

BUILD YOUR BOWL 15.90

BASE CHOOSE UP TO 2

Green Salad Mix
Brown Rice
Turmeric Quinoa

PROTEIN CHOOSE 1

Poached Chicken
Tofu
Sticky Mushroom
Salmon +3.00

EXTRAS 2.90 EA

Avocado (¼ avocado)
Soft Boiled Egg
Feta Cheese
Sauerkraut
Kimchi

VEG CHOOSE UP TO 5

Cucumber
Cherry Tomato
Pickled Ginger
Carrot
Roast Sweet Potato
Fresh Corn
Mint / Basil / Coriander
Kalamata Olives
Bean Sprouts
Edamame
Kale
Wakame
Radish
Fresh Chilli

CRUNCH CHOOSE UP TO 2

Tamari Almonds
Toasted Sesame Seeds
Wasabi Peas
Nori Sheets
Crispy Shallots

DRESSING CHOOSE UP TO 2

Sesame Mayonnaise
Sriracha Sauce
Chipotle Mayo
Olive Oil, Salt & Giddy Tonic
Tamari
Ponzu Sauce

OUR FAVORITES

CHICKEN CRUNCH 15.90

Brown rice, mixed salad, chicken, kale, edamame, carrots, radish, tamari almonds, coriander, ponzu sauce, chipotle mayo

TOFU FUSION 15.90

Brown rice, mixed salad, tofu or sticky mushroom, sweet potato, bean sprouts, red zest sauerkraut, nori, sesame mayonnaise, ponzu sauce

SALMON SENSATION 18.90

Turmeric quinoa, mixed salad, salmon, wakame, bean shoots, radish, pickled ginger, crispy shallots, ponzu sauce, nori

BREAKFAST UNTIL 11AM

HAM, CHEESE & TOMATO TOASTIE 8.90

On sourdough

CLASSIC BACON & EGG ROLL 9.90

On Turkish with your choice of sauce

EGG/S YOUR WAY 57.90 L12.90 VEGETARIAN

Perfectly cooked free-range egg/s on sourdough... while you're at it, why not add some extras?

AVO ON TOAST 58.90 L15.90 VEGETARIAN

Toasted sourdough, topped with fresh avocado, crumbled feta, tomato chutney, spinach, seeds and dressed with balsamic glaze

BREAKFAST EXTRAS

*Egg, Spinach, Grilled Cherry Tomatoes 2.00EA

*Red Zest Sauerkraut, Fresh Avo 3.00EA

*Bacon, Shiitake Mushrooms 4.00EA

ENERGY BOWLS

SUPER MUESLI 14.90 VEGETARIAN

Toasted or natural muesli, plus chia seeds, LSA, goji, pepitas, sunflower seeds, seasonal fruit, cacao nibs, coconut, Greek yoghurt, honey & served with milk

AÇAI BOWL 15.90 VEGAN

Our delicious Açai blends, with toasted or natural muesli plus seasonal fruit, coconut & chia seeds

PEANUT BUTTER BOWL 16.90 VEGAN

Açai bowl with peanut butter, with toasted or natural muesli plus seasonal fruit, coconut and cacao nibs

+SUPER BOWL BOOSTER +2.00 VEGAN, GF

Add a nutritious mix of goji berries, LSA, pepitas, sunflower seeds & cacao nibs

+GF GRANOLA +2.00 +COCONUT YOGHURT +2.00

COFFEE & TEA

WHITE 54.00 M4.50 L4.90

The usual suspects...Cappuccino, Flat White, Latte & Piccolo

BLACK 4.00

Long Black & Double Espresso

POT OF TEA 4.40

Ask staff for selection

ICED

ICED CHAI LATTE 6.90

ICED LATTE 5.90

ICED BLACK 4.00

THE OTHER GEMS

STICKY CHAI 6.90 BY THE FRESH CHAI CO

Masala Chai

Vegan Original Chai

Caffeine Free Chai

MATCHA LATTE 54.00 M4.50 L4.90

TURMERIC LATTE 54.00 M4.50 L4.90

HOT CHOCOLATE 54.00 M4.50 L4.90

SPECIALTY MILKS FREE

Soy, Oat, Almond, Coconut, Lactose Free

EXTRA SHOTS, FLAVOURED SYRUPS +0.80

SMOOTHIES

WHEY PROTEIN SHAKE 7.90

30g of protein - Chocolate or Vanilla with your choice of milk

BANANA CLASSIC \$7.90 L10.90 GF

Banana, cinnamon, milk, greek yoghurt & honey

RAINING BERRIES \$7.90 L10.90 GF, DF

Blackberries, raspberries, strawberries, passionfruit, goji berries, coconut yogurt, chia seeds, almond milk, honey

JUNGLE JUICE 10.90 VEGAN, GF

Acai berries, pineapple, strawberries, banana & coconut water

YOGI BEAR 10.90 GF

Banana, peanut butter, Switch Vanilla Protein, greek yogurt, almond milk

MOOLOOLABA MAGIC 10.90 VEGAN, GF

Mango, banana, sunflower seeds, pepitas, honey, coconut milk

THE AZTEC 10.90 VEGAN, GF

Banana, coconut, cacao powder, peanut butter, chia & coconut milk

SPECIALTY MILKS FREE

Soy, Oat, Almond, Coconut, Lactose Free

BOOSTERS +1.80EA

- Switch Vanilla Protein
- Switch Coffee Mushroom
- Switch Collagen
- Switch Choc Sea-Salt Protein
- Switch Greens Powder
- Spirulina

SUPER SMOOTHIES

MANGO GLOW 12.90 GF

Mango, coconut milk, honey, tumeric, switch collagen

GREEN GODDESS 12.90 GF

Cucumber, pineapple, kale, mint, banana, spinach, lime, coconut water, Switch Greens Powder

FLEX APPEAL 12.90 VEGAN, GF

Acai, banana, peanut butter, coconut, almond milk, Switch Choc Sea-Salt Protein

EENIE MEENIE GREENIE 12.90 VEGAN, GF

Banana, avocado, spinach, kale, parsley, celery, apple, pear & spirulina

JUICES

V5 8.90 VEGAN, GF

Beetroot, carrot, celery, lemon, ginger

ALEX HEADS 8.90 VEGAN, GF

Pineapple, spinach, cucumber, lemon, ginger, coconut water

GINGER NINJA 8.90 VEGAN, GF

Orange, carrot, apple, lemon, ginger

GUT GUARDIAN 8.90 VEGAN, GF

Apple, pear, kale, cucumber, celery, parsley, spinach

MAKE YOUR OWN! 8.90 VEGAN, GF

Choose up to 5 ingredients & we'll juice it