

# ACAI BOWLS

<b>Super Bowl</b> Acai, Granola, Banana & Peanut Butter	6.5	<b>Rainforrest</b> Acai, Granola, Banana & Strawberry	6.0
<b>Mad Macho</b> Acai, Whey Protein, Granola, Banana, Strawberry & Chia Seeds	7.5	<b>Tropical</b> Acai, Strawberries, Blueberries & Coconut flakes	7.5

## SMOOTHIES 500ml

<b>Gracie</b> 4.5 Frozen Yogurt / Banana / Strawberries /Blueberries
<b>Billie</b> 4.5 Frozen Yogurt / Banana / Cacao / Medjool Date / Chia Seeds
<b>Rocky</b> 5.0 Frozen Yogurt, Skimmed Milk, Muesli, Almond Butter, Banana – Plant Protein
<b>Roxy</b> 4.0 Frozen Yogurt / Espresso / Vanilla Milk / Banana
<b>Acai Smoothie</b> 5.0 Acai Berry, Banana, Strawberry & Oat Milk

## JUICES 250ml

<b>OJ / Apple / Pink Grapefruit / Carrot</b> 3.5
<b>Sunrise</b> 4.0 Orange, Pink Grapefruit & Strawberry
<b>Sunset</b> 4.0 Carrot, Apple, Beetroot & Ginger
<b>Clean Machine</b> 4.0 Spinach, Cucumber, Apple & Lemon

## POWER UPS Add a boost for 1.0 each

<b>Spirulina</b>	<b>Bee Pollen</b>
<b>Wheat Grass</b>	<b>Chia Seeds</b>
<b>Turmeric Powder</b>	<b>Flax Seed</b>
<b>Raw Ginger</b>	<b>Pro-biotic</b>
<b>Echinacea</b>	<b>Plant Protein</b>
<b>Cacao</b>	<b>Collagen</b>

## SOFT DRINKS In Out

<b>Water Still</b>	1.5/3.0	0.0
<b>Sparkling</b>	1.5/3.0	0.0
<b>Coca Cola Classic</b>	2.5	0.0
<b>Coca Cola Zero</b>	2.5	0.0
<b>San Pellegrino</b>	2.5	0.0
Lemon / Pom & Orange		
<b>Kombucha</b>	3.0	0.0
Ginger & Lemon		
<b>Kombucha</b>	3.5	0.0
Raspberry Lemonade		

COFFEE	In	Out	In	Out
	Sml	Reg	Sml	Reg
<b>Espresso</b>	2.0	2.5	1.5	2.0
<b>Macchiato</b>	2.0	2.5	1.5	2.0
<b>Cortado</b>	2.0	2.5	1.5	2.0
<b>Cappuccino</b>	2.7	3.2	2.2	2.7
<b>Latte</b>	2.7	3.2	2.2	2.7
<b>Flat white</b>	3.2			
<b>Americano</b>	2.7	3.2	2.2	2.7
<b>Ice Coffee</b>		3.5		3.0

TEA	In	Out
<b>English Breakfast</b>	2.2	1.5
<b>Earl Grey</b>	2.2	1.5
<b>Rooibos</b>	2.2	1.5
<b>Camomile</b>	2.2	1.5
<b>Peppermint</b>	2.2	1.5
<b>Green Tea</b>	2.2	1.5
<b>Honey &amp; Ginger</b>	2.2	1.5

CHOCOLATE	In	Out
	Sml	Reg
<b>Mocha</b>	3.2	3.0
<b>Hot Chocolate</b>	3.7	3.5

ICE TEA	In	Out
<b>Forest Fruit Rooibos</b>	3.5	3.0
<b>Spiced Ginger</b>	3.5	3.0