

ALL-DAY BREAKFAST

<b>ALMOND PORRIDGE POT</b> <div><div>M</div><div>N</div><div>GLU</div></div>	5.50
rolled oats, almond nut butter, dates, full cream yoghurt, milk, honey, cinnamon	
<b>PLANT PORRIDGE POT</b> <div><div>N</div><div>GLU</div><div>V</div></div>	5.50
rolled oats, almond nut butter, dates, oat milk, banana, cinnamon	
<b>BLUEBERRY PROTEIN OATS POT</b> <div><div>M</div><div>N</div><div>GLU</div></div>	6.00
rolled oats, blueberries, grass-fed whey protein, dates, vanilla, milk, honey, almonds, chia & hemp seeds	
<b>BLUEBERRY PLANT PROTEIN OATS POT</b> <div><div>N</div><div>GLU</div><div>V</div></div>	6.00
rolled oats, blueberries, plant protein, dates, vanilla, oat milk, almonds, chia & hemp seeds	
<b>PEANUT BUTTER OVERNIGHT OATS</b> <div><div>M</div><div>P</div><div>GLU</div></div>	6.50
overnight oats, sugar-free peanut butter, cacao, full cream yoghurt, honey, cacao nibs	
<b>NEW NUT BERRY POT</b> <div><div>M</div><div>N</div><div>GF</div></div>	6.90
full cream yoghurt, blueberries, strawberries, hemp seeds, almond nut butter, honey, mint	
<b>SLICED AVO TOAST</b> <div><div>GLU</div><div>V</div></div>	7.50
sliced avo, chilli, hemp seeds, toasted sourdough	
<b>PARMESAN MUSHROOM TOAST</b> <div><div>M</div><div>GLU</div></div>	7.50
mushrooms, baby spinach, cream cheese, parmesan, butter, toasted sourdough	
<b>POACHED / SCRAMBLED EGGS &amp; TOAST</b> <div><div>E</div><div>M</div><div>GLU</div></div>	8.25
free range eggs, toasted sourdough, butter	
<b>THE ULTIMATE TOAST</b> <div><div>E</div><div>M</div><div>GLU</div></div>	8.50
free range scrambled eggs, zucchini, baby spinach, avo, crispy onions, sriracha, butter, toasted sourdough	
<b>SLICED AVO, POACHED EGGS &amp; TOAST</b> <div><div>E</div><div>M</div><div>GLU</div></div>	9.50
free range eggs, sliced avo, chilli, hemp seeds, butter, toasted sourdough	
<b>SALMON CREAM CHEESE TOAST</b> <div><div>M</div><div>GLU</div><div>F</div><div>MU</div></div>	10.00
smoked salmon, cream cheese, red onion pickle, rocket, lemon olive oil dressing, toasted sourdough	
<b>SUNRISE UNWRAPPED GF / WRAP</b> <div><div>E</div><div>M</div></div>	8.90
free range scrambled eggs, butter, white cheddar, sautéed rosa tomatoes, baby spinach, salsa, wholewheat wrap (contains gluten)	
<b>SALMON PROTEIN BOWL</b> <div><div>E</div><div>M</div><div>F</div><div>GF</div></div>	13.00
smoked salmon, free range scrambled eggs, butter, avo, baby spinach, lemon wedge	
<b>SALMON PROTEIN WRAP</b> <div><div>E</div><div>M</div><div>GLU</div><div>F</div></div>	13.50
smoked salmon, free range scrambled eggs, butter, avo, cream cheese, baby spinach, wholewheat wrap (contains gluten)	

WRAPS

SERVED ON A WHOLEWHEAT WRAP (CONTAINS GLUTEN)	
<b>SALSA QUESADILLA</b> <div><div>M</div><div>GLU</div></div>	7.25
white cheddar, red pepper, jalapeno, spring onion, coriander, salsa. Served warm.	
<b>CHICKEN QUESADILLA</b> <div><div>M</div><div>GLU</div></div>	9.75
chicken, white cheddar, jalapeno, spring onion, coriander, salsa. Served warm.	
<b>STEAK &amp; AVO QUESADILLA</b> <div><div>M</div><div>GLU</div></div>	11.00
grilled steak, avo, white cheddar, jalapeno, spring onion, coriander, salsa. Served warm.	
<b>HARVEST WRAP</b> <div><div>E</div><div>M</div><div>CE</div><div>MU</div><div>GLU</div></div>	7.95
feta, avo, cucumber, carrot, greens, celery & onion mayo, lemon olive oil dressing	
<b>AVO FALAFEL WRAP</b> <div><div>N</div><div>GLU</div><div>SU</div><div>V</div></div>	11.00
chickpea falafel, avo, red pepper, cabbage, cucumber, gherkins, rocket, vegan nut butter dressing	
<b>BBQ CHICKEN WRAP</b> <div><div>CE</div><div>E</div><div>GLU</div></div>	9.50
chicken, BBQ sauce, carrot, cabbage, celery, greens, crispy onions, celery & onion mayo	
<b>SRIRACHA CHICKEN WRAP</b> <div><div>E</div><div>SO</div><div>GLU</div></div>	11.00
chicken, avo, rosa tomatoes, smoky coconut shavings, red pepper, greens, sriracha mayo	
<b>SPICY CHICKEN BURRITO WRAP</b> <div><div>M</div><div>GLU</div></div>	10.75
chicken, jalapeno & chipotle chilli, red pepper, cream cheese, rocket, carrot, coriander, spring onion, salsa. Served warm.	
<b>PRINCESS WRAP</b> <div><div>E</div><div>M</div><div>CE</div><div>GLU</div></div>	11.50
chicken, avo, feta, rosa tomatoes, carrot, greens, celery & onion mayo	
<b>PRINCE WRAP</b> <div><div>E</div><div>M</div><div>CE</div><div>GLU</div></div>	11.50
grilled steak, avo, feta, rosa tomatoes, carrot, greens, celery & onion mayo. Served warm.	
<b>HOT HONEY CHICKEN WRAP</b> <div><div>M</div><div>GLU</div></div>	12.00
hot honey chicken, avo, roasted corn salsa, cabbage, greens, salsa, creamy feta dressing. Served Warm.	
<b>SPICY STEAK BURRITO WRAP</b> <div><div>M</div><div>GLU</div></div>	10.75
grilled steak, jalapeno & chipotle chilli, red pepper, cream cheese, rocket, carrot, coriander, spring onion, salsa. Served warm.	
<b>CAESAR WRAP</b> <div><div>E</div><div>M</div><div>SO</div><div>GLU</div></div>	12.00
chicken, parmesan shavings, sourdough croutons, smoky coconut shavings, rosa tomatoes, cucumber, greens, caesar dressing	
<b>SALMON WRAP</b> <div><div>E</div><div>F</div><div>GLU</div><div>CE</div><div>MU</div></div>	12.50
smoked salmon, avo, cucumber, carrot, greens, celery & onion mayo, lemon olive oil dressing	

SALADS

<b>SUPERFOOD SALAD</b> <div><div>MU</div><div>N</div><div>V</div><div>GF</div><div>LC</div></div>	10.00
avo, broccoli, cashews, red pepper, rosa tomatoes, carrot, cucumber, chia seeds, greens, lemon olive oil dressing	
<b>SRIRACHA CHICKEN SALAD</b> <div><div>E</div><div>SO</div><div>GLU</div></div>	11.00
chicken, avo, rosa tomatoes, smoky coconut shavings, red pepper, greens, sriracha mayo	
<b>AVO FALAFEL SALAD</b> <div><div>N</div><div>V</div><div>GF</div></div>	10.75
chickpea falafel, avo, red pepper, cabbage, cucumber, red onion pickle, rocket, greens, vegan nut butter dressing	
<b>AVO STEAK SALAD</b> <div><div>N</div><div>GF</div></div>	11.75
grilled steak, avo, red pepper, cabbage, cucumber, red onion pickle, rocket, greens, vegan nut butter dressing	
<b>CAESAR SALAD</b> <div><div>E</div><div>M</div><div>SO</div><div>GLU</div></div>	12.50
chicken, parmesan shavings, sourdough croutons, smoky coconut shavings, rosa tomatoes, cucumber, greens, caesar dressing	

WARM BOWLS

<b>PROTEIN PLATE WITH BROCCOLI</b> <div><div>MU</div><div>LC</div><div>GF</div></div>	13.00
chicken, steamed broccoli, side salad with lemon olive oil dressing	
<b>PROTEIN PLATE WITH WARM GRAIN</b> <div><div>MU</div><div>GF</div></div>	13.00
chicken, brown rice & quinoa, salsa, side salad with lemon olive oil dressing	
<b>TERIYAKI MUSHROOM RICE BOWL</b> <div><div>P</div><div>GLU</div><div>S</div><div>SO</div><div>V</div></div>	12.50
teriyaki mushrooms, spring onion, sriracha sesame peanuts, brown rice & quinoa, avo, steamed broccoli, cabbage, carrot, cucumber, radish, sesame, crispy onions, miso dressing	
<b>TERIYAKI CHICKEN RICE BOWL</b> <div><div>S</div><div>SO</div><div>GLU</div></div>	13.00
teriyaki chicken, brown rice & quinoa, avo, pineapple, cabbage, carrot, cucumber, radish, sesame, crispy onions, miso dressing	

REGULAR 350ML  
LARGE 500ML

SMOOTHIES

	REGULAR	LARGE
<b>STRAWBERRY STINGER</b> <div><div>M</div></div>	5.75	6.75
strawberries, banana, frozen yoghurt, pressed apple juice		
<b>C-BREEZE</b> <div><div>V</div></div>	5.75	6.75
mango, strawberries, pineapple, pressed apple juice, vitamin C (500mg), dates		
<b>BERRY DAIRY</b> <div><div>M</div></div>	5.75	6.75
blueberries, raspberries, strawberries, banana, frozen yoghurt, honey, milk		
<b>PEANUT BUTTER BERRY</b> <div><div>P</div><div>N</div><div>V</div></div>	6.25	7.25
sugar-free peanut butter, blueberries, banana, dates, almond milk, purified water		
<b>PEANUT BUTTER BLISS</b> <div><div>M</div><div>P</div></div>	6.75	7.75
sugar-free peanut butter, banana, cacao, frozen yoghurt, milk		

PROTEIN SMOOTHIES

	REGULAR	LARGE
<b>SALTED CARAMEL</b> <div><div>N</div><div>M</div></div>	7.75	9.00
grass-fed whey protein, dates, banana, almond nut butter, himalayan salt, purified water		
<b>NATURE'S PROTEIN</b> <div><div>V</div></div>	7.75	9.00
plant protein, hemp seeds, spirulina blend, banana, pineapple, coconut milk, pressed apple juice		
<b>PLANT PEANUT BUTTER BOMB</b> <div><div>P</div><div>GLU</div><div>V</div></div>	7.75	9.00
plant protein, sugar-free peanut butter, banana, cacao, oat milk, coconut milk		
<b>PEANUT BUTTER BOMB</b> <div><div>M</div><div>P</div></div>	7.75	9.00
grass-fed whey protein, sugar-free peanut butter, banana, cacao, full cream yoghurt, milk		
<b>MOCHA PROTEIN</b> <div><div>M</div></div>	7.75	9.00
grass-fed whey protein, espresso, frozen yoghurt, coconut milk, cacao, milk		

SUPERFOOD SMOOTHIES

	REGULAR	LARGE
<b>VITAMIN SEE</b> <div><div>V</div></div>	6.75	7.75
mango, pineapple, carrot & orange juice, vitamin C (500mg)		
<b>ALL THE GREENS</b> <div><div>CE</div><div>V</div></div>	6.75	7.75
mango, cucumber, pineapple, celery, baby spinach, pressed apple juice, chia & hemp seeds		
<b>TROPICAL GREENS</b> <div><div>CE</div><div>V</div></div>	7.75	8.75
pineapple, mango, baby spinach, celery, cucumber, ginger, pressed apple juice		
<b>NEW MATCHA MINT</b> <div><div>M</div></div>	7.75	8.75
matcha, mint, pineapple, banana, frozen yoghurt, honey, milk		

REGULAR 350ML  
LARGE 500ML

RAW JUICES & SHOTS

	REGULAR	LARGE
<b>HELPER</b> <div><div>V</div></div>	6.50	7.50
carrot, apple, pineapple, anti-inflammatory blend (turmeric & vitamin C [500mg])		
<b>FLOO JUICE</b> <div><div>V</div></div>	7.00	8.00
orange, carrot, lemon, ginger, cayenne pepper		
<b>DAILY GREENS</b> <div><div>CE</div><div>V</div></div>	7.25	8.25
apple, baby spinach, cucumber, celery, chia seeds		
<b>FLOO SHOT</b> (50ML)		3.00
ginger, honey, lemon, cayenne pepper		
<b>GINGER SHOT</b> (50ML) <div><div>V</div></div>		3.00

FREE NON-DAIRY  
ALTERNATIVES  
AVAILABLE

HOT & ICED DRINKS

	REGULAR	LARGE
<b>DOUBLE ESPRESSO</b>	3.00	
<b>MACCHIATO</b> <div><div>M</div></div>	3.25	
<b>CORTADO</b> <div><div>M</div></div>	3.40	
<b>AMERICANO</b> <div><div>M</div></div>	3.90	4.50
<b>NEW AMERICANO BLACK</b>	3.50	4.10
<b>FLAT WHITE</b> <div><div>M</div></div>	4.15	
<b>LATTE</b> <div><div>M</div></div>	4.15	4.75
<b>CAPPUCCINO</b> <div><div>M</div></div>	4.15	4.75
<b>HOT CHOCOLATE</b> <div><div>M</div></div>	4.15	
<b>NEW MATCHA LATTE</b> <div><div>M</div></div>	4.65	5.25
<b>CHAI LATTE</b> <div><div>M</div></div>	4.15	4.75
<b>DIRTY CHAI LATTE</b> <div><div>M</div></div>	4.15	4.75
<b>FLOO FIGHTER</b> mint tea, lemon, ginger, honey, cayenne pepper	3.40	
<b>TEA</b> green, mint, yorkshire	2.90	
<b>ICED AMERICANO</b> <div><div>M</div></div> espresso, honey, purified water, ice, milk	4.65	5.25
<b>ICED CAPPUCCINO</b> <div><div>M</div></div> espresso, honey, ice, milk, milk foam	4.65	5.25
<b>NEW ICED MATCHA LATTE</b> <div><div>M</div></div> matcha, honey, milk	5.50	6.50

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<b>NUTRI KNOW-HOW</b>	<div>GF</div> GLUTEN-FREE	<div>LC</div> LOW CARB	<30g carb per serving	<div>V</div> VEGAN
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