

Smoothies

Regular **10.50**

Large **12.50**

Nut&Husk

Our signature vegan smoothie: made with house-made almond mylk, raw almond & macadamia butter blended to perfection with coconut flesh & oil, local spray free bananas & cinnamon

Raw Salted Caramel

That special sweet and salty combination made with mesquite, maca powder, dates, banana, coconut flesh & mylk, & a pinch of murray river pink salt flakes

All Day Breakfast

Why eat breakfast when you can drink it? Everything you need is in here; organic oats, bananas, lucuma, sprouted brown rice protein, coyo, chia seeds, dates, maca powder & crunchy cacao nibs made on house-made almond mylk

SuperBlue

Deep chocolatey berry smoothie with açai berry, blueberry, raw cacao, date, banana & your choice of mylk

SuperBerry

Tangy, sweet & pink. This smoothie emphasises the sweet tanginess of strawberries & blueberries with coyo & goji berries together with banana, date & your choice of mylk

Mango Lass

Reminiscent of tropical India, this light & refreshing smoothie is made with mango, baobab, coyo, lime, dates, chia seeds, mint & coconut water

Peanut Coffee Mocha

Luscious peanut butter, coffee & raw cacao combine in this protein packed smoothie with banana, dates & almond mylk

Raw Green

Go raw with kale, avocado, baby spinach, pineapple, banana, chia seeds & coconut water

Green Dream

Creamy green smoothie with green spirulina-based supplement, banana, coconut flesh & oil, spinach & your choice of mylk

Bollywood

Ayurvedic immune boosting smoothie with cashews, ginger, coconut kefir, banana & almond mylk **ayurvedic paste not vegan

Banana Builder

Choose your protein, choose your mylk, & then add banana, dates, cinnamon, coyo, maca powder & cinnamon for a nutrient powerhouse to keep you full for longer

ChocAvo

This is where you get to have your chocolate cake and eat it too! Good fats like avocado and coconut oil & flesh combine with sweetened spiced raw cacao for a smooth chocolatey indulgence

Cocolada

Sweet pineapple, coconut yoghurt, lime, mint and a little bit of green makes this a light and refreshing smoothie for a Summer's day

Smoothie Bowls

All Smoothie Bowls **15**

Acai Bowl

acai, blueberries, banana, raw cacao served with a handmade Seed&Husk raw granola & topped with fresh berries, banana & cacao nibs

Probiotic Reds Bowl

strawberries, blueberries, raspberries, banana, pre- & pro-biotic powder topped with berries, banana & coconut flakes with Mindful Foods Eros berry granola

Super Greens Bowl

zucchini, cucumber, spinach, kale, avocado, pineapple, banana, chia seeds, vital greens powder, lemon served with apple slices, coconut flakes & Mindful Foods spiced chai turmeric granola

Dragon Bowl

pitaya (dragon fruit), passionfruit, mango, banana, ashwaganda, rose petal powder, beetroot powder served with berries and topped with Mindful Foods Eros granola

Nutterbutter Bowl

unhulled tahini, coconut flakes, chia seeds, Ceylon cinnamon, coconut oil, almond & macadamia butter, dates, banana topped with coconut flakes, fresh banana & Mindful Foods cacao granola

ADD ONS

Sprouted brown rice protein +2
Hemp protein powder +2
Greens +1
Raw cacao +0.5
Ginger +0.5
Banana free option +2
Vital greens +2
Peanut butter +2
Almond butter +3

*please note that we charge extra to split takeaway containers

Hot Drinks

Your choice of our house-made Mylks or Organic Dairy.

Coco-Macadamia Mylk | Almond Mylk | Organic Dairy Milk | Bonsoy +\$1

ORGANIC ESPRESSO MENU

Certified organic espresso.

	Regular	Large
	8oz	12oz
Long Black	4	4.5
Cappuccino, Flat White, Latte	4.5	5
Mushroom Latte Medicinal masons mushrooms in a latte style coffee	6.5	7
Butter Keto Coffee MCT oil blended with grass fed butter and espresso	6.5	7
Vegan Keto Coffee MCT oil blended with coconut cream and espresso	6.5	7
Short Black, Piccolo, Macchiato	4	

NATUROPATHIC LATTES

Try our selection of naturopathic alternatives to coffee on your choice of Mylk

Sticky Masala Chai Latte	6.5	7
Golden Chai	6.5	7
Choc Chilli Chai	6.5	7
Beetroot Latte	6.5	7
House blended beetroot, rose petal, elder berries, ginger, baobab		
Mermaid Latte	6.5	7
Blue green sea pigments, butterfly sea powder, ashwaganda & spices		
Matcha Latte	7	7.5
Premium organic Green tea full of antioxidants		
Turmeric Latte / Golden Mylk	6.5	7
House made turmeric blend with ginger, black pepper & spices		
Hot Cacao	4.5	5
Mushroom Hot Cacao	6.5	7

Any drink available ICED +\$1

Food Menu

Vegan Toastie **15**

Bread Social sourdough with house-made cashew cheese, activated almond pesto with smokey tomato relish, zucchini and fresh spinach

Smashed Avo **15**

Avo on slice of Bread Social Sourdough with house toasted seeds and fresh herbs

Vegan Veggie Pattie **9** w/ Seasonal Salad **15**

Seasonal vegetables with cashew cream, smokey tomato relish & spiced seeds

Banana Bread **7**

spiced vegan banana bread toasted with organic grass fed butter

or/

banana bread with lashings of coconut yoghurt, cardamom infused rice malt syrup & fresh banana **9**

Organic Juices

Fresh Organic Cold Press Juices made daily.

Regular **8.5** Large **10.5**

Zing

Orange, carrot, ruby grapefruit, pineapple, lime & mint

Supa Beta-C

Orange, carrot, lemon, ginger & turmeric

Live Green

Apple, spinach, kale, zucchini, celery, cucumber & lemon

Liver Boost

Apple, beetroot, carrot, kale, celery & lemon

Detox

Celery, apple, carrot, lemon & ginger

ADD ONS

Chia seed bubbles \$0.50

Ginger or turmeric \$0.50

Apple or orange free \$1.00

Dash kombucha \$0.50