### Cold Pressed Juice

- Kale Aide: Kale leaves, apple, ginger, carrot
- Glow and Tell: Green, turmeric, apple, orange, carrot
- Beets Don’t Lie: Beetroot, green, apple, celery, lemon
- CJ 100% Organic oranges

### Coffee

- Coffee Small: 3.99
- Coffee Large: 4.99
- Golden Latte: 5.99
- Matcha Latte: 5.99
- Red Latte: 5.99
- Butter Rum Latte: 5.99
- Candied Toffee Latte: 5.99
- River Valley Hot Chocolate: 5.99
- Organic Tea: 4.99

### Beers

- 8.50

### Sweets

- Raw Mint Slice: 0.99
- Raw Caramel Slice: 0.99
- Raw Shortbread: 0.99
- Raw Nutella Rocher: 0.99
- Raw Donut: 0.99
- FOQ G. Crackle: 0.99
- Blue Ball: 0.99
- Hazelnut Slab: 0.99

### Smoothie Bowls

- Jump Bowl: 14.99
  - Banana, mango, coconut, pear, pineapple, orange, mango, mixed berries, banana
- Acai Bowl: 14.99
  - Acai, banana, mixed berries, almond milk, topped with granola, mixed nuts, chia seeds, granola, toasted coconut, coconut yogurt, black and white sesame seeds
  - Matcha, avocado, pear, apple, mango, mixed berries, chia seeds, almond milk, topped with granola, black sesame seeds, chocolate brownie
- Coconut Bounty Bowl: 14.99
  - Coconut, banana, mango, mixed berry, almond milk, topped with granola, toasted coconut, chocolate brownie

### Combos

- Smoothie Bowl and Juice: 20.99
  - Any Smoothie Bowl and Cold Pressed Juice Option
- Breakfast Bowl and Juice: 21.99
  - Any Breakfast Bowl and Cold Pressed Juice Option
- Salad Bowl and Juice: 22.99
  - Any Salad Bowl and Cold Pressed Juice Option
- Combo Bowl and Smoothie: 24.99
  - Any Warm Bowl and Cold Pressed Juice Option
- Warm Bowl and Smoothie: 25.99
  - Any Warm Bowl and Smoothie option

### Smoothies

- Glowing Green: 8.00
  - Mango, kale, spinach, avocado, almond milk, apple
- Berry Energizer: 8.00
  - Berries, mixed berries, chia seeds, almond milk, mixed nuts, chia seeds
- Golden Good Time: 8.00
  - Mango, banana, coconut, turmeric, ginger, cinnamon, pepper, honey, coconut milk
- Hot Date: 8.00
  - Banana, dates, mixed berries, almond milk, hazelnut butter, date paste, cinnamon, almon
- Yogi Balance: 8.00
  - Avocado, spinach, kale, gazpacho, apple, lemon juice, ginger, coconut water

### Breakfast Bowls

- Sweet Potato Hash Bowl: 15.20
  - Crispy hash, roasted tomatoes, avocado, feta, sausages, spiced mushrooms, turmeric poached egg
- Chocolate Crunchy Buckwheat Bowl: 16.20
  - Carrot, fennel, arugula, cumin, smoked paprika, coconut yogurt, 30g nut butter
- Mr Smooth: 17.30
  - Oats, hemp, sprouts, chia seeds, yoghurt, honey, mixed dried fruit

### Salads Bowls

- Thai Salad: 15.20
  - Warm baby spinach, roasted pumpkin, puffed rice, garlic mustard, feta, coconut, lime, mint, coriander
- Yarra Valley Grain Salad: 16.20
  - Organic mixed greens, feta, black mustard, lemon, feta, arugula, baby spinach, red onion, rice, sunflower seeds, pumpkin seeds
- Crunchy Aloe Salad: 17.30
  - Coconuts, pineapple, sliced almonds, crunchy dressing, 30g nut butter, topped with mixed dried fruit

### Classics

- Smashed Avocado on Toast: 16.30
- Egg Your Way: 14.99
- Soup of the Day: 12.30

### Vitally Key

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<thead>
<tr>
<th>Nutrient</th>
<th>Description</th>
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<tbody>
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<td>Vitamin A</td>
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### Nutrition Key

- Gluten Free
- Vegan Options
- Vegan

### Warm Bowls

- Holy Falafel Bowl: 16.20
  - Falafel, spinach, tomatoes, cucumber, spinaci, lemon, pita, borek, hummus, mixed nuts, mixed seeds, pickled onions
- The Fun Guy Bowl: 16.20
  - Organic mixed greens, mixed seeds, roasted pumpkin, mixed nuts, mixed seeds, whole wheat pita, mixed seeds, hummus
- Guacamole Bowl: 16.20
  - Guacamole, mixed greens, mixed nuts, mixed seeds, whole wheat pita, mixed seeds, pita, hummus, mixed seeds

### Nutritional Information

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*Please Order and Pay at Counter.*