



# SMOOTHIES

## fruits & greens

- STRAWBERRY SENSATION** v 35  
Strawberry, banana, coconut oil, bulgarian yoghurt, honey, apple juice
- IMMUNE BOOSTER** v+ 35  
Banana, paw paw, mint, vit C, Echinacea, pineapple, orange juice
- LEMON CRUSH** v+ 35  
Orange juice, lemon juice, pineapple, mint leaves, basil leaves
- VERY BERRY** v+ 44  
Strawberry, blueberry, blackberry, banana, apple juice
- MANGO TANGO** v+ 44  
Orange juice, mango, pineapple, banana
- THE TROPICAL** v+ 46  
Coconut water, avo, pineapple, cucumber, turmeric, ginger
- KETO COCONUT** v+ 46  
Coconut milk, blueberries, strawberries, coconut oil, coconut water, coconut flakes
- GREEN SMOOTHIE** v+ 46  
Kale, spinach, banana, pumpkin seeds, flax seeds, goji berries, lemon, coconut water

## power proteins

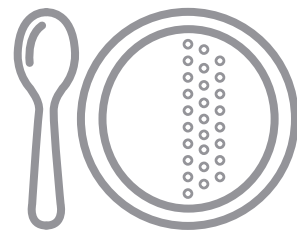
- Choice of protein:** whey | organic hemp
- SUPERFOOD** 46  
Maca, cacao, goji berries, banana, honey, almond milk, whey/hemp
- THE WORKS** 46  
Soy milk, peanut butter, banana, whey/hemp
- BENCH PRESS** 49  
Blueberry, banana, almond butter, chia seeds, coconut water, whey/hemp
- ALMOND BUTTER PROTEIN** 55  
Almond butter, banting ice cream, xylitol, coconut water, whey/hemp

## gourmet

- CAFFEINE KICK** v 49  
Organic espresso, coconut milk, almond butter, banana, chia seeds
- SALTED CARAMEL CHAI** v 55  
Chai spice, dates, banana, Himalayan pink salt, lucuma, banting ice cream, soy milk
- CACAO MILKSHAKE** v 55  
Cacao, banana, milk, banting ice cream, cinnamon, xylitol
- FATTY BOOM BOOM** v+ 55  
Coconut water, coconut milk, banana, avo, peanut butter, coconut flakes, cacao, xylitol



# SMOOTHIE BOWLS



## GREEN GOODNESS <sup>GF</sup> <sup>V+</sup> 59

Avo, banana, strawberries, blueberries, spinach, kale, almond milk, flaxseeds, peanut butter *topped with* granola & toasted coconut flakes

## ESPRESSO NUT BUTTER <sup>GF</sup> <sup>V+</sup> 59

Organic espresso, granola, blueberry, banana, peanut butter, dates, chia seeds, hemp protein powder *topped with* granola & almond flakes

## RED ESPRESSO ALMOND CREAM <sup>GF</sup> <sup>V+</sup> 59

Red espresso, lucuma, banana, almond butter, nutmeg, cinnamon, dates, *topped with* cacao nibs & coconut flakes

## BERRY BEET <sup>GF</sup> <sup>V+</sup> 59

Beet juice, banana, blueberry, avo, coconut milk, lemon, ginger *topped with* pumpkin seeds, dried cranberries & goji berries

## MANGO PASSION <sup>GF</sup> <sup>V+</sup> 59

Mango, coconut milk, coconut sorbet, flax seeds, chia seeds, coconut blossom sugar *topped with* coconut flakes, granadilla & chia seeds

# SQUEEZED JUICES



## MAKE YOUR OWN 29

Choose any two of the following:  
orange | carrot | apple | beet

## LEAFY GREENS 39

Kale, cucumber, celery, apple, lemon

## SUPER DUPER GREENS 44

Moringa, broccoli, cucumber, celery, spinach, kale, apple

## ANTI OX 39

Beet, lemon, carrot, ginger

## IMMUNITY 39

Carrot, orange, pineapple, ginger

## FATIGUE FIGHTER 39

Beet, celery, pineapple, orange

## SUPER ROOT 44

Carrot, apple, turmeric, lemon, ginger, cayenne pepper

## SUN-SATIONAL CLEANSER 44

Orange juice, ginger, pineapple, coconut water

# SHOTS



## PURE GINGER 14

## GINGER BEET 19

## ELEVATE 19

Pineapple, cayenne pepper, apple cider vinegar

## THE INVINCIBLE 24

Ginger, turmeric, lemon, cayenne pepper



*\*We use organic ingredients where possible*





## HOT DRINKS



**CHOOSE YOUR MILK** almond, dairy or soy

ESPRESSO	SGL 15   DBL 18
AMERICANO	REG 18   LRG 22
FLAT WHITE	24
VANILLA ALMOND FLAT WHITE	26
RED FLAT WHITE	25
CAFÉ LATTE	28
RED LATTE	29
CHAI LATTE	32
MATCHA LATTE	34

**ALMOND SPICE 250ml** 29  
Cinnamon, coconut blossom sugar, almond milk

**MACACCHINO 250ml** 29  
Organic Traditions Macacchino blend with your choice of milk.  
*recommended: vanilla almond milk*

**HOT CHOCOLATE 350ml** 29  
Wellness dark hot chocolate (sugar-free), milk

**TURMERIC FIRE 250ml** 29  
Turmeric spice blend (contains coconut blossom sugar), milk, coconut oil

**THE BULLET 250ml** 32  
Double espresso, coconut oil

**MATCHANILLA 250ml** 39  
Matcha mint spice blend (contains coconut blossom sugar), milk, coconut oil

*\*All hot drinks are served with a chocolate covered nut.*

## TEAS



ENGLISH BREAKFAST 19

ROOIBOS 19

GREEN 19

VANILLA 19

GINGER 19

CAMOMILE 19

PEPPERMINT 19

MORINGA 19

HIBISCUS 19

DETOX 19

**HOT TODDY TEA POT** 25  
Ginger, apple, lemon, mint

**GINGER BOOST TEA POT** 25  
Rooibos tea, lemon, ginger, turmeric, cayenne pepper, cinnamon, honey

## COLD DRINKS



**GINGER SPRITZER** 24  
Ginger, honey, Wellness pH 7 sparkling water, mint leaves, lemon

**HIBISCUS COOLER** 24  
Wellness Hibiscus loose leaf tea, honey, lemon, cucumber

**ICED COFFEE 350ml** 29  
Double espresso, milk

**MOCHA COCONUT FRAPPUCCINO** 34  
Organic espresso, cacao, coconut milk, honey

**GOJI ICE TEA 350ml** 34  
Ceylon tea, goji berries, ginger, lemon, honey, mint leaves

**MATCHA ICED TEA 350ml** 34  
Matcha mint spice blend, milk, coconut sugar

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