

S. AU  
@SOULPRESS  
L.PRESS

PLEASE LET US KNOW BEFORE ORDERING IF YOU HAVE ANY ALLERGIES



SOUL PRESS

# SUPERFOOD SMOOTHIES

- #1. **GREENS TO GO** \$9.00  
**BLENDED SPINACH | KALE | BANANA | DATES | PROBIOTIC POWDER | COCONUT WATER | VANILLA | ICE#**  
*\*\*\* I'm packed full of goodness and made with love – check out our superfood directory if you dare to add more goodness to me*
- #2. **MINTY PLEASE** \$9.00  
**BLENDED ALMOND MILK | BANANA | CACAO | DATES | GREEN POWDERS | CHIA | OATS | ICE**  
*\*\*\* add probiotic powers to me to nourish the gut \$1.00*
- #3. **BERRY GLOW** \$9.00  
**BLENDED BANANA | MIXED BERRIES | DATES | | ALMOND MILK | MACA | ICE | PASSIONFRUIT**  
*\*\*\*want me to quench your thirst replace almond milk with coconut water FREE*  
*\*\*\*want me for a filling breakfast ADD oats \$1.00*  
*\*\*\*want me for a pick me up add berry blast \$2.00#*
- #4. **POWER ON** \$9.00#  
**BLENDED BANANA | ALMOND MILK | OATS | DATES | CHIA | ICE | MACA | PASSIONFRUIT | SPINACH**  
*\*\*\* add activated charcoal to me to promote gut health beware though I do turn black.. ps. I have no taste*
- #5. **PINK GODDESS** \$9.00#  
**BLENDED BANANA | ACAI | OATS | COCONUT WATER | DATES | CHIA | ICE | MACA | PASSIONFRUIT |**  
*\*\*\* add RAW protein to me \$1.00*
- #6 **POST WORK OUT** \$10.00#  
**BLENDED RAW CACAO | BANANA | RAW PROTEIN | ALMOND MILK | ICE | DATES**  
*\*\* want a coffee hit add organic coffee to me \$3.00*

# FOOD FOR THE SOUL

- AVO SUPERFOOD SMASH** \$13.50  
 OUR SUPERFOOD AVOCADO SMASHED ON RYE OR GLUTEN FREE BREAD + LEMON CHIA + NUT PALEO SPRINKLES  
*ADD strawberries to me \$1.00*
- COCONUT BIRCHER PARFAIT** \$9.00  
 OVERNIGHT SOAKED OATS, CHIA + COCONUT FLAKES  
 SOAKED IN COCONUT WATER, COCONUT CREAM  
 TOPPED WITH FRUIT + MUESLI
- SUPERFOOD SALADS** \$10.50  
*\*\* see display fridge*
- RAW CAKES** \$8.00  
**RAW SLICES** \$4.50  
**BLISS BALLS** \$3.00

# HEALING HERBAL TEAS

- \$ 4 . 0 0**
- WELL-BEING TEA**  
 CALENDULAR, SPEARMINT + ALFALFA  
 Relaxes + healing digestion, alkalinizing, reduces excess acidity, caffeine free, anti-oxidant rich
  - COCONUT TEA**  
 YERBA MATÉ, COCONUT, PINEAPPLE + ALOE VERA  
 Mood boosting, caffeine free, hydrating
  - APPLE- TREE TEA**  
 APPLE PIECES + VITAMIN C  
 Aids digestion, caffeine free, anti-oxidant rich, fights sugar cravings, rich in vitamin C
  - GLEW TEA**  
 GINGER, LEMONGRASS, ECHINA  
 Immune boosting, balancing, anti-oxidant rich,
  - BERRY-GREEN TEA**  
 GREEN TEA, STRAWBERRIES, RASPBERRIES + RED CURRANTS  
 Pick me up tea, immune boosting, mild stimulant, double strength anti-oxidant rich
  - FRENCH EARL GREY TEA**  
 BLACK TEA, LAVENDER, ROSE PETALS, MALLOW, MANGO  
 Cardiovascular protection, calming,
  - ENGLISH BREAKFAST TEA**  
 BLACK TEA  
 Anti-oxidant rich, immune boosting

# ACAI BOWLS

- #1. **PALEO SUPERFOOD BOWL** \$11.00  
**ACAI BLENDED WITH BANANA COCONUT WATER**  
**TOPPED WITH PALEO MUESLI | STRAWBERRIES | COCONUT CHIPS | GOJI**
- #2. **BLISS SUPERFOOD BOWL** \$11.00  
**ACAI BLENDED WITH BANANA, COCONUT WATER**  
**TOPPED WITH CARAMALISED BUKINIS | STRAWBERRIES | COCONUT | CHOC GOJI | MUESLI | PUFFED QUINOA**
- #3. **BOWL WITH THE LOT** \$13.00  
**ACAI BLENDED WITH BANANA, + COCONUT WATER**  
**TOPPED WITH CARAMALISED BUKINIS | STRAWBERRIES | COCONUT CHIPS | CHOC GOJI | BLISS BALL | PALEO MUESLI | GOJI | COCONUT QUINOA | MUESLI**
- #4. **PEANUT BUTTER + HONEY BOWL** \$13.00  
**ACAI BLENDED WITH BANANA, + COCONUT WATER**  
**TOPPED WITH APPLE | BANANA | CARAMALISED BUKINIS | COCONUT QUINOA | COCONUT CHIPS | MUESLI | PEANUT BUTTER SAUCE**
- #5. **DEATH BY CACAO** \$13.00  
**RAW CACAO BLENDED WITH BANANA ALMOND MILK**  
**TOPPED WITH STRAWBERRIES | COCONUT CHIPS | CHOC GOJI | MUESLI CACAO NIBS | COCONUT QUINOA | GRANOLA | CHOC NOSHU DONUT**
- #6. **HOT BOWL** \$14.00  
**ACAI BLENDED WITH BANANA, + COCONUT YOGHURT**  
**TOPPED WITH | COCONUT CHIPS | WARM STEWED APPLE | BUKINIS MUESLI | COCONUT YOGHURT | CARAMALISED CINNAMON | COCONUT FLAKES**

# PRESSED JUICE

- \$ 6 . 0 0**
- #1. **CLEANSE**  
 KALE | SPINACH | CELERY | CUCUMBER | APPLE | LEMON
  - #2. **REMEDY**  
 CARROT | APPLE | GINGER | TURMERIC | LEMON
  - #3. **HYDRATE**  
 WATERMELON | APPLE | MINT
  - #4. **GLOW**  
 BEETROOT | CARROT | APPLE | CELERY | LEMON
  - #5. **BLK ELIXIR**  
 COCONUT ACTIVATED CHARCOAL | COCONUT | LEMON | CAYENNE | FILTERED WATER