



Hot Drinks

Regular (R) **\$6.50** Large (L) **\$7.50**

Cappuccino
Long Black
Flat white
Coffee Latte
Mocha
Hot Chocolate
Salted Caramel Hot Chocolate
Caroccino
Babyccino (\$4)

Caramel Coconut Latte

Rooibos chai steeped in honey, with creamy coconut milk and natural caramel syrup

Spiced Pumpkin Latte

House-made pumpkin purée, warming spices, frothed plant-based milk, lentil-based whipped cream and spiced coconut dust.

Golden Turmeric Latte

Turmeric, ginger, cinnamon, black pepper and vanilla

Red Velvet Latte

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

Chai Latte

Organic rooibos chai steeped in honey and spices, frothed milk of choice

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 **\$7.50** (add Pana vanilla ice-cream for \$3)

Iced Coffee Latte

Our signature decaf coffee, plant-based milk, and ice.

Iced Golden Turmeric Latte

Golden Turmeric with milk, ice and coconut nectar

Drinks Menu

Wellness 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**

Frozen banana, blueberries, plant-based milk, cinnamon and maple syrup.

Snickers Smoothie **\$11.90**

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

Golden Healing **\$11.90**

Turmeric elixir, almond milk, banana, dates and cinnamon.

Pina Colada **\$11.90**

Coconut milk, coconut cream, banana, pineapple and vanilla

Açaí Berry Power **\$11.90**

Açaí 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** (250ml) **\$14.90** (1L)

Organic House-Brewed Kombucha by OPPAT Health

\$8.50 (375ml) **\$14.90** (750ml)

Housemade Organic Kefir by OPPAT Health

\$8.50 (375ml) **\$14.90** (750ml)

Iced Chocolate Latte

Rich plant-based cacao chocolate, milk and ice

Iced Chai Latte

Rooibos-based honey-soaked chai, milk, ice and coconut nectar



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.

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