Eastern Spice Bowl*

SMOOTHIES

Mango Berry
Vitamin See
Tropical Greens
Nature's Protein
The Anti-Oxidant
Nut Milk
Ginger Snap

RAW JUICES

All raw juices are paleo friendly.



MAKE IT PALEO FRIENDLY

Customise this menu item by removing the cheese.



MAKE IT PALEO FRIENDLY

Replace dressing with olive oil.



MAKE IT PALEO FRIENDLY

Customise these menu items by removing the lentils, quinoa, rice & feta.



GLUTEN FREE

The following menu items are free from gluten: (although our kitchens use ingredients containing gluten)

BREAKFAST

Breakfast Bowl
Chocolate Protein Smoothie Bowl
Pesto Egg Pot
Sunrise Unwrapped
Protein Egg Pot
Mexi Egg Pot

SALADS & BOWLS

Cobb Salad
Avo Kale Caesar Salad
Tuna Protein Salad
Chipotle Steak Salad
Plant Power Salad
Butta Chicken Bowl
Winter Nourish
Protein Protein

SMOOTHIES

All smoothies are gluten free.

RAW JUICES

All raw juices are gluten free.

HOT DRINKS

All hot drinks are gluten free.