

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

## NATUROPATHIC LATTES

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

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

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