



Hot Drinks

Regular (R) **\$6.00** Large (L) **\$6.80**

Cappuccino
Long Black
Flat white
Coffee Latte
Mocha
Hot Chocolate

CHOOSE YOUR FAVOURITE
BARISTA PLANT-BASED MILK

Golden Turmeric Latte

Turmeric, ginger, vanilla, black pepper, cinnamon

Red Velvet Latte

Beetroot, turmeric, chia spice, hibiscus, rosehip, vanilla bean

Chai Latte

Brewed organic rooibos chai soaked in honey

Caroccino

Malted barley, rye and chicory and plant-based milk

Babyccino

Warm steamed plant-based milk of your choice with a foamy chocolate dusted top **\$3**



All our coffee is organic, decaf, and crafted for your health and wellbeing. Locally roasted by Little Earth Roasters in Kiama, NSW, we use premium South American beans and a natural carbon dioxide process to gently remove caffeine, preserving antioxidants and rich flavors. Enjoy smooth chocolate and caramel notes in every sip!

Iced Lattes **\$6.80**

(add Pana vanilla ice-cream for \$3)

Iced Coffee Latte

Our signature coffee served with plant-based milk and ice

Iced Golden Turmeric Latte

Golden Turmeric with milk, ice and coconut nectar

Drinks Menu



Smoothies

(add protein powder \$2, add energy shot \$2, add Pana vanilla ice-cream for \$3)

Healthy Green 'n Lean **\$13.90**

Kale, banana, lemon, ginger, pineapple, avocado, dates, coconut water, green's powder and energy shot

Blueberry Sunrise **\$11.90**

Plant-based milk, frozen banana, blueberries, cinnamon and maple syrup

Snickers Smoothie **\$11.90**

Banana, peanut butter, organic raw cacao, plant-based milk and dates.

Strawberry Kiss **\$11.90**

Orange juice, banana, strawberry and ginger

Pina Colada **\$11.90**

Coconut milk, coconut cream, banana, pineapple and vanilla

Açai Berry Power **\$11.90**

Açai fruit (frozen), banana, frozen strawberries, coconut water and agave

Cold Press Juices

Regular (R) **\$8.90** Large (L) **\$12.90**

Tropical Twist

Orange, apple, pineapple, spinach, ginger, and passionfruit

Immune Juice

Orange, apple, carrot, ginger, and lemon

Detox Special

Beetroot, orange, celery, carrot, apple, lemon, and ginger

Green Machine

Kale, celery, cucumber, pineapple, apple, ginger, lemon

Immunity shots

(Ningxia goji berry or Gold Turmeric) **\$6**

Healing Wine

100% organic grape juice **\$8.50** or **\$14.90**

Organic House-Brewed Kombucha

\$8.50 for 375ml or **\$14.90** for 750ml



Iced Chocolate Latte

Our plant-based milky organic cacao chocolate and ice

Iced Chai Latte

Brewed organic rooibos honey-soaked chai with milk, ice and coconut nectar



Signature Savoury Bowls

Regular **\$21.90** Large **\$26.90**

Asian Bowl (GF, NF)

Great for hormone balance: miso glazed pumpkin, phytoestrogen rich teriyaki tofu, mixed quinoa, edamame, fresh cabbage and carrot salad, wasabi mayo, black sesame seeds, spring onions and radish pickle.

Low Carb Hi-Protein Falafel Bowl

(GF, NF)

Boost Gut Health and Brain Clarity: House-made falafel, roasted spiced eggplant, broccoli, kale in extra EVOO, fresh cabbage, carrots, cranberries, beetroot hummus, onion pickle, lemon dressing and tahini sauce.

Poke Bowl (GF, NF)

Delicious seeded crumbed tofu, brown rice, radish, edamame, cucumber, avocado, pickled ginger, spring onion, house made poke dressing and black sesame seeds.

Kids Mini Wellness Bowls **\$12.90**

Savoury (GF, NF)

Any of the above signature savoury bowls in a kids serving size.

Nourishing Açai Bowl (GF)

All of the Açai Bowl ingredients except the energy shot in a kids serving size.



Wellness Bowl Bar

10:30am - 2:00pm

100% Whole Food Plant Based meals (free from meat, dairy, eggs, highly processed or refined ingredients and sugars) designed to satisfy your body, mind, and soul.



Nourishing Bowls

Regular **\$19.90** Large **\$24.90**
(add Pana vanilla ice-cream for \$3)

Waffle Bowl (GF)

Our House buckwheat and brown rice waffles, coconut yoghurt, house made berry jam, seasonal fruits, mixed nut crumble, and coconut syrup.

NEW Açai Bowl (WF)

Frozen açai blended with banana, berries, dates and natural energy shot, covered with fresh seasonal fruits, coconut, peanut butter and house made granola and coconut syrup.



Chef's Daily Special

Regular **\$15.90** Large **\$22.90**

NEW Food Farmacy Burger

\$18.90 (GFO extra \$2)



Nourish your body with our Black Bean Burger: packed with plant-based protein, our house-made black bean, quinoa and brown rice patty, complemented by grilled pineapple, caramelized onions, tomato, green salad, cabbage and carrot salad on lemon dressing drizzled with house-made chipotle sauce, served on a multi-grain sourdough bun. It's a flavourful and nutritious choice for a satisfying meal.

All Vegan *Wheat-free (WF) *Wheat-free option (WFO) *Gluten-free(GF)
*Nut-free (NF) *Nut-free (NFO) *Low FODMAP option (LFP)



Grab and Go

Chia Fruity Pudding
(WF) **\$9.00**

Falafel Wraps **\$13.90**

Parfaits (GF) **\$12**

Savoury (GF) and Sweet Muffins Baked
daily **\$7.50**

Banana Bread (GF) **\$7.50**

Blueberry Banana Bread (GF) **\$8**

Cookie (GF) **\$6.50**

Tropical Bliss Ball (GF) **\$4**

Snickers Balls (GF) **\$5.50**

Protein Peanut Ball (GF) **\$4**

Choc mint Bliss Ball (GF) **\$4**

Guilt-free cheesecake Slice (GF) **\$10**

Chef's Mini Cheese Cakes **\$8.50**

Snickers Slices **\$8.50**

Chef's Special Slice **\$8.50**

Protein Bar (WF) **\$7.50**

Frittata **\$12.90** (GF) (add salad +\$6)

Sushi **\$12**

Rice Paper Rolls **\$14.90**



Café & Dessert Bar

7:30am - 3:30pm (kitchen closes 2pm)

Sourdough Toppers (GFO extra \$2)

Avocado Mash **\$14.90**

Smashed avocado on toasted sourdough, topped with creamy feta, sprinkled with aromatic dukkah, sprouts and balsamic glaze.

Mushroom Goodness **\$16.90**

Sautéed mushrooms in garlic and chilli with aioli mayo and a sprinkle of fresh garden herbs on toasted sourdough, balsamic glaze and sesame.

Beetroot Hummus & Greens **\$14.90**

Creamy beetroot hummus topped with avocado, paired with a medley of fresh mixed greens on toasted sourdough and balsamic glaze.

Sourdough Toasties

(Wholemeal Sourdough or Food Farmacy GFO Sourdough extra \$2)

Roasted pumpkin, semi-dried tomatoes, caramelised onions, feta, and pesto (GFO) **\$15.90**

Mediterranean roasted veggies, plant-based smoked mozzarella, and pesto (GFO, NF) **\$15.90**

Tomato, rocket, plant-based butter, and smoked mozzarella cheese (GFO, NF) **\$14.90**

Mexican Refried Beans, Smoked Hemp Mozzarella, and Chipotle Cashew Cheese (GFO) **\$14.90**

BBQ Jackfruit Brisket, Chipotle and Hemp Smoked Mozzarella Cheese (GFO) **\$14.90**



Frozen Healthy Easy Meals

Regular **\$12.90** Large **\$15.90**

Check out our freezer for available meals.





Neo Organic Tea Blends

\$5.00

Chocolate Dream (GF, LF)

Cacao and rooibos, this high iron and magnesium tea will uplift the senses and also help sugar cravings.

Echinacea Accelerator

Enhance your immune system with echinacea, lemongrass and ginger.

Turmeric Tonic (GF, LF)

This golden zesty tea includes turmeric, citrus and lemongrass to help Page 4 / 4 relieve muscle and joint pain.

Happy Hemp (GF, LF)

Protein rich, fibre and fatty acids including omega-3s and omega-6s to cheer and uplift. The perfect mood balancing elixir.

Delightful Blue (GF, LF)

Butterfly Pea flower is known for its graceful ageing properties, improving digestive health and alleviating symptoms of anxiety and depression.



Antioxidant Herbal Teas

The Tea Collective Blends

\$5.00

Firestorm

Immune system optimiser! A fiery tea blended from ginger root, turmeric, chilli & peppercorns.

Moontime

Aiding the symptoms associated with menopause and PMS. Preventing any disruption to the precious 28-day cycle: spearmint, peppermint, cohosh root, dong quai, liquorice root, ashwagandha, St. John's wort, red clover, lavender, red rose, and lemon verbena.

Happiness

An eclectic and wildly-colourful blend of sweet, floral, and spicy: organic lemongrass, organic apple pieces, jasmine flowers, rose petals, pink peppercorns, cinnamon chips, coriander seeds, raspberry leaf, ginger, natural jasmine.

Peppermint

Pure peppermint tea has been used in traditional medicine to relieve discomfort in the digestive system.

Tea Tonic Organic Blends

\$5.00

Thirst Quencher

Naturally sweet and hydrating. Hibiscus, moringa leaves, natural flavour, monk fruit and calendula.

Tea Party (GF, LF)

Calcium and iron rich, smooth rooibos and rose petal tea.

Apple Tree (GF)

Loaded with antioxidants and apple pieces "An apple a day.... Blue Magic Tea (GF, LF) This floral turkish delight will boost the lustre of your hair, skin and eyes while delighting your sights with a gorgeous natural blue from the butterfly pea flower. Adding floral notes with rose petals and chamomile.

Relaxation Tea (GF)

Calming the mind and body day or night with lemongrass, passionflower, lemon balm, skull cap and lavender.

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