

# Açaí Bowls

Small: 7.50

Regular: 8.75

Large: 9.95

V - Vegan / GFO - Gluten free option available

## The Detox V/GFO



**Base:** açai berry  
**Toppings:** banana, strawberries, coconut, blueberries, goji berries, chia seeds, granola, agave drizzle

## The Powerhouse V/GFO



**Base:** Infused protein açai berry  
**Toppings:** banana, strawberries, granola, cacao nibs, coconut, peanut butter, agave drizzle

## The Original V/GFO



**Base:** açai berry  
**Toppings:** banana, strawberries, coconut, granola, cacao nibs, agave drizzle

## Caramel Crunch V/GFO



**Base:** Infused protein açai berry  
**Toppings:** banana, cacao nibs, peanut butter, granola, coconut, bee pollen, caramel drizzle

## The Chocoholic GFO



**Base:** Infused protein açai berry  
**Toppings:** banana, strawberries, granola, cacao nibs, choc hazelnut spread, chocolate drizzle

## The Biscoff One V



**Base:** Infused protein açai berry  
**Toppings:** banana, cacao nibs, biscoff spread, biscoff crumb, bee pollen, biscoff drizzle

## The Mary Berry V/GFO



**Base:** Infused protein açai berry, gra granola, coconut, vanilla chia pudding  
**Toppings:** goji berries, strawberries, blueberries, agave drizzle

## Mango Sunrise V/GFO



**Base:** mango, açai berry, coconut, vanilla chia pudding  
**Toppings:** banana, pineapple, goji berries, coconut, granola

## The Brazilian GFO



**Base:** açai berry, milk powder, peanut butter  
**Toppings:** banana, strawberries, granola, cacao nibs, condensed milk

# Overnight Oats 5.95

# Smoothies 5.50

## Ocean Potion V/GF



**Base:** blue spirulina, GF oats, almond milk, vanilla essence, chia pudding  
**Toppings:** coconut, goji berries, strawberry jam, blueberries

## Biscoff Bliss V/GFO



**Base:** caramelised biscuit protein, GF oats, almond milk  
**Toppings:** biscoff spread, biscoff crumb



## Açaí Kick

- Açai berry, banana, strawberries  
- Almond milk  
- Raspberry & white choc protein  
- Beetroot powder  
- Greek yoghurt swirl



## Greens Boost

- Banana, mango, spinach  
- Greens powder  
- Vanilla protein  
- Almond milk  
- Greek yoghurt swirl

# Energy Coolers 3.50

## Peach Iced Tea



Soda water, peach slices, peach iced tea flavoured amino's, vitamin C, green tea extract, green coffee bean extract

## Berry Lemonade



Soda water, strawberries, berry lemonade flavoured amino's, vitamin C, green tea extract, green coffee bean extract



## Post Workout

- Strawberries, Raspberries, banana  
- Coconut milk  
- Peanut butter  
- Vanilla protein



## Peach Glow

- Peach collagen powder  
- Pineapple, mango, banana  
- Oat milk  
- Greek yoghurt swirl



## The Energiser

- Double espresso  
- Maca & cacao powder  
- Salted caramel protein  
- Almond milk  
- Chocolate swirl

# Drinks

<b>Americano</b>	<b>2.50</b>	<b>Iced berry milk matcha</b>	<b>4.50</b>
<b>Latte</b>	<b>3.00</b>	<b>Tea / herbal tea</b>	<b>1.50</b>
<b>Cappuccino</b>	<b>3.00</b>	<b>Hot chocolate</b>	<b>2.50</b>
<b>Flat white</b>	<b>3.00</b>	<b>Water</b>	<b>1.50</b>
<b>Matcha latte</b>	<b>4.00</b>	<b>Sugar free syrups</b>	<b>0.50</b>
<b>Blue spiced chai</b>	<b>4.00</b>	<b>(caramel / vanilla/)</b>	
<b>Iced coffee</b>	<b>3.50</b>		