



## Signature Savoury Bowls

Build Your Nourishment Regular \$21.90 | Large \$26.90



### GREEN GOODNESS BOWL (GF, NF)

• Gut Health • Brain Clarity • Sustained Energy  
House-made falafel with kale, broccoli, spiced chickpeas, cucumber, avocado, sprouts, and almonds. Finished with tahini dressing, pickles, pepitas, and cranberries.

### HORMONE BALANCE ASIAN BOWL (GF, NF)

• Hormonal Support • Gut Health • Plant Protein  
Miso-glazed pumpkin, teriyaki tofu, sautéed mushrooms, mixed quinoa, edamame, and fresh cabbage and carrot. Topped with miso mayo, black sesame seeds, and radish pickle.

### POKE NOURISH BOWL (GF, NF)

• Heart Health • Anti-Inflammatory • Omega Support  
Seeded crumbed tofu served over brown rice with radish, edamame, cucumber, avocado, and pickled ginger. Finished with house poke dressing and wasabi mayo.

### ALL DAY BREAKFAST PROTEIN BOWL

• Sustained Energy • Protein • Comfort Nourishment  
Scrambled tofu, roasted potato, grilled tomato, sautéed mushrooms and kale, aioli mayo



# Wellness Bowl Bar

Meals designed to support energy, gut health, hormones, and metabolic balance — free from meat, dairy, eggs, and highly processed ingredients.

• Whole Food • Plant-Based • High Fibre • Anti-Inflammatory

## Signature Burger

### PROTEIN LOVER BURGER \$20 (Staff Pick)

• Energy • Muscle Support • Satiety  
Black bean, quinoa, and brown rice patty with grilled pineapple, caramelised onions, slaw, and chipotle sauce.  
(GF bun +\$2 | Add side greens +\$6)



## Chef's Daily Specials

Small Bite \$15 | Regular \$18.50 | Large \$24.50

### Rotating selection of:

• Curries • Pasta • Salads • Wellness Bowls

Made fresh daily using seasonal whole-food ingredients.



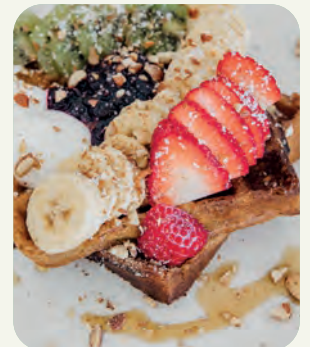
## Nourishing Sweet Bowls

Regular \$19.90 | Large \$24.90

Add: Organic Vanilla Ice Cream +\$4  
Boost with Protein / Electrolytes / Peanut Butter +\$3

### WAFFLE WELLNESS BOWL (GF)

• Digestive Support • Antioxidant Boost  
House-made Buckwheat and brown rice waffles with vanilla ice cream, seasonal fruits, berry compote, almond crumble, and maple drizzle.



### AÇAÍ ENERGY BOWL (GF)

• Energy • Skin Health • Mood Support  
Açaí topped with strawberries, banana, and granola.

### WARM PEAR CRUMBLE NOURISH BOWL (GF, NF)

• Gut Comfort • Blood Sugar Balance • Antioxidant Support  
Slow-baked spiced pears topped with a golden crumble and served with vanilla plant-based cream, and frozen blueberries.



# Bakery

• House-baked • Whole Ingredients • Made Fresh

## Rolls & Pies

**Lentil & Walnut "Mince" Roll – \$8.50**  
Hearty, savoury, protein-rich.

**Spinach & Tofu Ricotta Roll – \$8.50**  
Creamy, satisfying, and nourishing.

**Chef's Special Pies & Scrolls (GF) – \$9.90**  
Seasonal creations using local produce.

## Sweet Treats

**Sweet Muffins (organic wholemeal spelt) – \$7.50**  
Soft, naturally sweetened, and satisfying.

**Banana Bread (GF) – \$7.50**  
Moist, wholesome classic.

**Blueberry Banana Bread (GF) – \$8.00**  
Antioxidant-rich and naturally sweet.

**Cookies (GF / Jumbo) – from \$7**  
Perfect with your coffee.

## House-Made Gluten-Free Sourdough

Loaf – **\$16.90**  
Buns (min. 3) – **\$4.50 each**

Slow-fermented,  
gut-friendly, seeded  
sourdough.



# Café, Bakery & Dessert Bar

Designed to support energy, gut health, hormones, and long-term wellbeing — using real, whole ingredients your body understands.

• Whole Food • Plant-Based • Nourishing Indulgence

## Sourdough Toppers

Served on rye sourdough  
(GF house-made sourdough +\$2)

### MUSHROOM GOODNESS – \$17.90

• Immunity • Gut Health • Anti-Inflammatory

Sautéed miso glaze mushrooms on toasted sourdough with house mayo and fresh herbs.



### AVOCADO & SPICED CHICKPEA – \$17.90

• Sustained Energy • Skin Health  
• Fibre Rich

Avocado with lemon dressing, warm spiced chickpeas, spring onion, and tahini drizzle.

### SPICED SCRAMBLED TOFU ON TOAST – \$16.90

• Plant Protein • Sustained Energy & Satiety

Spiced scrambled tofu on toasted sourdough, with our creamy house aioli mayo.

## Sourdough Toasties

Wholemeal sourdough (GF option +\$2)



### MEXICAN REFRIED BEANS & CHIPOTLE CHEESE – \$16.90

• Protein • Blood Sugar Balance  
• Satiety

Refried beans layered with smoky chipotle cashew cheese.

### ROASTED PUMPKIN & PESTO – \$16.90

• Antioxidants • Healthy Fats  
• Comfort Nourishment

Roasted pumpkin, semi-dried tomatoes, caramelised onions, cashew Persian feta, and pesto.

### SMOKY MOZZARELLA, TOMATO & ROCKET – \$15.90 (NF)

• Immunity • Iron Absorption  
• Fresh & Light

Tomato, rocket, plant-based butter, and smoked hemp mozzarella.

## High-Fibre Protein Wraps

### FALAFEL & BEETROOT HUMMUS WRAP – \$15.90 (NF)

• Gut Health • Detox Support • Fibre Rich

Falafel, beetroot hummus, fresh salad, and tahini dressing.

### SCRAMBLED TOFU & AIOLI WRAP – \$15.90 (NF)

• Protein • Calcium • Sustained Energy

Scrambled tofu with house-made aioli and fresh greens.



## Frozen Food As Medicine Meals

Regular \$13.90 | Large \$18.50 | Family \$29.90

Ready-to-enjoy meals supporting gut health, energy, and recovery.



## Bliss & Power Balls

Snickers Ball – \$6.00

Protein Peanut Ball – \$4.50

Choc Power Ball – \$4.50

## Functional Bars

CHOC-COVERED PROTEIN BAR – \$8.50 (Staff Pick)

High-protein, satisfying, indulgent.

Protein Bar – \$7.50

# Dessert Bar

Indulgence Meets Nourishment



**CHIA FRUIT PUDDING – \$8.50**

• Gut Health • Detox Support • Fibre Rich

Chia pudding layered with seasonal fruit.

**PARFAITS**

**(Love Cup/Forever Young/Chef's Special) – \$12.00 Most Popular**

• Antioxidants • Skin Health • Healthy Fats

Layered coconut cream, cashew and tofu-based fillings, fruit, and crunch.

## Raw Cakes & Slices

**SNICKERS SLICE – \$8.50 (Most Popular)**

Nutty, rich, and satisfying.

**GINGER SLICE – \$8.50 (Most Popular)**

Warming spices and natural sweetness.

**Mint Slice – \$8.50**

Cool, creamy, refreshing.



**Chef's Special Slice – \$8.50**

Seasonal creation.

**Guilt-Free Cheesecake Slice – \$10.00**

Creamy, dairy-free, no refined sugar.

**Mini Cheesecakes – \$8.50**



### BOOST YOUR MEAL

Protein +\$3 | Electrolytes +\$3  
| Peanut Butter +\$3 | Ice Cream +\$4

### MAKE IT A COMBO

Add coffee or iced drink +\$5



# Coffee & Hot Drinks

Regular \$7 | Large \$7.50

Naturally decaffeinated to preserve antioxidants, flavour, and purity.

- Cappuccino
- Flat White
- Latte
- Long Black
- Mocha
- Hot Chocolate
- Salted Caramel Hot Chocolate
- Caroccino

Babyccino – \$4

# Iced Lattes - \$8

Add Vanilla Ice Cream +\$4

## Iced Coffee Latte

Smooth decaf coffee with plant milk.

## Iced Chocolate Latte

Rich cacao, plant milk, and natural sweetness.

## Iced Golden Turmeric Latte

Cooling anti-inflammatory blend.

## Iced Chai Latte

Rooibos-based chai, naturally caffeine-free.

# Immunity Shots – \$6

## GOLDEN TURMERIC SHOT

- Immunity • Anti-Inflammatory • Quick Boost

# Healing Drinks

## HEALING WINE (Organic Grape Juice)

\$8.50 (250ml) | \$14.90 (1L)

- Heart Health • Relaxation • Antioxidants

Alcohol-free, naturally sweet, and deeply nourishing.



## HOUSE-BREWED KOMBUCHA

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

- Gut Health • Probiotics • Digestion

## HOUSE-MADE KEFIR

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

- Gut Health • Immunity • Microbiome Support

# BOOST YOUR DRINK

Protein +\$3 | Electrolytes +\$3 | Ice Cream +\$4



## CAFÉ HOURS

Monday – Friday  
Café: 9:00am – 3:30pm  
Wellness Bowls: 10:30am – 2:00pm

# Drinks Menu

Experience the difference in every sip — crafted to support energy, gut health, and whole-body wellbeing.

- Functional
- Anti-Inflammatory
- Nourishing

# Wellness Lattes

Regular \$7 | Large \$7.50

## GOLDEN TURMERIC LATTE

- Anti-Inflammatory • Immunity • Joint Support

Turmeric, ginger, cinnamon, black pepper, and vanilla.



## RED VELVET LATTE

- Blood Flow • Skin Health • Antioxidant Boost

Beetroot, chai spices, hibiscus, rosehip, and vanilla.

## CARAMEL COCONUT CHAI

- Electrolytes • Stress Support • Comforting Energy

Dandy chai with coconut milk and caramel.

## CHAI LATTE

- Gut Health • Relaxation • Caffeine-Free

House-steeped spiced chai.

## BETTER THAN MATCHA

- Protein • Antioxidants • Metabolic Support

Green roasted barley with matcha-style profile.

# Wellness Smoothies

Add Protein +\$3 | Electrolytes +\$3 | Ice Cream +\$4 | Combo +\$3

## BLUEBERRY SUNRISE – \$11.90

- Brain Health • Antioxidants • Anti-Inflammatory
- Blueberries, banana, cinnamon, vanilla, plant milk.



## GREEN 'N' LEAN – \$13.90

- Detox • Energy • Gut Support

Kale, pineapple, banana, avocado, coconut water, ginger, super greens powder and electrolytes.

## PINA COLADA SMOOTHIE – \$11.90

- Hydration • Immunity • Skin Health

Coconut, pineapple, banana, vanilla.

## SNICKERS SMOOTHIE – \$11.90

- Protein • Satiety • Energy

Banana, peanut butter, cacao, dates, plant milk.

## BANANA VANILLA SHAKE – \$11.90

- Sustained Energy • Digestion • Comforting

Banana, dates, vanilla, cinnamon, plant milk.

# Cold-Pressed & Fresh Juices

Small \$8.90 | Large \$12.90

## WATERMELON WONDER

- Hydration • Electrolytes • Refreshing

Watermelon, mint, lime.

## IMMUNE JUICE

- Immunity • Anti-Inflammatory • Vitality

Orange, carrot, apple, ginger, lemon.

## TROPICAL GLOW

- Immunity • Digestion • Vitamin C Boost

Orange, pineapple, apple, kale, ginger, passionfruit.

## DETOX SPECIAL

- Liver Support • Circulation • Energy

Beetroot, celery, carrot, apple, citrus, ginger.



## Neo Organic Tea Blends

**\$6,50**

### **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

**\$6,50**

### **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

**\$6,50**

### **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)