

Winter Menu

Hot Oats

\$12

CRUNCH CRISIS

Creamy Oats Topped with Peanut Butter, Banana, Almond Flakes, Peanuts and Honey

CHOC MANIA

Creamy Oats with Cacao and Chocolate Protein, Topped with Almond Butter, Coconut Flakes, Strawberries and Cacao Nibs

APPLE CRUNCH

Creamy Fruit oats, Topped with Apple, Cinnamon, Dates and Honey

Ham & Cheese \$9.90 Croissant

WITH MEDIUM COFFEE \$12.00

Avocado Toast \$8.50

Two slices of toast topped with mashed avocado, sprouts and salt and pepper

Organic Bone \$7.50 Broth

All served with Parsley and Thyme

BEEF

CHICKEN

GARDEN VEGETABLE

Super Shrooms \$6.00

Warming winter beverage

Chocolate/Avocado Mousse \$6.50

A warming vegan treat made with Avocado, cacao, vanilla protein powder, dates and maple syrup. Served with peanut butter, strawberries and coconut.

WITH MEDIUM COFFEE \$8.50



Superfood Smoothies

Small: \$10.90 | Large: \$12.90 | Dairy Free + \$1.50

ACAI BERRY: (DF,GF,V)

Acai, Mixed Berries, Banana, Apple Juice

LEAN & GREEN: (DF,GF,V)

Kale, Spinach, Mango, Pineapple, Banana, Coconut Water (Chia seeds)

FIRST POINT (DF,GF,V)

Pineapple, Mango, Banana, Kale, Dates, Mint, Coconut water (Chia seeds)

BLENDED MOJITO (DF,GF,V)

Pineapple, Mint, Spinach, Coco sorbet, Passionfruit, Pineapple juice (Shredded coconut)

MACCA SMACKER: (DF,GF,V)

Banana, Maca, Dates, Peanut Butter, Salted Caramel Protein, Almond milk (Crushed nuts)

FUNKY MONKEY (DF,GF,V)

Banana, Cacao, Peanut butter, Hemp seeds, Coconut sorbet, Almond milk (Cacao nibs)

HASTINGS HULK (GF)

Vanilla Protein, Banana, Peanut Butter, Natural Frozen Yogurt, Spinach, Almond Milk (Crushed nuts)

CHOC DREAM (DF, GF, V)

Cacao, Banana, Almond Butter, Dates, Cacao Nibs, Almond Milk

Classic Smoothies

Small: \$8.90 | Large: \$9.90 | Dairy Free + \$1.50

BANANARMA: (GF)

Banana, Natural Frozen Yogurt, Honey, Cinnamon, Milk

MIXED BERRY: (GF)

Mixed Berries, Banana, Strawberry Frozen Yogurt, Milk

TROPICAL POP: (GF)

Mango, Coconut Sorbet, Mango Frozen Yogurt, Passionfruit, Milk

TUTTI FRUITY: (GF)

Mixed Berries, Mango Frozen Yogurt, Strawberry Frozen Yogurt, Passionfruit, Pineapple Juice

PINK LEMONADE: (DF,GF,V)

Mixed Berries, Lemon Sorbet, Coconut Water

BREAKFAST SMOOTHIE:

Banana, Mixed Berries, Natural Muesli, Natural Frozen Yogurt, Honey, Milk



Blended Bowls

\$14.90 | Large Upgrade + \$3.50 | Dairy Free + 1.50

ACAI BOWL: (DF,GF,V)

Acai, Banana, Mixed Berries, Apple Juice

BERRY BOWL:

Mixed Berries, Banana, Strawberry Frozen Yogurt, Milk

SUNSHINE BOWL:

Passionfruit, Pineapple, Lemon Sorbet, Mango Frozen Yogurt, Milk

BANANA BOWL:

Banana, Apple, Natural Frozen Yogurt, Honey, Cinnamon, Milk

CACAO BOWL: (DF, V)

Banana, Dates, Raw Cacao, Almond Butter, Coconut Sorbet, Almond Milk

CHOC PEANUT BUTTER BOWL: (DF, V)

Banana, Raw Cacao, Peanut Butter, Crushed Nuts, Almond milk

HASTINGS HULK BOWL

Banana, Vanilla Protein, Peanut Butter, Natural Frozen yogurt, Spinach, Almond Milk

BLUE OCEAN BOWL: (DF, V)

Watermelon, Pineapple, Mint, Coconut Sorbet, Blue Butterfly Pea Powder, Coconut Water

CHOOSE YOUR GRANOLA:

Farmer Joe's Honey Roasted Quinoa Granola
Gluten Free House Blend (GF)
Toasted Muesli

Smoothie & Bowl Add-Ons:

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|---|-----|
| Peanut Butter Almond Butter Protein | \$2 |
| Superfoods Activated Charcoal Acai | \$2 |
| Espresso Shot | \$1 |

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|---------------------|-------|
| Bliss Ball on Bowl | \$3.5 |
| Vegan Slice on Bowl | \$4.5 |



Cold Pressed Juices

One Size \$9.50

ORANGE:

Carrot, Orange, Rockmelon, Sweet potato, Lemon, Ginger

RED:

Watermelon, Beetroot, Lemon, Strawberry, Mint

GREEN:

Green apple, Kale, Pineapple, Kiwi Fruit, Ginger, Lemon

ORANGE:

Carrot, Orange, Rockmelon, Sweet potato, Lemon, Ginger

RED:

Watermelon, Beetroot, Lemon, Strawberry, Mint

GREEN:

Green apple, Kale, Pineapple, Kiwi Fruit, Ginger, Lemon

Nice-Cream

Gluten Free, Dairy Free Version of Icecream
Upgrade to a BOWL with muesli and fruit | + \$3.00

PEANUT BUTTER: (GF, DF) \$11.90

Banana, peanut butter, crushed nuts, almond milk

MANGO SASSY: (GF, DF) \$11.90

Mango, banana, vegan coconut icecream, passionfruit, coc milk

PINEAPPLE PUNCH: (GF, DF) \$11.90

Pineapple, Lemon Sorbet, passionfruit, coconut milk

SNICKAZ: (GF, DF) \$12.90

Banana, Cacao, Vegan Caramel protein, peanut butter, crushed nuts, almond milk

FRUIT AND NUT: (GF, DF) \$12.90

Banana, Cacao, Dates, Sultanas, almonds, cacao nis, almond milk



Food Menu

MUESLI BOWL: \$12.00

Natural or Toasted Muesli, with milk, fresh fruit and yoghurt

YOGHURT CUP: \$8.50

Fresh Seasonal fruit served with Yoghurt

YOGHURT CUP: (DF) \$10

Fresh Seasonal fruit served with dairy free coconut icecream

BANANA BREAD: \$5.00

Toasted or fresh banana bread

BLISS PROTEIN BALL: \$5

See our cabinet for latest flavours

RAW TREATS: \$5

See our cabinet for latest selection

Drinks Menu

HOT

SMALL - \$4 .00 | MEDIUM - \$4.50 | LARGE - \$5.00

Long Black | Flat White | Cap | Latte | Mocha |
Hot Choc | Chai Latte

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|----------------------|-------------------|
| Piccolo Macchiato | \$3.8 |
| Espresso Single Shot | \$3 |
| Double Shot | \$3.5 |
| Tumeric Latte | M: \$5 L: \$5.5 |
| Matcha Latte | M: \$5 L: \$5.5 |
| Sticky Chai Latte | M: \$5 L: \$5.5 |

EXTRAS: \$0.50

Extra Shot | Lactose Free | Soy | Coconut |
Almond Milk
Mushroom Shot \$1

COLD

AFFOGATO: \$6.50

Double Shot of Allpress Espresso over
Vanilla Icecream

VEGAN AFFOGATO (V): \$8.00

Double Shot of Allpress Espresso over
Vegan Icecream

ICED DRINKS: S: \$6 | L: \$7

Iced Latte | Mocha | Chai | Chocolate

ADD ICECREAM + \$2.00

ICED LONG BLACK: S: \$6 | L: \$5.50