



Signature Savoury Bowls

Build Your Nourishment Regular \$22.50 | Large \$27.50



GREEN GOODNESS BOWL (GF, NF)

Reg serve / P 16.8g / C 20.1g / F 25.2g / Fib 10g / Cal: 385

• 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)

Reg serve / P 29g / C 181g / F 27.3g / Fib 23g / Cal: 1009

• 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)

Reg Serve / P 24.2g / C 68.1g / F 25.9g / Fib 11g / Cal: 628

• 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 (GF and NF)

Reg serve / P 16.8g / C 32.5g / F 18g / Fib 6g / Cal: 380

• 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 \$21.90 (Staff Pick)

Reg serve / P 16.5g / C 64.8g / F 7.2g / Fib 13g / Cal: 423

• 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 \$16 | Regular \$19.50 | Large \$26.50

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)

Reg serve / P 9.7g / C 84.8g / F 18.9g / Fib 12.5g / Cal: 588

• 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)

Reg serve / P 5.9g / C 29.5g / F 15.1g / Fib 11g / Cal: 287

• Energy • Skin Health • Mood Support

Açaí topped with strawberries, banana, and granola.



WARM PEAR CRUMBLE NOURISH BOWL (GF, NF)

Reg serve / P 7.1g / C 80.8g / F 33.6g / Fib 4g / Cal: 667

• 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 – \$9.50

Reg serve / P 5.3g / C 6.7g / F 6.3g / Fib 4.8g / Cal: 113
Hearty, savoury, protein-rich.

Spinach & Tofu Ricotta Roll – \$9.50

Reg serve / P 5.3g / C 6.7g / F 6.3g / Fib 4.8g / Cal: 113
Creamy, satisfying, and nourishing.

Chef's Special Pies & Scrolls (GF) – \$12

Seasonal creations using local produce.

GF Chickpea Frittata (GF) – \$12

Sweet Treats

Sweet Muffins (organic wholemeal spelt) – \$7.50

Reg serve / P 13.9g / C 83.3g / F 37.8g / Fib 7.3g / Cal: 738
Soft, naturally sweetened, and satisfying.

Banana Bread (GF) – \$8

Reg serve / P 3.5g / C 50.5g / F 18.4g / Fib 3g / Cal: 387
Moist, wholesome classic.

Blueberry Banana Bread (GF) – \$8.00

Reg serve / P 3.5g / C 50.5g / F 18.4g / Fib 3g / Cal: 387
Antioxidant-rich and naturally sweet.

Cookies (GF / Jumbo) – from \$7.50

Reg serve / P 2.7g / C 54.4g / F 11.6g / Fib 2g / Cal: 337
Perfect with your coffee.

House-Made Gluten-Free Sourdough

Loaf – \$18.90

Reg Serve / P 9g / C 14.6g / F 38.8g / Fib 5g / Cal: 440

Buns (min. 3) – \$5.50 each

Reg Serve / P 9g / C 14.6g / F 38.8g / Fib 5g / Cal: 440

Slow-fermented, gut-friendly, seeded sourdough.



High-Fibre Protein Wraps

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

Reg serve / P 17.5g / C 47.6g / F 25.5g / Fib 7g / Cal: 504

• Gut Health • Detox Support • Fibre Rich

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

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 +\$3)

MUSHROOM GOODNESS – \$17.90

Reg serve / P 17.4g / C 32.2g / F 7.3g / Fib 4g / Cal: 287

• Immunity • Gut Health • Anti-Inflammatory

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



AVOCADO & SPICED CHICKPEA – \$17.90

Reg serve / P 17.1g / C 39.1g / F 55.9g / Fib 22g / Cal: 755

• 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

Reg serve / P 18.1g / C 35.6g / F 20.7g / Fib 5g / Cal: 425

• Plant Protein • Sustained Energy & Satiety

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

Sourdough Toasties

Wholemeal sourdough (GF option +\$3)



MEXICAN REFRIED BEANS & CHIPOTLE CHEESE – \$16.90

Reg serve / P 17.6g / C 73g / F 13.1g / Fib 6g / Cal: 502

• Protein • Blood Sugar Balance • Satiety

Refried beans layered with smoky chipotle cashew cheese.

ROASTED PUMPKIN & PESTO – \$16.90

Reg Serve / P 16.6g / C 70.8g / F 13.3g / Fib 1g / Cal: 490

• Antioxidants • Healthy Fats • Comfort Nourishment

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

SMOKY MOZZARELLA, TOMATO & ROCKET – \$16.90 (NF)

Reg serve / P 18g / C 60.3g / F 14.6g / Fib 1g / Cal: 457

• Immunity • Iron Absorption • Fresh & Light

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

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

Reg serve / P 15.2g / C 38.4g / F 34.7 / Fib 6g / Cal: 545

• 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 – \$7.00

Reg Serve / P 2g / C 13g / F 6.8g / Fib 1g / Cal:123

Protein Peanut Ball – \$4.50

Reg Serve / P 4g / C 8.7g / F 10.2g / Fib 2g / Cal:124

Tropical Ball – \$4.50

Reg Serve / P 3.5g / C 4.3g / F 11.9g / Fib 1g / Cal:142

Functional Bars

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

Reg Serve / P 3.4g / C 8.8g / F 7.8g / Fib 3g / Cal:118

High-protein, satisfying, indulgent.

Protein Bar – \$7.50

Reg Serve / P 3.4g / C 8.8g / F 7.8g / Fib 3g / Cal:118

Dessert Bar

Indulgence Meets Nourishment



CHIA FRUIT PUDDING – \$8.50

Reg Serve / P 9g / C 14.6g / F 38.8g / Fib 5g / Cal: 440

• 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

Capuacu Parfait

Reg Serve / P 10.1g / C 47.2g / F 31.4g / Fib 5g / Cal: 445

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

Passionfruit Parfait

Reg Serve / P 11.4g / C 39.5g / F 33.9g / Fib 6.4g / Cal: 473

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

Raw Cakes & Slices

SNICKERS SLICE – \$8.50 (Most Popular)

Reg Serve / P 9g / C 18g / F 38.6g / Fib 3.4g / Cal: 430

Nutty, rich, and satisfying.

GINGER SLICE – \$8.50 (Most Popular)

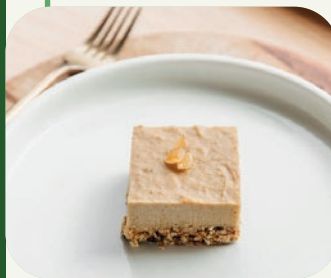
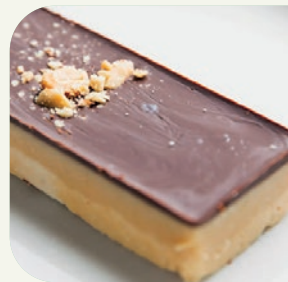
Reg Serve / P 5.4g / C 25.1g / F 24.3g / Fib 5.2g / Cal: 337

Warming spices and natural sweetness.

Mint Slice – \$8.50

Reg Serve / P 6g / C 20.7g / F 30.8g / Fib 7.4g / Cal: 385

Cool, creamy, refreshing.



Chef's Special Slice – \$8.50

Seasonal creation.

Guilt-Free Cheesecake Slice – \$10.00

Reg Serve / P 6.5g / C 11.6g / F 32.1g / Fib 1g / Cal: 347

Creamy, dairy-free, no refined sugar.

Mini Cheesecakes – \$8.50

Reg Serve / P 6.5g / C 11.6g / F 32.1g / Fib 1g / Cal: 347

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 – \$7

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 Menu: (10:30am to 2pm)

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 |

BLUEBERRY SUNRISE – \$12.50

- 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)