

Smoothies

1. Green Love - mango, spinach, bananas, passionfruit, coconut milk, organic honey
2. Caramello - banana, cacao powder, dates, almond milk, organic honey
3. The pump - protein, peanut butter, banana, almond milk, organic maca powder
4. Pink paradise- pink dragonfruit, banana, strawberry, raspberry, almond milk
5. Kids smoothie - banana, milk, chocolate

Smoothie extras

1. Protein powder
2. Organic maca
3. Spirulina
4. Chia seeds
5. Organic honey

Acai Bowls

1. Tropical Island bowl - Acai, mango, banana, coconut yoghurt, macadamia nuts, house made granola, organic honey
2. Berry sunshine bowl - Acai, strawberry, blueberry, cacao nibs, house made granola, coconut yoghurt

Bowl Extras

1. Ridiculously delicious peanut butter
2. Goji berries
3. Cacao nibs
4. Organic coconut flakes

Juices

1. Kick start - carrot, orange, apple, ginger
2. Watermelon sugar high - watermelon, apple, kiwi, cucumber

Milkshakes

1. Chocolate
2. Vanilla
3. Strawberry
4. Blue Heaven

Frappes

1. Coffee
2. Chocolate
3. Mocha