

FROM  
**7.50**

*Creative*  
..... BUILD YOUR OWN .....

# Waffle Puffs

..... SERVED IN A CUP .....

*Ultimate*  
..... OUR CREATIONS .....

**12.50**

**STEP 1**

## CHOOSE YOUR WAFFLE PUFF

with whipped cream



**7.50** Original



**8.50** Double Chocolate



**8.50** Taro Coconut



**8.50** Matcha Red Bean



**8.50** Strawberry White Chocolate



**8.50** Mango Coconut

**STEP 2**

## ADD A SCOOP

2.50 each scoop



Vanilla ice cream



Oreo® Monster



Banana Cabana



Pinky Strawberry



Coco Berry Fuzz



Blueberry Bliss



Mango Passion

**HANDMADE YOLATO**

\*subject to availability

**STEP 3**

## ADD TOPPINGS

Chocolate Sauce	0.90	Dark Choc Flakes	0.90	Oreo®	1.20
Caramel Sauce	0.90	Mini M&Ms®	1.20	Tim Tam®	1.50
Maple Syrup	0.90	Choc Wafer Stick	1.20	Choc Honeycomb	1.50
Rainbow Sprinkles	0.90	Gummy Bears	1.20	Nutella®	1.50
Dark Choc Chips	0.90	Crushed Meringue	1.20	Peanut Butter	1.50
White Choc Chips	0.90	Pocky® Sticks	1.20	Red Beans	1.50
Oreo® Crumbs	0.90	Caramel Popcorn	1.20	Strawberries	2.00
Shredded Coconut	0.90	Tiny Teddies	1.20	Banana	2.00



### STRAWBERRY LOVE

strawberry white choc waffle, fresh strawberry, 100s & 1000s, Pocky® sticks, Pinky Strawberry yolato, whipped cream



### MATCHA RED BEAN

matcha red bean waffle, red beans, fresh strawberry, matcha dust, Pocky® sticks, Oreo® Monster yolato, whipped cream



### POP WONDERLAND

original waffle, Oreo®, caramel popcorn, choc wafer, 100s & 1000s, Oreo® Monster yolato, Whipped Cream



### NANA NUTELLA®

double chocolate waffle, fresh banana, choc wafer, Nutella®, Banana Cabana yolato, whipped cream



### MANGO MANIA

mango coconut waffle, chocolate honeycomb, tiny teddies, Mango Passion yolato, whipped cream



### TARO BLISS

taro coconut waffle, chocolate chips, Tim Tam, Bueberry Bliss yolato, whipped cream

# Yoghurt Bowls GF

our yoghurt is made on premise using six types of probiotic cultures to give it a unique light and creamy taste that is filled with healthy goodness.

all bowls come with either **paleo granola** or **nut-free muesli**.

## Berry + Goji ★ 9.40

strawberry, blueberry, dried blueberries, goji berries, chia seeds, toasted coconut and honey

## Banana + Strawberry 8.90

banana, strawberry, chia seeds, banana chips and honey

## Pineapple + Coconut ★ 8.90

pineapple, coconut jelly, dried pineapple, shredded and toasted coconut and organic rice malt syrup

## Fig + Walnut N 8.90

turkish figs, fig conserve, walnut, chia seeds and honey

## Pistachio + Chocolate N 9.40

pistachio, dark chocolate flakes, raw cacao nibs, dried cranberry, fresh mint and organic rice malt syrup



★ Berry + Goji

## ADD BOOSTERS TO YOUR BOWL

**PEA PROTEIN** +2.00

purified protein + strength

**MACA** +0.90

energise + fight stress

**SPIRULINA** +0.90

energy + vitality

**CAMU** +1.50

immune + detoxifier

**YOGHURT** +1.50

probiotic protein

**MAQUI BERRY** +2.00

antioxidants + metabolism

## The Little Cultures

### DIFFERENCE

We only use 100% unsweetened Açaí making sure you get all the goodness without the badness.

All our food is made fresh to order giving you the freshest tastes and health benefits.

Our goal is to give you a taste of something amazing that you will love and make you feel happy all day long.

### SATISFACTION GUARANTEE

We want to make sure you are happy so if after your first few mouthfuls you are not satisfied, let us know and we will happily replace it.

If we have done something right or something wrong, speak up and let us know so we can keep on striving for advancement.



## GET CREATIVE

### DESIGN YOUR OWN BOWL

# Smoothie Bowls GF DF

all bowls are freshly prepared and topped with chia seeds, shredded and toasted coconut with either **paleo granola** or **nut-free vegan muesli** and a choice of 3 fruits

## Acai Blend

### BOWL BASES

## Loco Moco Bowl N 14.90

açaí, peanut butter, raw cacao powder, strawberry, banana and almond milk

## Super Açaí Bowl ★ 14.40

açaí, strawberry, mango, banana, raw cacao nibs and coconut water

## Hawaiian Bowl ★ N 14.40

açaí, blueberry, strawberry, banana and almond milk

## Aloha! Bowl 14.40

açaí, pineapple, mango, banana and coconut milk

## Rio Bowl 14.40

açaí, banana, coconut water

### STEP 1 CHOOSE BOWL BLEND

**STEP 2 CHOOSE CRUNCH**  
paleo granola or nut-free vegan muesli  
add extra paleo or muesli +1.50

### STEP 3 CHOOSE 3 FRUITS

strawberry  
banana  
mango  
blueberry  
(fresh blueberries +1.50)  
pineapple  
passionfruit  
apple  
pear  
kiwi  
additional fruit +1.00

## Signature Blend

### BOWL BASES

## Maqui Berry Bowl ★ 14.90

organic maqui berry, mixed berries, pineapple, banana raw cacao nibs and coconut milk

## Banana-Nutter Bowl ★ N 14.40

banana, peanut butter, raw cacao powder, honey and almond milk

## Dragon Bowl Z 13.90

pink dragon fruit, strawberry, banana, chia seeds and coconut water

## Sunshine Bowl 13.90

mango, strawberry, pineapple, banana, raw cacao nibs and coconut water

## Matcha Bowl: DFO 13.90

pure matcha, mango, banana and our natural yoghurt



★ Super Açaí Bowl

## ADD BOOSTERS TO YOUR BOWL

**PEA PROTEIN** +2.00

purified protein + strength

**MACA** +0.90

energise + fight stress

**SPIRULINA** +0.90

energy + vitality

**CAMU** +1.50

immune + detoxifier

**YOGHURT** +1.50

probiotic protein

**MAQUI BERRY** +2.00

antioxidants + metabolism

advise us if you have food allergies.

N contains nuts

GF gluten free

DF dairy free

★ recommended

# Signature Waffles

SERVED ON A PLATE

## Traditional Style

maple syrup, icing dust and whipped cream

## Strawberry Fields ★ N

strawberries, nutella® sauce, icing dust and whipped cream

## Popcorn Cookie Party

caramel popcorn, cookie crumbs, chocolate sauce, icing dust and whipped cream

## Nutty-Nana N

banana, caramel sauce, peanut butter, banana chips, icing dust and whipped cream

## Golden Crunch ★

banana, choc honeycomb, caramel sauce, icing dust and whipped cream

## Uji Matcha Red Bean

red bean, matcha dust, chocolate sauce, icing dust and whipped cream

## Strawberry Forrest

strawberries, chocolate sauce, dark chocolate flakes, icing dust and whipped cream

9.90

12.90

12.90

12.90

12.90

12.90

12.90



★ Popcorn Cookie Party



Add a scoop +2.50

vanilla ice cream | homemade yolato

## Hot Drinks

TWIN PEAKS COFFEE

espresso - single 3.50 | double 4.00

cappuccino · flat white · latte · long black · short macchiato  
regular 4.00 | large 4.50

long macchiato · mocha · chai latte · matcha latte · caramel latte · vanilla latte  
regular 4.50 | large 5.00

hot chocolate  
regular 4.00 | large 4.50

dirty chai · tumeric latte · taro latte  
regular 5.00 | large 5.50

affogatto - 5.50

TEA FOR ONE 4.00

english breakfast · earl grey · jasmine green · peppermint · chai · forrest berry · detox

soy milk, almond milk, extra shot, decaf +0.50

## Iced Drinks

iced coffee · iced chocolate · iced long black  
regular 5.00 | large 6.00

iced mocha · iced matcha latte · iced chai latte · iced caramel latte · iced vanilla latte  
regular 5.50 | large 6.50

vanilla ice cream, soy milk, almond milk +1.00

## 12 HOUR COLD BREW COFFEE

Regular 5.00 | Large 6.00

## Milkshakes

topped with whipped cream

creative

Strawberry Nutella® · Cookies & Dreams · Caramel Popcorn · Coffee Dark Chocolate Flakes  
regular 8.50 | large 10.00

classic

chocolate · caramel · strawberry · vanilla · banana  
regular 7.50 | large 9.00 | kids 5.50 (under 12)

# Smoothies

ORIGINAL SMOOTHIES

GF DFO

SUPER SMOOTHIES

Regular 6.50 | Large 7.50

Regular 8.50 | Large 9.50

## Summer Sunshine ★

strawberry, mango, banana, pineapple juice and yoghurt

## Banana Boost ★

banana, dark chocolate flakes, muesli, honey and yoghurt

## Passion Mango ★ NEW

passionfruit, mango, banana, mango nectar and yoghurt

## Strawberry Smooth

strawberry, banana, apple juice and yoghurt

## Mango Marty

mango, banana, mango nectar and yoghurt

## Pina Colada

pineapple, 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 (seasonal)

watermelon, strawberry, lemon juice and yoghurt

DAIRY FREE OPTION

Substitute yoghurt with almond milk or coconut milk +1.00

## Açaí Smoothie ★ DF (Large only)

açaí, mixed berries, pineapple, banana, apple juice and coconut water

## Blueberry Power ★ NEW DF N

blueberries, banana, raw cacao powder and almond milk

## Green Smoothie

spinach, kale, banana, pineapple, coconut water and yoghurt

## PB + Banana ★ N

peanut butter, banana, raw cacao powder, honey and yoghurt

## Golden Nutmilk DF N

tumeric, cinnamon, banana, honey and almond milk

## Matcha Mango

pure matcha, mango, banana, chia seeds and yoghurt

## Pink Pitaya DF

pink dragon fruit, strawberry, banana, apple juice and coconut water

## ADD BOOSTERS TO SMOOTHIES AND JUICES

PEA PROTEIN +2.00

purified protein + strength

SPIRULINA +0.90

energy + vitality

YOGHURT +0.90

probiotic protein

MACA +0.90

energise + fight stress

CAMU +1.50

immune + detoxifier

MAQUI BERRY +2.00

antioxidants + metabolism

AVAILABLE UNTIL 4PM



## Cold Pressed Juices

FRESHLY MADE

DF GF

Regular 8.00 | Large 9.50

## Green Heaven

spinach, kale, cucumber, celery, lemon and pear

## Pineapple Kicks ★

pineapple, lemon, ginger and apple

## Violet Delight

blueberry, strawberry, fresh mint, lemon and apple

## Wake-up Call (seasonal)

watermelon, strawberry, fresh mint, lemon and apple

## App-le-monade

apple, lemon and fresh mint

## Morning Glow ★

tumeric, spinach, kale, celery, lemon and apple

advise us if you have food allergies.

N

contains nuts

GF

gluten free

DF

dairy free

★ recommended