



# 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:

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

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

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**