

BREAKFAST

GRANOLA TOPPED WITH BERRIES & CHIA COMPOTE	7
MOV TN SE	
PROTEIN PORRIDGE	6
+ berries or peanut butter 2	
V P SY	
OVERNIGHT OATS	6
topped with berries & chia compote + honey (oat milk + cottage cheese)	
V M	
NUTTY DATE CHIA PUDDING	7
with date caramel, peanut butter, maple syrup & oat milk	
V P	
GF PROTEIN PANCAKES (optional: add cottage cheese)	8
+ berries & chia compote or banana & peanut butter	
M E V SY	
CHICKEN SAUSAGE BAP	8
S G C	
SCRAMBLED EGGS & SALMON ON TOAST (optional: add cottage cheese)	14
E W F	
POACHED EGGS & AVO ON TOAST	12
S W E	
3 EGGS OMELETTE (optional: add cottage cheese)	8
E V	
AVO OR EGGS ON TOAST	7
on toasted sourdough & mixed seeds	
W E S	
EGG POT	4
boiled eggs & spinach	
E V	

EXTRAS

+ SALMON	7	+ AVOCADO	4	+ EGG	2
+ CHICKEN	7	+ SPINACH	3	+ OLIVES	2
+ SAUSAGE	3	+ FETA	3	+ TOAST	1.5

PASTA & SALADS

SUNDRIED TOMATO PESTO PASTA	11
roasted peppers, feta, sunblush tomato, smoked almonds & basil	
TN M W V	
VEGAN GREEN PESTO PASTA	10
green beans, cherry tomatoes, basil, smoked almonds, garlic & olive oil	
VG TN W	
CHOPPED CHICKEN SALAD	13
chicken, feta, lettuce, cherry tomatoes, avo, olives, croutons & house dressing	
W M S M	
MEDITERRANEAN SALAD	11
spinach, black & white quinoa, broccoli, cauliflower, green pesto, smoked	
almonds, feta, pumpkin & sunflower seeds	
V TN M	
WINTER CRUNCH SALAD	11
pickled cabbage, quinoa, roasted peppers, feta, olives, green beans, cucumber,	
lettuce & house dressing	
M V M	

WRAPS & BAGELS

CHICKEN WRAP	13
chicken, spinach, avo, sunblush tomato, feta	
W O B M	
TUNA WRAP	11
tuna, yoghurt, mustard, spinach & sunblush tomato	
F M M W O B	
SMOKED SALMON BAGEL	12
spinach, smoked salmon, cream cheese & seeded bagel	
M E W F	

DESSERT

CHOCOLATE TOFU PUDDING	6.5
silken tofu, 72% dark choc, peanut butter, vanilla, hazelnut and maple syrup	
SY P TN	

SMOOThIES

NUTTY ANA 415 KCALS 8.5

almond milk, banana, ice, peanut butter, chocolate plant protein

T N P S Y

LOVE MACHINE 296 KCALS 8.5

coconut milk, banana, strawberries, vegan protein, dates, maca

S Y

GREEN IRON 322 KCALS 8.5

spinach, spirulina, banana, pineapple, coconut milk, lemon juice, vegan protein, salt

S Y S

BERRY BLAST 135 KCALS 8.5

cranberries, blackberries with vanilla vegan protein, choice of milk & ice

T N S Y

SUPERHERO 428 KCALS 8.5

banana, almond milk, peanut butter, gluten-free rolled oats, chocolate plant protein, cacao powder

T N P S Y

BEET IT 290 KCALS 8.5

beetroot, blueberries, almond milk, vegan protein, bananas, dates, chilli

T N S Y

CACAO POW 196 KCALS 6.5

banana with chocolate vegan protein, choice of milk, water & ice

T N S Y

PROTEIN SHAKE 6

chocolate or vanilla with choice of milk (almond, oat, soy, coconut, whole, skimmed)

S Y

EXTRAS

+ FRUIT

+ PROTEIN

+ SPIRULINA

+ MACA

+ COLLAGEN

+ PEANUT BUTTER

+ CREATINE

+ DATES

+ SPINACH

+ OATS

+ CACAO

+ CHIA SEEDS

JUICES

C-BOOST 136 KCALS 6

apple, carrot, orange, ginger, guarana

GREEN GLOW 195 KCALS 6

kiwi, cucumber, coconut water, lime, salt, honey

ORANGE 95 KCALS 6

250 ml

APPLE 84 KCALS 6

250 ml

CARROT 65 KCALS 6

250 ml

JUICE SHOTS

LEXY SHOT 20 KCALS 3.5

ginger, lemon & cayenne pepper

GINGER SHOT 25 KCALS 3.5

LEMON SHOT 15 KCALS 3.5

BEETROOT SHOT 25 KCALS 3.5