



MENU SAMPLE

2024-11-27

ALL-DAY BREAKFAST



Almond Porridge Pot

rolled oats, almond macadamia nut butter, dates, yoghurt, milk, honey, cinnamon

ALLERGENS: Milk, Oats (gluten), Peanuts, Tree Nuts, Wheat (Gluten),

VEG VEGETARIAN



Breakfast Bowl

full cream yoghurt, pineapple, strawberries, banana, almonds, honey, chia seeds

ALLERGENS: Milk, Tree Nuts,

GF GLUTEN-FREE
VEG VEGETARIAN



Breakfast Sandwich

free range egg, cheddar cheese, sweet chilli sauce, toasted sourdough

ALLERGENS: Eggs, Milk, Wheat (Gluten),



Cinnamon Honey Oats

oats, almonds, cinnamon, honey

ALLERGENS: Milk, Oats (gluten), Tree Nuts, Wheat (Gluten),



Parmesan Mushroom Toast

mushrooms, baby spinach, cream cheese, parmesan

ALLERGENS: Milk, Soy, Wheat (Gluten),

VEG VEGETARIAN



Peanut Butter Banana Pot

yoghurt, banana, sugar-free peanut butter, toasted almonds, honey

ALLERGENS: Milk, Peanuts, Tree Nuts,

GF GLUTEN-FREE

VEG VEGETARIAN



Plant Porridge Pot

rolled oats, almond macadamia nut butter, dates, oat milk, banana, cinnamon

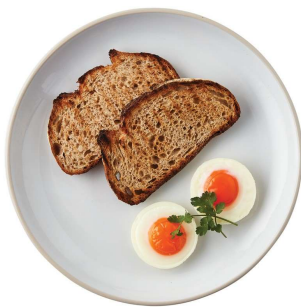
ALLERGENS: Tree Nuts, Wheat (Gluten),

DF DAIRY-FREE

GF GLUTEN-FREE

V VEGAN

VEG VEGETARIAN



Poached Eggs & Toast

free range eggs, toasted artisan bread

ALLERGENS: Eggs, Wheat (Gluten),

DF DAIRY-FREE

GUT GUT FRIENDLY

V VEGAN

VEG VEGETARIAN



Power Oats

rolled oats, toasted almonds, banana, chia seeds, strawberries, milk, honey

ALLERGENS: Milk, Tree Nuts, Wheat (Gluten),

VEG VEGETARIAN



Protein Breakfast Wrap

free range scrambled eggs, free range beef sausage, cream cheese, chipotle chili, red pepper, baby spinach, rosa tomatoes

ALLERGENS: Eggs, Wheat (Gluten),



Protein Egg Pot

free range poached egg, sautéed free range beef sausage, red pepper, rosa tomatoes, baby spinach, feta, chipotle chili, spring onion

ALLERGENS: Eggs, Milk,

GF GLUTEN-FREE



Purple Power Cup

mango, blueberries, ube root, acai, dates, orange juice, purified water. Topped with banana, strawberries, almond macadamia nut butter, gluten-free nut granola.

ALLERGENS: Tree Nuts,

DF DAIRY-FREE

GF GLUTEN-FREE

V VEGAN

VEG VEGETARIAN

NEW NEW ITEM

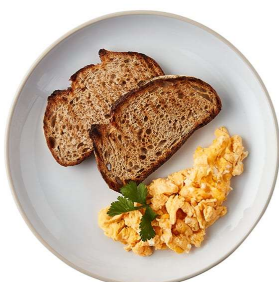


Raspberry Yoghurt Pot

raspberries, yoghurt, toasted granola, honey

ALLERGENS: Milk, Peanuts, Tree Nuts, Wheat (Gluten),

Scrambled Eggs & Toast



free range eggs, toasted artisan bread, butter

ALLERGENS: Eggs, Milk, Wheat (Gluten),

VEG VEGETARIAN



Sliced Avo Toast

sliced avo, toast, chili, hemp seeds

ALLERGENS: Wheat (Gluten),

DF DAIRY-FREE
V VEGAN
VEG VEGETARIAN



Sliced Avo, Poached Eggs & Toast

free range poached eggs, sliced avo, toast, chili, hemp seeds

ALLERGENS: Eggs, Wheat (Gluten),

DF DAIRY-FREE
VEG VEGETARIAN



Sunrise Unwrapped

free range scrambled eggs, butter, salsa (red onion, tomato, chili flakes, coriander, lemon juice, sweet chili sauce, salt, black pepper) white cheddar, sautéed rosa tomato, baby spinach

ALLERGENS: Eggs, Milk,

GF GLUTEN-FREE
VEG VEGETARIAN



Sunrise Wrapped

free range scrambled eggs, butter, salsa, (red onion, tomato, chili flakes, coriander, lemon juice, sweet chili sauce, salt, black pepper) white cheddar, sautéed rosa tomato, baby spinach

ALLERGENS: Eggs, Milk, Wheat (Gluten),

VEG VEGETARIAN



The Ultimate Toast

free range scrambled eggs, baby spinach, avo, crispy onions, sriracha

ALLERGENS: Eggs, Milk, Wheat (Gluten),

VEG VEGETARIAN



Yoghurt Pot

BURGERS



Avo No Bull Burger

black bean & mushroom patty, bun, tomato, avo, red onion pickle, rocket, vegan BBQ mayo

ALLERGENS: Wheat (Gluten),

DF DAIRY-FREE
V VEGAN
VEG VEGETARIAN



The No Bull Burger

Black bean & mushroom patty, bun, tomato, greens, gherkins, vegan BBQ mayo.

ALLERGENS: Wheat (Gluten),

DF DAIRY-FREE
V VEGAN
VEG VEGETARIAN



The Normal Burger

free range beef patty, bun, tomato, greens, gherkins, free range egg mustard mayo

ALLERGENS: Eggs, Fish, Wheat (Gluten),



The Normal Cheese Burger

free range beef patty, bun, tomato, greens, gherkins, white cheddar, free range egg mustard mayo

ALLERGENS: Eggs, Fish, Milk, Wheat (Gluten),



The Normal Mexi Burger

free range beef patty, bun, tomato, greens,
chipotle, avocado, jalapeno, coriander, spring
onion, free range egg mustard mayo

ALLERGENS: Eggs, Wheat (Gluten),

RAW JUICES & SHOTS



Daily Greens

apple, baby spinach, cucumber, celery, chia seeds

DF	DAIRY-FREE
GF	GLUTEN-FREE
P	PALEO
V	VEGAN
VEG	VEGETARIAN



Floo Juice

orange, carrot, lemon, ginger, cayenne pepper

DF	DAIRY-FREE
GF	GLUTEN-FREE
P	PALEO
VEG	VEGETARIAN



Floo Shot

(50ML) ginger, honey, lemon, cayenne pepper

DF	DAIRY-FREE
GF	GLUTEN-FREE
P	PALEO
VEG	VEGETARIAN



Ginger Shot

Ginger



Helper

carrot, apple, pineapple, anti-inflammatory blend
(turmeric, 500mg vit C & zinc)

- GF** GLUTEN-FREE
- P** PALEO
- V** VEGAN
- VEG** VEGETARIAN



Lemon Cucumber Cooler

cucumber, lemon, pineapple, celery, apple, mint

- DF** DAIRY-FREE
- GF** GLUTEN-FREE
- P** PALEO
- V** VEGAN
- VEG** VEGETARIAN



Strawberry Sunrise

strawberries, apple, beetroot, pineapple

- V** VEGAN
- VEG** VEGETARIAN
- NEW** NEW ITEM

SALAD BOWL



Avo Falafel

chickpea falafel, avo, red pepper, cabbage, cucumber, red onion pickle, rocket, greens, vegan nut butter dressing

ALLERGENS: Tree Nuts, Wheat (Gluten),

V VEGAN
VEG VEGETARIAN



Avo Steak

grilled steak, avo, red pepper, cabbage, cucumber, red onion pickle, rocket, greens, vegan nut butter dressing

ALLERGENS: Tree Nuts,

DF DAIRY-FREE
GF GLUTEN-FREE



Mezze Salad

marinated green olive & roasted brinjal, cucumber, cabbage, red pepper, greens, parmesan, sourdough croutons, radish, mint, creamy feta dressing

ALLERGENS: Eggs, Milk, Wheat (Gluten),

VEG VEGETARIAN
NEW NEW ITEM



Spicy Chicken Caesar

cajun free range chicken, parmesan shavings, sourdough croutons, smoky coconut shavings, roma tomatoes, cucumber, greens, caesar dressing

ALLERGENS: Milk, Soy, Wheat (Gluten),



Superfood Salad

avo, broccoli, cashews, red pepper, rosa tomatoes, carrot, cucumber, chia seeds, lettuce, vegan nut butter dressing

ALLERGENS: Tree Nuts,

- DF** DAIRY-FREE
- GF** GLUTEN-FREE
- V** VEGAN
- VEG** VEGETARIAN

WARM MEALS



Butta Chicken

free range chicken & butternut curry (tomato paste, garlic, ginger, garam masala, turmeric, cayenne pepper, butter, cream), brown rice & quinoa, tumeric roast cauliflower, baby spinach, curried sunflower seeds, carrot pickle

ALLERGENS: Milk,

GF GLUTEN-FREE



Protein Plate With Broccoli

chicken breast, lemon caesar dressing (contains free range egg), steamed broccoli, side salad with lemon olive oil vinaigrette

ALLERGENS: Eggs,

GF GLUTEN-FREE



Protein With Warm Grain

chicken breast, lemon & herb sauce, warm brown rice & quinoa, salsa, side salad with lemon olive oil vinaigrette

ALLERGENS: Eggs,

GF GLUTEN-FREE



Smoked Trout Poke Bowl

smoked trout, brown rice & quinoa, avo, pineapple, cabbage, carrot, cucumber, radish, sesame, crispy onions, pickled ginger, wasabi mayo, miso dressing, coriander

ALLERGENS: Eggs, Fish, Sesame seeds, Soy, Wheat (Gluten),

DF DAIRY-FREE



Teriyaki Chicken Poke Bowl

teriyaki free range chicken, brown rice & quinoa, avo, pineapple, cabbage, carrot, cucumber, radish, sesame, crispy onions, miso dressing

ALLERGENS: Sesame seeds, Soy, Wheat (Gluten),



Teriyaki Mushroom Poke Bowl

teriyaki mushrooms, spring onion, sriracha peanuts, brown rice & quinoa, cabbage, steamed broccoli, carrot, avo, radish, cucumber, sesame, crispy onions, miso dressing

ALLERGENS: Peanuts, Sesame seeds, Soy, Wheat (Gluten),

DF	DAIRY-FREE
VEG	VEGETARIAN
NEW	NEW ITEM