

Cold Pressed Juice

Kale Ade Kale / Green capsicum / Celery / Cos Lettuce / Cucumber / Apple / Lemon.	
Glow and Tell Carrot / Turmeric / Apple / Orange / Lemon.	
Beets Don't Lie Beetroot / Carrot / Apple / Celery / Lemon.	8. ⁰⁰
OJ 100% Australian oranges	5. ⁰⁰

Cold Beverages

Antipodes Still Water	5. ⁰⁰
Antipodes Sparkling Water	5. ⁰⁰
Coconut Water	4. ⁰⁰
Kreol Prebiotic	6. ⁰⁰
Liberty Kombucha	6. ⁰⁰

FRESH ORGANIC GOODS

The Value of Eating Organic.

We believe the choices we make about what we eat, where it comes from and how it's prepared have a direct and powerful impact on the health of individuals, communities and the environment. This is why we support local farmers, sustainable practices and products.

We believe it should always be organic, seasonal, wholesome and nourishing.

We believe in you, because you're worth it!

*Please Order and Pay at Counter.

Hot Beverages

Coffee Small	3. ⁵⁰
Coffee Large	4. ⁵⁰
Golden Latte	5. ⁰⁰
Matcha Latte	5. ⁰⁰
Red Latte	5. ⁰⁰
Beetroot Latte	5. ⁰⁰
Cardamom Chai	5. ⁰⁰
Raw Vegan Hot Chocolate	5. ⁰⁰
Organic Tea	4. ⁵⁰

Sweets

Raw Mint Slice	V GF	8. ⁵⁰
Raw Caramel Slice	V GF	8. ⁵⁰
Raw Snickers	V GF	9. ⁰⁰
Raw Ferrero Rocher	V GF	8. ⁰⁰
Raw Donut	V GF	8. ⁰⁰
F.O.G. Cookie		4. ⁰⁰
Bliss Ball		4. ⁰⁰
Hedgehog Slice	V GF	8. ⁰⁰

Combos

Smoothie Bowl and Juice Any Smoothie Bowl and Cold Pressed Juice Option.	20. ⁹⁰
Breakfast Bowl and Juice Any Breakfast Bowl and Cold Pressed Juice option.	21. ⁹⁰
Salad Bowl and Juice Any Salad Bowl and Cold Pressed Juice option.	22. ⁹⁰
Salad Bowl and Smoothie Any Salad Bowl and Smoothie option.	24. ⁹⁰
Warm Bowl and Juice Any Warm Bowl and Cold Pressed Juice option.	23. ⁹⁰
Warm Bowl and Smoothie Any Warm Bowl and Smoothie option.	25. ⁹⁰

Smoothies

Glowing Green Mango / Kale / Spinach / Avocado / Spirulina / Honey / Almond milk.	GF
Berry Energiser Banana / Mixed berries / Chia seeds / Almond butter / Medjool dates / Almond milk.	V GF
Golden Good Time Mango / Banana / Coconut / Turmeric / Ginger / Cinnamon / Pepper / Honey / Coconut milk.	GF
Hot Date Banana / Cacao nib's / Medjool dates / Almond butter / Himalayan salt / Cinnamon / Almond milk.	V GF
Yoga Balancer Avocado / Spinach / Celery / Cucumber / Apple / Lemon juice / Ginger / Coconut water.	V GF

Milks without the Moo

Soy Milk	0. ⁵⁰
Coconut Milk	1. ⁰⁰
Almond or Cashew House Milk	2. ⁰⁰

*Any additional items from menu options Enhance Your Mix or Boost Up Your Mix will be added as per standard base price.

11.⁰⁰

Smoothie Bowls

Jump Bowl Banana / Mesquite / Coconut / Coconut milk / Topped w chocolate sauce / Cacao nibs / Buckini crumble / Peanut butter / Raspberry jam.	V GF
Acai Bowl Acai / Banana / Mixed berries / Almond milk / Topped w Seasonal fruits / Pumpkin seeds / Chia seeds / Granola / Toasted coconut / Coconut yoghurt.	V GF
Matcha Madness Bowl Matcha / Avocado / Pear / Apple / Mango / Medjool dates / Almond milk / Topped w Seasonal fruits / Black and white sesame praline.	V GF
Coconut Bounty Bowl Coconut flesh / Mesquite / Rice malt syrup / Cacao nibs / Coconut milk / Topped w toasted coconut / Chocolate bounty balls.	V GF

14.⁵⁰

Enhance with superfoods

Bee Pollen	B A	1. ⁰⁰
Protein Powder	Ma	1. ⁰⁰
Spirulina	Es Wl	1. ⁵⁰
Turmeric	Al	1. ⁰⁰
Camu Camu	Ab Bn	1. ⁵⁰
Moringa	Al Bn	1. ⁰⁰
Chia Seeds	Ch	1. ⁰⁰
Acai	Ab Hl	2. ⁵⁰
Cacao	Hi Bn	1. ⁰⁰
Matcha	D Bn	1. ⁰⁰
Macqui	Bm Ab	2. ⁰⁰
Flaxseed	Ch St	1. ⁰⁰
Maca	Ma	1. ⁰⁰
Nut Butter	B Bn	1. ⁵⁰
Hemp Seeds	B St	1. ⁰⁰

Nutrition Key

Gluten Free	GF
Vegan Option	VO
Vegan	V

Vitality Key

Protein	B	Digestive Health	Ch
Energy Enhancer	Es	Heart Health	Hl
Skin Glow	St	Antioxidants	Ac
Allergies	Al	Immune Booster	Im
Muscle Enhancer	Ma	Memory Booster	Me
Weight Loss	Wl	Detox	D
High Iron	Hi	Boosts Metabolism	Me
High Fibre	Hf	Anti Inflammatory	AI
Relaxation	R	Anti Ageing	AA

Classics

Smashed Avocado on Toast Smashed avocado on sourdough or gluten free toast with feta, crushed peas, mint and lemon.	VO
Eggs Your Way Poached / Fried / Scrambled / served on sourdough or gluten free toast.	14. ⁰⁰
Soup of The Day Ask our staff for the delicious soup of the day.	12. ⁵⁰

Boost up your mix

Warm Roasted Potatoes	3. ⁰⁰
Chargrilled Seasonal Vegetable	3. ⁰⁰
Spinach	2. ⁵⁰
Warm Mushroom	3. ⁰⁰
Avocado	3. ⁰⁰
Herbed Roasted Tomatoes	2. ⁵⁰
Sourdough Toast	2. ⁰⁰
Herbed Falafel	3. ⁵⁰
Fried Sesame Tofu	3. ⁵⁰
Poached, Fried or Boiled Egg	3. ⁰⁰
Yarra Valley Feta Cheese	3. ⁰⁰
Vegan Feta Cheese	3. ⁰⁰
Hummus	2. ⁵⁰
Beetroot Tzatziki	2. ⁰⁰
Baked Beans	2. ⁵⁰

Breakfast Bowls

Sweet Potato Hash Bowl Crispy hash / Roasted herbed tomatoes / Avocado / Feta / Baked beans / Sprouts / Pan fried mushrooms / Turmeric poached egg.	GF
Chocolate Crunchy Buckini Bowl Cacao / Buckini / Almonds / Cashews / Seasonal fruits / Coconut / Sunflower seeds / Coconut yoghurt / Nut butter / served with almond milk.	V GF
Mr Smooth Oats / Berry compote / Crispy apple / Almonds / Chia seeds / Yoghurt / Honey / served with almond milk.	VO

15.⁵⁰

Salads Bowls

Thali Salad Warm baby potatoes / Roasted pumpkin / Pickled carrot / Grilled zucchini / Cabbage / Spinach / Avocado / Cucumber / Beetroot Tzatziki / Pomegranate / Coriander / w Rye crackers.	GF
Yarra Valley Grain Salad Organic rainbow quinoa / Bulgur / Freekeh / Lentils / Yarra Valley feta / Peas / Carrot / Barberries / Raisins Caramelised red onion / Parsley / Dill / Pinenuts / Nigella seeds / Pesto vinaigrette.	VO
Crunchy Asian Salad Vermicelli noodles / Pickled carrots / Crunchy cucumber / Cabbage / Coriander / Vietnamese mint / Bean sprouts / Toasted spicy peanuts / Fried vegetable rice paper roll / Sweet chili asian dressing.	

16.⁵⁰

Warm Bowls

Holy Falafel Bowl Falafels / Spinach / Tomatoes / Cucumber / Spanish onion / Lentils / Hummus / Beetroot tzatziki w pitta.	
The Fun Guy Bowl Organic rainbow quinoa / Spinach / Raw beets / Bean sprouts / Basil / Spicy toasted sunflower seeds / Warm garlic roasted mushrooms / Avocado / Roasted sesame tofu / Miso sesame ginger dressing.	V GF
Guacamole Bowl Organic cous cous / Baked beans / Charred corn / Red onion / Smashed avocado / Tomatoes / Coriander / Topped w crispy corn chips / Fresh lime / Cilantro jalapeno vinaigrette.	V GF

17.⁵⁰