



## BREAKFASTS

<b>AVO TOAST CLASSIC</b> .....	<b>ONE SLICE 39   35</b>	<b>TWO SLICES 56   50</b>
sliced avo, himalayan salt, black pepper, chilli flakes, lime, coriander, toast (sourdough <b>(V)</b> or rye) <b>ADD:</b> gluten free or seed bread <b>10   9</b>		
<b>FREE RANGE EGGS ON TOAST</b> .....	<b>42   38</b>	
2 poached or scrambled eggs, toast (sourdough or rye) <b>ADD:</b> sautéed rosa tomatoes <b>9   8</b> gluten free or seed bread <b>10   9</b> white cheddar <b>14   13</b> avo <b>19   17</b>		
<b>POACHED EGGS ON GREENS</b> .....	<b>49   44</b>	
2 poached eggs on a bed of kale & baby spinach, broccoli, green beans, mint, cashews, sriracha dressing <b>(GF)</b> <b>ADD:</b> sourdough or rye <b>6   5</b> gluten free or seed bread <b>10   9</b> avo <b>19   17</b>		
<b>SCRAMBLED EGGS, AVO &amp; FETA ON TOAST</b> .....	<b>52   47</b>	
scrambled eggs, avo, feta, rocket, honey & soy seed sprinkle (contains gluten), toast (sourdough or rye)		
<b>BANANA BREAD</b> .....	<b>59   53</b>	
gluten & sugar free banana-coconut bread, served with sugar free peanut butter, banana, honey, cinnamon <b>(GF)</b>		
<b>POACHED EGGS &amp; SMASHED AVO ON TOAST</b> .....	<b>78   70</b>	
smashed avo, poached eggs, sautéed rosa tomatoes, roasted peppers, chipotle drizzle, lime, toast (sourdough or rye)		
<b>BREAKFAST SALAD OR WRAP</b> .....	<b>82   74</b>	
poached eggs, rocket, sliced avo, white cheddar, sautéed rosa tomatoes, soy glaze (contains gluten) & olive oil		
<b>SPICY BEAN BREAKFAST WRAP</b> .....	<b>85   77</b>	
scrambled eggs, spiced red kidney beans, coriander, feta, baby spinach, avo & corn salsa		

## OMELETTE

<b>SERVED WITH SOURDOUGH OR RYE TOAST</b>	<b>SWAP FOR GLUTEN FREE OR SEED BREAD</b>	<b>10   9</b>
<b>SPICY BEAN OMELETTE CLOSED</b> .....	<b>85   77</b>	
spiced red kidney beans, coriander, feta, baby spinach, avo & corn salsa		

All omelettes are **(GF)** when bread is swapped or excluded

## BREAKFAST BOWLS

<b>CHIA-BERRY OAT CUP</b> .....	<b>39   35</b>
oats, chia seeds, raspberries, coconut milk, strawberries, whipped coconut cream, wheat-free goji muesli, honey	
<b>CINNAMON OATS BOWL</b> .....	<b>49   44</b>
hot rolled oats, banana, flaked almonds, cinnamon, honey, low fat milk <b>ADD:</b> whey protein <b>25   23</b>	
<b>TIGA RAINBOW CUP</b> .....	<b>52   47</b>
coconut chia pudding, low fat plain yoghurt, strawberries, sugar free peanut butter, honey, wheat-free goji muesli, whipped coconut cream	
<b>YOGHURT FRUIT SALAD BOWL</b> .....	<b>55   50</b>
seasonal fruit, low fat plain yoghurt, honey <b>(GF)</b> <b>ADD:</b> wheat-free goji muesli <b>19   17</b>	
<b>THE HEALTH NUT SMOOTHIE BOWL</b> .....	<b>79   71</b>
banana, almond macadamia butter, whey protein, filtered water, honey topped with chia seeds, hemp seeds, wheat-free goji muesli	

## GLUTEN FREE FLAPJACKS & WAFFLES

### GLUTEN FREE WHEY FLAPJACKS

<b>THE ORIGINAL</b> .....	<b>69   62</b>
whey blueberry flapjack, served with banana, walnuts, honey, cinnamon <b>(GF)</b>	

### VEGAN & GLUTEN FREE WAFFLES

<b>BANANA NUT</b> .....	<b>58   52</b>
Belgian-style waffle served with banana, flaked almonds, almond macadamia butter drizzle <b>(V) (GF)</b>	
<b>STRAWBERRIES &amp; CREAM</b> .....	<b>72   65</b>
Belgian-style waffle served with your choice of: · fresh strawberries & coconut cream <b>(V) (GF)</b> · fresh strawberries & froyo <b>(GF)</b>	

**ADD:** extra toppings - ask for froyo menu toppings

## WRAPS OR SALADS

SERVED AS A SALAD OR IN A LOW GI MULTI-GRAIN WRAP (V)

<b>MACROBIOTIC</b> .....	88   79
avo, edamame beans, red cabbage, spiced broccoli, greens, soy seeds, miso dressing (contains gluten)	
<b>ADD:</b> pasture raised angus steak 35   32 free range chicken breast (plain/bbq) 27   24	
<b>IRON KICK</b> .....	79   71
chickpeas, lentils, feta, avo, cucumber, rosa tomatoes, celery, coriander, curry spice, low fat mint yoghurt	
<b>RAINBOW PAD THAI</b> .....	85   77
edamame beans, carrot, red cabbage, kale, spiced cashews, sesame seeds, hemp seeds, coriander, spring onion, lime, bean sprouts, chilli peanut dressing (V)	
<b>IMMUNITY</b> .....	85   77
avo, kale, rocket, quinoa, carrot, cucumber, red pepper, smoky coconut flakes, spiced cashews, toasted sesame seeds, lime & sriracha dressing (V)	
<b>CHICKEN CASHEW CAESAR</b> .....	98   88
grilled free range chicken, avo, rosa tomatoes, kale, greens, smoky coconut flakes, parmesan shavings, creamy cashew dressing	
<b>STEAK BURRITO</b> .....	98   88
pasture raised angus steak, mexi beans, white cheddar, avo, lettuce, rosa tomatoes, lemon & olive oil dressing	
<b>STEAK PARMESAN</b> .....	104   94
pasture raised angus steak, avo, parmesan cheese, lettuce, rocket, rosa tomatoes served with creamy cashew dressing	

All salads are (GF) unless stated otherwise

## WRAPS

SERVED IN A LOW GI MULTI-GRAIN WRAP (V)

<b>VEGGIE &amp; AVO</b> .....	69   62
roasted butternut, zucchini, raw corn, rosa tomatoes, red pepper, onion, cumin, avo & yoghurt salsa	
<b>CHICKEN &amp; ROAST VEGGIE</b> .....	79   71
bbq free range chicken, roasted butternut, beetroot, feta, green beans, baby spinach, lemon & olive oil dressing	
<b>BBQ CHICKEN</b> .....	89   80
bbq free range chicken, cos lettuce, avo, rosa tomatoes, chipotle mayo	
<b>MEXI CHICKEN</b> .....	89   80
bbq free range chicken, cos lettuce, avo, spiced red kidney beans, white cheddar, corn salsa, coriander, yoghurt dressing	

## OPEN SANDWICHES

SERVED WITH SOURDOUGH OR RYE TOAST

SWAP FOR GLUTEN FREE BREAD 10 | 9

<b>IRON KICK</b> .....	49   44
chickpeas, lentils, feta, avo, cucumber, rosa tomatoes, celery, coriander, curry spice, low fat mint yoghurt	
<b>SRIRACHA CHICKEN MAYO</b> .....	62   56
free range chicken, avo, sriracha mayo, smoky coconut flakes, coriander	
<b>ADD AN EXTRA SLICE OF BREAD TO CLOSE YOUR SANDWICH</b>	6   5

## ADD A PROTEIN

<b>FREE RANGE EGG</b> 1 per portion	10   9
<b>FREE RANGE CHICKEN BREAST</b> plain / bbq	27   24
<b>ANGUS STEAK</b> pasture raised	35   32

## MEALS

<b>SUMMER NACHO BOWL</b> .....	<b>79   71</b>
avo, rocket, rosa tomatoes, raw corn, quinoa, organic corn chips, greens, lime coriander dressing <b>(V) (GF)</b>	
<b>ADD:</b> pasture raised angus steak <b>35   32</b> free range chicken breast (plain/bbq) <b>27   24</b>	
<b>MEXI-TACO BOWL</b> .....	<b>85   77</b>
black beans, red kidney beans, green pepper, carrot, tomato, raw corn, chilli spices, topped with avo & white cheddar, served with organic corn chips <b>(GF)</b>	
<b>VEGAN MEXI-TACO BOWL</b> .....	<b>85   77</b>
black beans, red kidney beans, green pepper, carrot, tomato, raw corn, chilli spices, topped with avo, served with organic corn chips <b>(V) (GF)</b>	
<b>PROTEIN BALANCE PLATE</b> .....	<b>89   80</b>
grilled free range chicken breast, quinoa, roasted balsamic beetroot, roasted butternut, served with a side salad <b>(GF)</b>	
<b>PROTEIN PLUS PLATE</b> .....	<b>95   86</b>
lemon grilled free range chicken breast, roasted butternut, zucchini, raw corn, rosa tomatoes, red pepper, onion, cumin, avo & yoghurt salsa <b>(GF)</b>	

## STARTERS

<b>CAESAR SALAD</b> .....	<b>62   56</b>
cos lettuce, tomato, avo, free range boiled egg, parmesan crisps, parmesan shavings, caesar dressing	
<b>MEXI QUESADILLA</b> .....	<b>56   50</b>
served with smashed avo, jalapeño, fresh tomato & raw corn salsa	
<b>SALT &amp; PEPPER CALAMARI</b> .....	<b>74   66</b>
fried or grilled calamari, housemade chilli & lime aoli, roast tomato, rocket	
<b>SMOKED SALMON QUICHE</b> .....	<b>70   64</b>
shortcut pastry filled with free range egg, norwegian smoked salmon & herbs served with a side salad	

## FREE RANGE BURGERS

<b>160G GRASS FED BEEF PATTY OR FREE RANGE CHICKEN FILLET WITH LETTUCE &amp; TOMATO. CHOICE OF SWEET POTATO FRIES / POTATO WEDGES OR SIDE SALAD</b>	
<b>THE MEXICAN</b> .....	<b>108   97</b>
white cheddar, avo, crispy onions, jalapeño	
<b>THE GRILL HOUSE</b> .....	<b>108   97</b>
blue cheese, balsamic onion marmalade	
<b>THE FORAGER</b> .....	<b>100   90</b>
truffled mushroom sauce	
<b>BUNLESS BURGER</b> .....	<b>100   90</b>
butter lettuce, rocket, avo, pickled veg, chipotle dressing	
<b>CLASSIC</b> .....	<b>82   74</b>
lettuce, tomato, gherkin, tomato chutney	
<b>ADD:</b> white cheddar slice <b>14   13</b>	

## FREE RANGE GRILL

<b>SIRLOIN STEAK - 200G</b> .....	155   140
served with seasonal vegetables & choice of sweet potato fries / potato wedges or side salad	
<b>RIB EYE STEAK - 250G</b> .....	178   161
served with seasonal vegetables & choice of sweet potato fries / potato wedges or side salad	
<b>PERI PERI QUARTER CHICKEN</b> .....	100   90
marinated free range chicken, served with crispy slaw & choice of sweet potato fries / potato wedges	
<b>SKILLET SEARED SALMON- 200G</b> .....	180   162
salmon fillet pan seared & grilled with coriander dressing served with garlic mash & seasonal vegetables	
<b>CHICKEN SCHNITZEL</b> .....	115   104
crumbed chicken breast, roast tomato & arrabiata sauce, parmesan shavings served with seasonal vegetables & roasted garlic mash	
<b>ROAST BEEF SANDWICH</b> .....	160   144
shaved sirloin on toasted brioche, rocket, tomato, dijonnaise, & choice of sweet potato fries / potato wedges or side salad	

## SIDES

<b>WHITE CHEDDAR SLICE</b> .....	14   13
<b>SEASONAL VEG</b> .....	24   22
<b>GARLIC MASH</b> .....	29   26
<b>MUSHROOM SAUCE</b> .....	29   26
<b>SIDE SALAD</b> .....	29   26
<b>POTATO WEDGES</b> .....	29   26
<b>SWEET POTATO FRIES</b> .....	29   26
<b>QUARTER CHICKEN</b> .....	52   47

## SMOOTHIES

S 350ML | L 500ML

<b>STRAWBERRY SWIRL</b> .....	S48   L60	S43   L54
strawberry, mango, low fat frozen yoghurt, filtered water, strawberry purée		
<b>BLU LEMONADE</b> .....	S59   L71	S53   L64
low fat frozen yoghurt, pineapple, lemon juice, blue spirulina		
<b>THE BASIC</b> .....	S40   L52	S36   L47
banana, low fat milk, low fat frozen yoghurt		
<b>ADD:</b> honey, sugar free peanut butter 9   8    sugar free hot chocolate 15   14		
<b>PEANUT BUTTER BLU</b> .....	S42   L52	S38   L47
sugar free peanut butter, blueberries, banana, dates, almond milk <b>(V)</b>		
<b>NEW-ME</b> .....	S45   L57	S41   L51
blueberries, strawberries, raspberries, low fat frozen yoghurt, filtered water		
<b>RAW CHOCOLATE</b> .....	S48   L60	S43   L54
cacao, hemp seeds, banana, cinnamon, almond milk, dates, filtered water <b>(V)</b>		
<b>THE HEALER</b> .....	S49   L61	S44   L55
apple juice, lemon, ginger, chilli, low fat frozen yoghurt		
<b>GREEN WARRIOR</b> .....	S52   L64	S47   L58
orange juice, kale, apple, cucumber, celery, hemp seeds, mango, mint, filtered water <b>(V)</b>		
<b>MIRACLE MILK</b> .....	S52   L64	S47   L58
raw cashews, banana, coconut flakes, cinnamon, himalayan salt, honey, filtered water		
<b>STRAWBERRY-B</b> .....	S54   L66	S49   L59
strawberries, apple juice, mint, low fat frozen yoghurt		
<b>COFFEE UNION</b> .....	S59	S53
double organic espresso, honey, low fat frozen yoghurt		

## SHOTS

<b>TURMERIC TONIC</b> .....	20   18
pineapple, carrot, turmeric, ginger, lemon <b>(V)</b>	
<b>GINGER (V)</b> .....	20   18
<b>GINGER NINJA</b> .....	25   23
ginger, lemon, cayenne pepper, honey	

## FUNCTIONAL BLENDS

S 350ML | L 500ML

<b>STRAWBERRY WHIP</b> .....	S44   L56	S40   L50
strawberries, whey protein, filtered water, dates		
<b>LOW FAT PROTEIN SHAKE</b> .....	S48   L58	S43   L52
natural vanilla whey protein, low fat milk		
<b>UNICORN BY ZOSIA</b> .....	S55   L67	S50   L60
dragon fruit, mango, banana, orange, almond macadamia butter, spirulina, hemp seeds, whipped coconut cream <b>(V)</b>		
<b>O MEGA ALMOND</b> .....	S58   L70	S52   L63
almond macadamia butter, banana, dates, lucuma, almond milk, activated chia seeds <b>(V)</b> <b>ADD:</b> collagen 22   20		
<b>THE NUTTER</b> .....	S59   L71	S53   L64
sugar free peanut butter, honey, banana, chia seeds, coconut shavings, whey protein, filtered water		
<b>THE BOSS</b> .....	S62   L74	S56   L67
banana, almond macadamia butter, cacao, whey protein, dates, filtered water, honey		
<b>PROTEIN SUPERMATCHA</b> .....	S69	S62
banana, organic ceremonial grade matcha, whey protein, almond milk		
<b>IMMUNE-C</b> .....	L69	L62
mango, orange, turmeric, lemon, ginger, beetroot, raspberries, apple juice <b>(V)</b>		

## POWER JUICES

S 350ML | L 500ML

<b>LEMON-C</b> .....	S42   L52	S38   L47
apple, lemon, mint <b>(V)</b>		
<b>CREATE YOUR OWN</b> .....	S49   L59	S44   L53
orange, apple, carrot, beetroot <b>(V)</b> <b>ADD:</b> cucumber 16   14 ginger 12   11		
<b>CARROTENE</b> .....	S49   L59	S44   L53
carrot, orange, cucumber, ginger <b>(V)</b>		
<b>SUPER 7</b> .....	S49   L59	S44   L53
carrot, orange, pineapple, apple, lemon, beetroot, ginger <b>(V)</b>		
<b>FLORA RESTORER</b> .....	S49   L59	S44   L53
apple, pineapple, carrot, turmeric, ginger, lemon, probiotic <b>(V)</b>		

## GREEN JUICES

S 350ML | L 500ML

<b>ALKALISE</b> .....	S42   L52	S38   L47
spinach, apple, lemon, green superfood powder <b>(V)</b>		
<b>D-TOX</b> .....	S52   L62	S47   L56
spinach, celery, cucumber, apple, lemon, ginger <b>(V)</b>		
<b>KALE ALE</b> .....	S52   L62	S47   L56
cucumber, lemon, lime, celery, lettuce, kale / swiss chard <b>(V)</b>		

## SUPER BOOST FARMACY

ADD ANY OF THE FOLLOWING TO YOUR SMOOTHIE FOR AN EXTRA BOOST

<b>ORGANIC CHIA SEEDS</b> .....	5	5
gluten free & rich in omega 3's, fibre & antioxidants		
<b>ORGANIC HEMP SEEDS</b> .....	12	11
omega 3 & 6 ratio, contains all amino acids		
<b>COLLAGEN</b> .....	22	20
improves & strengthens skin, nails & hair, helps with tissue repair & aids digestive health		
<b>WHEY PROTEIN</b> .....	25	23
22g protein, 1.9g carbohydrates, 1.2g fat, free from sugar & artificial sweeteners		
<b>PROBIOTIC</b> .....	10	9
contains 14 strains & multiple classes of beneficial live bacteria fermented at body temperature can help improve digestion, immune function & nutrient absorption		
<b>CBD POWDER</b> .....	25	29
5mg per serve supports a healthy stress response & management of anxiety supports neurological health & reduces inflammation		

## HOT DRINKS

LACTOSE FREE MILK	8		7
ALMOND MILK	10		9
OAT MILK	10		9
<b>ORGANIC COFFEE</b>			
espresso.....	S19   T23	S17	T21
americano.....	S26   T30	S23	T27
cappuccino.....	S29   T34	S26	T31
macchiato.....	S26   T30	S23	T27
flat white.....	S30	S27	
latte.....	S30   T35	S27	T32
TEA ceylon, rooibos, green tea.....	19		17
<b>TURMERIC LATTE</b> .....	39		35
house blend of turmeric, ginger, cinnamon, honey, almond milk or oat milk			
<b>CHAI LATTE</b> .....	39		35
house blend of cinnamon, ginger, cardamom, nutmeg, cloves, honey, almond milk or oat milk			
<b>HOT LOZENGER</b> .....	36		32
apple juice, lemon, ginger, honey, filtered water			
<b>CHOCOLATE LAVA</b> .....	49		44
vegan chocolate, almond milk or oat milk, cinnamon, dates, himalayan salt topped with whipped coconut cream <b>(V)</b>			
<b>MATCHA LATTE</b> .....	42		38
organic ceremonial grade matcha, almond milk or oat milk <b>(V)</b>			
<b>HOT CHOCOLATE (no added sugar)</b> .....	40		36

## COLD DRINKS

500ML STILL WATER.....	19		17
500ML SPARKLING WATER.....	19		17
750ML STILL WATER.....	25		23
BOS SPORT ICE TEA.....	23		21

## LOW FAT FROZEN YOGHURT

LOW IN FAT & SUGAR  
FREE FROM ARTIFICIAL COLOURS & FLAVOURS  
RICH IN CALCIUM & LIVE YOGHURT CULTURES

FROZEN YOGHURT.....S25 | L32 S23 | L29  
sugar 3.8g/100g & fat 2g/100g

### CHOOSE FROM A VARIETY OF TOPPINGS

chilli/mint	2		2
banana	5		4
coconut flakes	5		4
chia seeds	5		4
honey	9		8
sunflower seeds	8		7
goji berries	10		9
sugar free hot chocolate	12		11
raw flaked almonds or cashews	14		13
fruit salad	18		16

## GLUTEN FREE DESSERTS

ASK YOUR WAITRON ABOUT OUR FRESHLY BAKED DAILY SELECTION

<b>CHOCOLATE CAKE</b> .....	46		42
decadent chocolate cake & icing served with crushed pistachios <b>(GF)</b>			
<b>CHEESECAKE</b> .....	54		48
baked chocolate brownie base topped with smooth vanilla cream cheese <b>(GF)</b>			
<b>RUBY SQUARES</b> .....	34		30
fudgy chocolate squares with a hint of beetroot & sprinkled with flakes almonds <b>(GF)</b>			
<b>CHOCOLATE BROWNIE</b> .....	34		30
crispy chocolate brownie squares with a decadent chocolate centre <b>(GF)</b>			
<b>CARROT CAKE</b> .....	54		48
fresh nuts & seeds baked with grated carrots & pineapple topped with cream cheese icing & nut sprinkle <b>(GF)</b>			

**ADD:** a scoop of froyo with any dessert 12 | 11