



# Superfood menu

## ADD BOOSTERS TO SMOOTHIES AND BOWLS

- PEA PROTEIN** (purified protein + strength) 2
- MACA** (energise + fight stress) 0.9
- MAQUI BERRY** (antioxidants + metabolism) 2
- SPIRULINA** (energy + vitality) 0.9
- CAMU** (immune + detoxifier) 0.9
- NATURAL YOGHURT** (probiotic protein) 0.9



## NATURAL YOGHURT BOWLS

choose: **paleo granola** or **nut-free muesli**.

- Design Your Own Bowl** 10.9  
grab a DYO menu from our friendly staff
- Berry + Goji** ★ 9.4  
strawberry, blueberry, goji berries, chia seeds, toasted coconut and honey
- Pistachio + Chocolate** (N) 9.4  
pistachio, dark chocolate flakes, raw cacao nibs, dried cranberry, fresh mint and organic rice malt syrup
- Banana + Strawberry** 8.9  
banana, strawberry, chia seeds, banana chips and honey
- Fig + Walnut** (N) 8.9  
turkish figs, fig conserve, walnut, chia seeds and honey
- Pineapple + Coconut** ★ 8.9  
pineapple, coconut jelly, dried pineapple, shredded coconut, toasted coconut and organic rice malt syrup
- Just Natural Yoghurt**  
small 4.5 • medium 6 • large 7.5

Please advise us if you have food allergies.

GF gluten free DF dairy free N contains nuts



includes chia seeds, shredded and toasted coconut  
choose: **paleo granola** or **nut-free vegan muesli**

choose 3 fruits

strawberry • banana • mango • blueberry • pineapple •  
passionfruit • apple • pear • kiwi

fresh blueberry + 1.5 • additional fruit + 1

## AÇAÍ BOWLS

GF DF

**Loco Moco Bowl** (N) 14.9  
**blend:** açai, peanut butter, raw cacao powder, strawberry, banana and almond milk

**Super Açai Bowl** ★ 14.4  
**blend:** açai, strawberry, mango, banana, raw cacao nibs and coconut water

**Hawaiian Bowl** ★ (N) 14.4  
**blend:** açai, blueberry, strawberry, banana and almond milk

**Aloha! Bowl** 14.4  
**blend:** açai, pineapple, mango, banana and coconut milk

**Rio Bowl** 14.4  
**blend:** açai, banana, coconut water

## SMOOTHIE BOWLS

GF DF

**Maqui Berry Bowl** ★ **SUPER ANTIOXIDANT** 14.9  
**blend:** organic maqui berry, mixed berries, pineapple, banana, raw cacao nibs and coconut milk

**Banana-Nutter Bowl** (N) 14.4  
**blend:** banana, peanut butter, raw cacao powder, honey and almond milk

**Dragon Bowl Z** ★ 13.9  
**blend:** pitaya, strawberry, banana, chia seeds and coconut water

**Sunshine Bowl** 13.9  
**blend:** mango, strawberry, pineapple, banana, raw cacao nibs and coconut water

**Matcha Bowl** DF0 coconut / almond milk 13.9  
**blend:** pure matcha, mango, banana and our natural yoghurt

# Get Creative



## ASK FOR A DYO BOWL MENU



## SMOOTHIES

regular 6.5 large 7.5

GF

DF0 Substitute yoghurt with almond milk or coconut milk +1

**Summer Sunshine** ★  
strawberry, mango, banana, pineapple juice and yoghurt

**Strawberry Smooth**  
strawberry, banana, apple juice and yoghurt

**Mango Marty** ★  
mango, banana, mango nectar and yoghurt

**Banana Boost** ★  
banana, dark chocolate flakes, muesli, honey and yoghurt

**Pina Colada**  
pineapple, fine coconut, banana, pineapple juice and yoghurt

**Berry Blast**  
mixed berries, banana, apple juice and yoghurt

**Tropic Wonder**  
pineapple, mango, banana, pineapple juice and yoghurt

**Watermelon Waves**  
watermelon, strawberry, lemon juice and yoghurt



## SUPER SMOOTHIES

large only 9

GF

**Açai Smoothie** ★ (DF) açai, berries, pineapple, banana, apple juice and coconut water

**Green Smoothie** ★ (DF0) spinach, kale, banana, pineapple, coconut water and yoghurt (coconut / almond milk + 1)

**PB + Banana** ★ (N) (DF0) peanut butter, banana, raw cacao powder, honey and yoghurt (coconut / almond milk + 1)

**Golden Nutmilk** (DF) (N) tumeric, cinnamon, banana, honey and almond milk

**Matcha Mango** (DF0) pure matcha, mango, banana, chia seeds and yoghurt (coconut / almond milk + 1)

**Pink Pitaya** (DF) pitaya, strawberry, banana, apple juice and coconut water

**Maca Mocha** (DF) (N) maca, espresso, raw cacao powder, banana, honey and almond milk

## COLD PRESSED JUICE

regular 8 large 9.5

GF

DF

made fresh to order • available before 5pm

**Green Heaven**  
spinach, kale, cucumber, celery, lemon and pear

**Violet Delight**  
blueberry, strawberry, fresh mint, lemon and apple

**Pineapple Kicks** ★  
pineapple, lemon, ginger and apple

**Morning Glow**  
tumeric, spinach, kale, celery, lemon and apple

**Wake-up Call** ★  
watermelon, strawberry, fresh mint, lemon and apple

**App-le-monade**  
apple, lemon and fresh mint



## YOLATO

**yolato** /jo'la:to/ n. yoghurt gelato.  
handcrafted on premise with our healthy probiotic yoghurt using real ingredients.

choose from our 6 display flavours

**Single** (5)      **double** (8)

waffle cone + 0.5



## INSTA FROZ : ROLLS

Check out our display board flavours.  
available after 11am



## INSTA FROZ : DY0

**regular** (6.5)      **large** (9.5)

Choose up to 2 ingredients and watch us handcraft your frozen treat on an ice pan!

original • strawberry • blueberry • banana • mango • pineapple • passionfruit • matcha • oreo® • vanilla • caramel • chocolate







available after 11am

advise us if you have food allergies. (N) contains nuts

## Creative Waffle Puffs



### CHOOSE YOUR PUFF FLAVOUR

 <b>Original</b> (7)	 <b>Chocolate</b> (7.5)	 <b>Black Sesame</b> (7.5)
 <b>Matcha</b> (7.5)	 <b>Cheesy</b> (7.5)	 <b>Cheesy Tomato</b> (8)

### ADD INSIDE THE PUFF +0.5

choc chips • coconut • hazelnuts • red bean paste

### ADD A SCOOP +2

yolato or vanilla ice cream

### ULTIMATE PUFF +5

add 2 scoops + 2 toppings



## Signature Waffle Puffs

**Traditional Style** 8.9  
maple syrup, icing dust & whipped cream

**Strawberry Fields** ★ 11.9  
strawberries, nutella® sauce, icing dust & whipped cream

**Popcorn Cookie Party** 11.9  
caramel popcorn, cookie crumbs, chocolate sauce, caramel sauce, icing dust & whipped cream




















**Nutty-Nana** (N) 11.9  
banana, peanut butter, banana chips, honey, icing dust & whipped cream

**Golden Paradise** ★ 11.9  
mango, banana, toasted & shredded coconut, maple syrup, icing dust & whipped cream

### ADD A SCOOP +2

yolato or vanilla ice cream

## CREATIVE TOPPING BAR

<b>STANDARD</b> +0.7	<b>FRUIT</b> +1.2	<b>SAUCE</b> +0.7
 mini waffle	 strawberries	<input type="checkbox"/> maple
 Oreo crumbs®	 banana	<input type="checkbox"/> chocolate
 gummy bears	 blueberries (fresh blueberries + 1)	<input type="checkbox"/> caramel
 choc chips	 mango	<input type="checkbox"/> honey
 rainbow sprinkles		<input type="checkbox"/> Nutella®
 dark choc flakes		<input type="checkbox"/> peanut butter
 choc waffer		<input type="checkbox"/> red bean paste
 shredded coconut		
 toasted coconut		
 coco pops®		
 crushed meringue		
 caramel popcorn		
 pistachio		
 banana chips		
 smarties®		

## MILKSHAKES

made with vanilla ice cream • topped with whipped cream

### CREATIVE MILKSHAKES

- Strawberries & Nutella® (N) **regular 8.5 large 10**
- Cookies & Dreams
- Caramel & Popcorn
- Coffee & Dark Choc Flakes

### Classic Milkshakes

regular 7 • large 8.5 • kids 5 (under 12)  
chocolate • caramel • strawberry • vanilla • banana



## COFFEE + TEA

<b>Espresso</b> single 3.5 • double 4	<b>Chai Latte</b> 4.5 • 5
<b>Short Macchiato</b> 3.8	<b>Matcha Latte</b> 4.5 • 5
<b>Cappuccino</b> 4 • 4.5	<b>Caramel Latte</b> 4.5 • 5
<b>Flat white / Latte</b> 4 • 4.5	<b>Vanilla Latte</b> 4.5 • 5
<b>Long Black</b> 4 • 4.5	<b>Tumeric Latte</b> 5 • 5.5
<b>Long Macchiato</b> 4.5 • 5	
<b>Mocha</b> 4.5 • 5	soy milk, almond milk, extra shot, decaf + 0.5
<b>Hot Chocolate</b> 4 • 4.5	

### SILK POUCH TEA (4)

English Breakfast • Earl Grey • Jasmine Green • Peppermint • Chai • Forrest Berry • Detox

## ICED DRINKS

### 12 HOUR COLD BREW COFFEE

<b>Iced Coffee / Latte</b> 5	<b>Iced Matcha Latte</b> 5.5
<b>Iced Chocolate</b> 5	<b>Iced Caramel Latte</b> 5.5
<b>Iced Long Black</b> 5	<b>Iced Vanilla Latte</b> 5.5
<b>Iced Mocha</b> 5.5	<b>Iced Chai Latte</b> 5.5

••• large size + 1 •••

vanilla ice cream, soy milk, almond milk + 1