



FRAPPES
Regular \$7.00 Large \$8.00

MOCHA



MATCHA



EXPRESSO



WHITE
CHOCOLATE
OR DOUBLE
CHOCOLATE



SALTED
CARAMEL



FRUITY FRAPPES
Regular \$7.90 Large \$8.90

MELON

TROPICAL

PASSION

LIME-ALICIOUS





FRESH JUICES

Regular \$7.90 Large \$8.90

VEGIE PATCH – Spinach, carrot, celery,
beetroot, cucumber, orange, apple

GREEN MACHINE – Celery, cucumber, apple,
spinach, ginger

BEETROOT BASH – Beetroot, apple, spinach,
celery

GINGER ZING – Apple, carrot, ginger, celery,
spinach

MINTY MELON – Watermelon, mint

SUNRISE – Watermelon, apple, ginger

FRESH SQUEEZED ORANGE OR APPLE JUICE

Kids - \$3.90



MILKSHAKES

REGULAR \$7.00 LARGE \$8.00

CHOC

VANILLA

SPEARMINT

CARAMEL

HAZELNUT

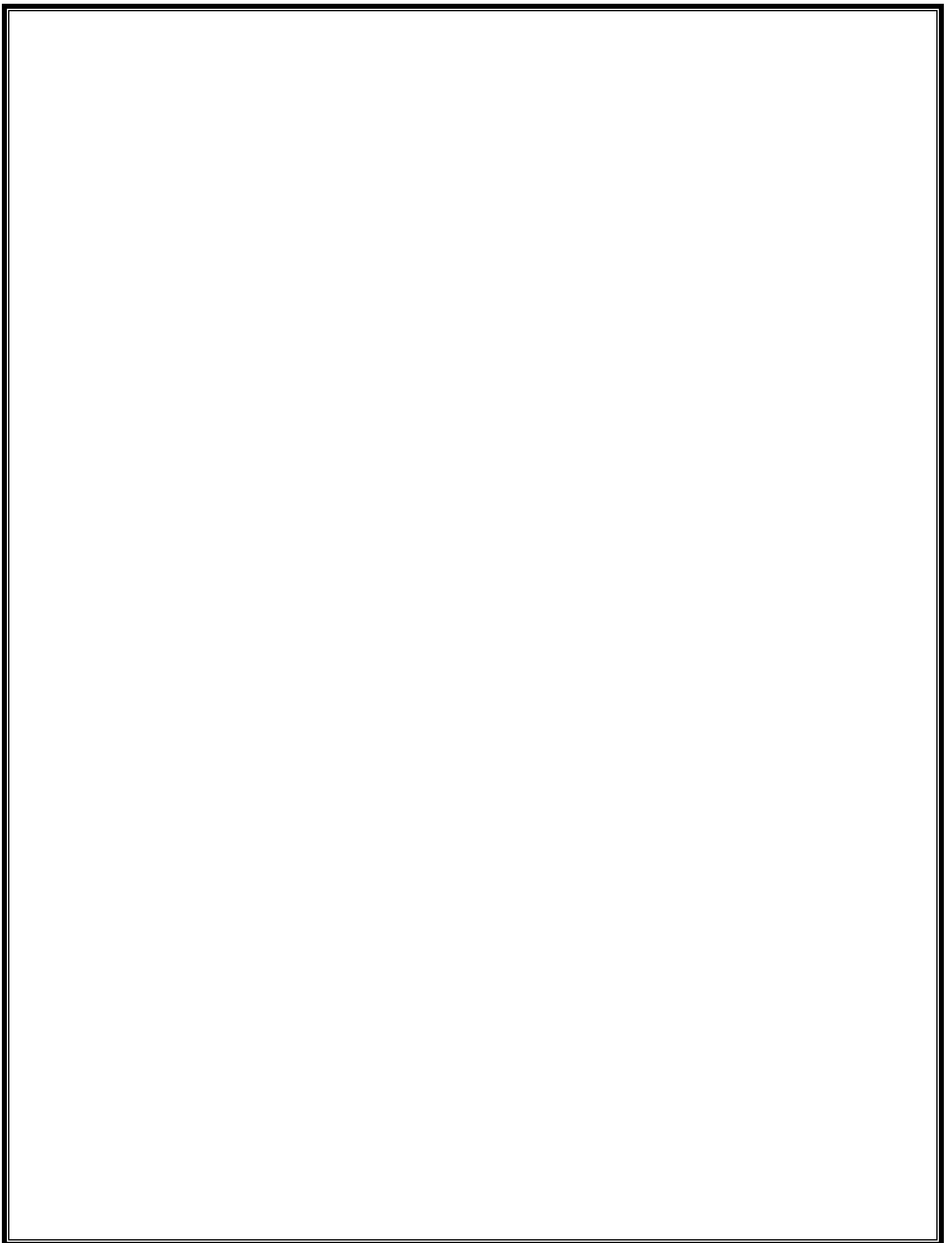
CHAI

COCONUT

WHITE CHOC

SALTED CARAMEL







SMOOTHIES

REGULAR \$6.90 LARGE \$7.90



JUST MANGO

Frozen Mango, sorbet, ice, FC milk



BANANA BANG

Frozen Banana, vanilla yoghurt, honey, ice, FC milk



BERRY BLAST

Frozen strawberries, raspberry sorbet, ice, vanilla yoghurt, FC milk



CHOC PEANUT PROTEIN

Cocoa, peanut butter, protein powder, ice, FC milk



START ME UP

Muesli, banana, mango, spinach, vanilla yoghurt, ice, FC milk



COCO CRAVE

Coconut milk, Honey, Vanilla yoghurt, ice



FOOD CRAVERS

YOGHURT CUP or FRESH FRUIT CUPS - \$6.50

PANCAKES – \$8.80

Fresh fruit, Coulis-

*Add honey?

CHUNKY FRUIT TOAST - \$4.00

GUACAMOLE POTATO SKINS Full Serve (3) \$8.00 ½ serve
\$4.00

Feta, tomato, onion.

*Add Bacon 50c

HAM & CHEESE CROISSANT - \$6.80

HAM, CHEESE & TOMATO TOASTIE - \$7.00

CHICKEN, CHEESE, AVO TOASTIE - \$8.00

*Add extra's – 50c

HASH BROWN TRIANGLES – Tall Pale \$6.00 Mighty Pale
\$7.00

Plain salt or Chicken salt

TOAD IN THE HOLE – \$8.80

Bacon, Egg, feta, spinach, pesto, melted cheese

BLAT – \$10.00

Bacon, lettuce, avocado, tomato

*Add extra's – 50c

CAESAR SALAD - \$7.50

*Add chicken - \$2.00





SUPER FOOD BOWLS OR SMOOTHIES

\$12

JUST ASK FOR GLUTEN FREE



ACAI GRADE "A"

Acai, Muesli, banana, fresh fruit, coconut water, coconut, chia, coulis



TROPICAL ACAI

Acai, Muesli, banana, mango, passionfruit, coconut water, chia, coconut, fresh fruit, coulis



BLUE MAJIK LF

Blue Majik spirulina, muesli, coconut water, vanilla, chia, fresh fruit, coulis

- \$2.00 Donated to LF with every purchase



PITAYA PASSION

Pitaya, Muesli, banana, passionfruit, coconut water, chia, coconut, fresh fruit, coulis



ACAI ESPRESSO

Acai, Muesli, Crave espresso, protein powder, cacao, coconut water, fresh fruit, coulis

DYNAMIC DUO

Acai, Pitaya, Muesli, banana, passionfruit, coconut water, chia, coconut, fresh fruit,

ALL AVAILABLE IN BOWL OR SMOOTHIE

