

FOR THE HEALTH NUTS

lets face it theres a few...

SUPER SALADS

make yourself feel super!

RAINBOW SALAD 15.9

Mixed summer seasonal vegetables and fruits arranged in a way to brighten your day. See weekly specials list for description of ingredients

MY BIG FAT GREEK SALAD 14.9

Roasted Sicilian olives, grilled halloumi, cherry tomatoes, fresh herbs, cucumber, pickled red onions, extra virgin olive oil and fresh lemon.

GO PULSE YOURSELF SALAD 14.9

Braised lentils, sauted kale, goat's cheese, mixed lettuce greens, cherry tomatoes and extra virgin olive oil with fresh lemon

APHRODISIAC SALAD 13.9

Mixed green leaves, avocado, strawberries, segmented orange, almonds and house made fig dressing.

96 POWER SALAD 13.9

Mixed leaves, broccoli, green beans, diced avocado, cucumber, cherry tomatoes, basil leaves, pepitas and goji berries.

SMOOTHIES

slurp that smoothness
(all smoothies \$8)

GREEN MONKEY

Almond milk, kale, avocado, banana, dates, organic macca and ice

THE BIG BANANA

Almond milk, banana, dates, agave syrup, raw organic protein powder and ice

CHOC PEANUT BUTTER DELIGHT

Organic raw cacao powder, almond milk, banana, dates, peanut butter and ice

TROPICAL CRUSH

Pineapple, mango, banana, coconut water, organic chia seeds and ice

NOT SO BLOODY MARY

Pineapple, cranberry, raspberry, banana, coconut water, organic chia seeds and ice

NEED A PICK ME UP?

Add a scoop ROV
protein for \$1

Or add OV macca for 50c

HAND
MADE

ROV = Raw Organic Vegan

OV = ORGANIC AND VEGAN