NORWEST NEW SUMMER MENU

ALL-DAY BREAKFAST

ALMOND PORRIDGE POT rolled oats, almond macadamia nut butter, dates, full cream yoghurt, milk, honey, cinnamon	5.90
PLANT PORRIDGE POT V rolled oats, almond macadamia nut butter, dates, oat milk, banana, cinnamon	5.90
BLUEBERRY PROTEIN OATS POT rolled oats, blueberries, whey protein, dates, milk, honey, almonds, chia & hemp seeds	8.00
SOURDOUGH TOAST toasted sourdough with choice of: butter / sugar-free peanut butter / vegemite	5.50
SLICED AVO TOAST V sliced avo, chili, toasted sourdough	13.00
SCRAMBLED EGGS & TOAST free range scrambled eggs, butter, toasted sourdough	15.00
NEW THE ULTIMATE TOAST free range scrambled eggs, butter, baby spinach, avo, crispy onions, sriracha, toasted sourdough	16.00
SUNRISE UNWRAPPED GF **/ WRAP** free range scrambled eggs, butter, salsa, white cheddar, rosa tomatoes, baby spinach	15.50
PROTEIN BREAKFAST WRAP free range scrambled eggs, steak, cream cheese, chipotle chili, red capsicum, baby spinach, rosa tomatoes	18.80

WRAPS

Served on a wholewheat wrap (contains gluten).

SALSA QUESADILLA white cheddar, red capsicum, salsa, jalapeno, spring onion, coriander **ADD AVO +3.00** **ADD CHICKEN +5.00**	12.00
CAJUN CHICKEN QUESADILLA cajun chicken, white cheddar, salsa, jalapeno, spring onion, coriander	16.00
BBQ CHICKEN chicken, BBQ sauce, carrot, cabbage, celery, greens, crispy onions, celery & onion mayo	17.00
TERIYAKI CHICKEN teriyaki chicken, sriracha sesame peanuts, pineapple, carrot, cabbage, baby spinach, miso dressing	17.50
PRINCESS chicken, avo, feta, rosa tomatoes, carrot, greens, celery & onion mayo	18.00
NEW THE CAEZR chicken, parmesan shavings, greens, sourdough croutons, caesar dressing	18.00
HOT HONEY CHICKEN hot honey chicken, avo, roasted corn salsa, cabbage, greens, salsa, creamy feta dressing. Served warm.	18.50
STEAK & AVO QUESADILLA steak, avo, white cheddar, salsa, jalapeno, spring onion, coriander. Served warm.	19.00
PRINCE steak, avo, feta, rosa tomatoes, carrot, greens, celery & onion mayo. Served warm.	19.20

MAKE IT YOUR OWN

ADD CHICKEN	+5.00
ADD STEAK	+7.00

SALAD & WARM MEALS

SMOKY BBQ CHICKEN SALAD smoky BBQ chicken, cabbage, carrot, celery, roasted corn salsa, rosa tomatoes, white cheddar, gherkins, crispy onions, greens, creamy feta dressing	17.50
NEW PROTEIN PLATE GF chicken breast with lemon & herb sauce, side salad with caesar dressing, brown rice, quinoa & salsa	18.00
TERIYAKI CHICKEN POKE BOWL teriyaki chicken, brown rice & quinoa, avo, pineapple, cabbage, carrot, cucumber, radish, sesame, crispy onions, miso dressing	18.00
TERIYAKI STEAK POKE BOWL teriyaki steak, brown rice & quinoa, avo, pineapple, cabbage, carrot, cucumber, radish, sesame, crispy onions, miso dressing	19.50

NEW SOURDOUGH TOASTIES

AVO CHEDDAR white cheddar, avo, toasted sourdough	12.50
CHICKEN CAESAR chicken, avo, parmesan shavings, rocket, caesar dressing, toasted sourdough	16.50
SRIRACHA CHICKEN MAYO chicken, avo, baby spinach, sriracha mayo, toasted sourdough	16.50

SMOOTHIES

REGULAR 350ML
LARGE 500ML

	REGULAR	LARGE
STRAWBERRY STINGER strawberries, banana, frozen yoghurt, pressed apple juice	9.00	10.00
BERRY DAIRY blueberries, strawberries, banana, frozen yoghurt, honey, milk	9.00	10.00
C-BREEZE V mango, strawberries, pineapple, 500mg vit C, pressed apple juice, dates	9.50	10.50
PEANUT BUTTER BERRY V sugar-free peanut butter, blueberries, banana, dates, almond milk, purified water	10.50	11.50
PEANUT BUTTER BLISS sugar-free peanut butter, banana, cacao, frozen yoghurt, milk	10.50	11.50
TROPICAL BLISS mango, pineapple, frozen yoghurt, coconut milk, honey, milk, toasted coconut, chia seeds, mango swirl	10.50	11.50

PROTEIN SMOOTHIES

	REGULAR	LARGE
SALTED CARAMEL whey protein, dates, banana, almond macadamia nut butter, desert salt, purified water	13.00	16.00
MOCHA PROTEIN whey protein, espresso, frozen yoghurt, coconut milk, cacao, milk	13.50	16.50
PEANUT BUTTER BOMB whey protein, sugar-free peanut butter, banana, cacao, full cream yoghurt, milk	13.00	16.00
PLANT PEANUT BUTTER BOMB V plant protein, sugar-free peanut butter, banana, cacao, oat milk, coconut milk	13.00	16.00
NATURE'S PROTEIN V plant protein, hemp seeds, spirulina blend, banana, pineapple, coconut milk, pressed apple juice	13.00	16.00
VANILLA PROTEIN SHAKE whey protein, milk	9.00	12.00
CHOCOLATE PROTEIN SHAKE whey protein, cacao, milk	9.00	12.00

SUPERFOOD SMOOTHIES

	REGULAR	LARGE
TROPICAL GREENS V pineapple, mango, baby spinach, celery, cucumber, ginger, pressed apple juice	10.70	12.70
ALL THE GREENS V	10.70	12.70

mango, cucumber, pineapple, celery, baby spinach, pressed apple juice, chia & hemp seeds		
MATCHA MINT matcha, mint, pineapple, banana, frozen yoghurt, honey, milk	11.70	13.70

BOOST YOUR SMOOTHIE

ADD COLLAGEN / CREATINE	+1.50
ADD PLANT PROTEIN	+2.50
ADD WHEY PROTEIN	+3.50

RECOVERY

	REGULAR	LARGE
CREATINE KICK strawberries, mango, coconut milk, honey, coconut water, creatine	8.50	11.50
NEW THE ULTIMATE RECOVERY V pineapple, mango, banana, coconut milk, baby spinach, coconut water, recovery blend (BCAA, electrolytes)	12.50	15.50

SMALL 350ML
LARGE 500ML

RAW JUICES & SHOTS

	REGULAR	LARGE
HELPER V carrot, apple, pineapple, anti-inflammatory blend (turmeric, 500mg vit C)	9.00	12.00
DAILY GREENS V apple, baby spinach, cucumber, celery, chia seeds	9.00	12.00
NEW ORANGE JUICE V	9.00	12.00
FLOO JUICE V orange, carrot, lemon, ginger, cayenne pepper	10.00	13.00
LEMON CUCUMBER COOLER V cucumber, lemon, pineapple, celery, apple, mint	11.50	14.50
GINGER SHOT (50ML) V		6.00
FLOO SHOT (50ML) ginger, honey, lemon, cayenne pepper		6.00

FREE MILK ALTERNATIVES

ICED & HOT DRINKS

	REGULAR	LARGE
ESPRESSO	4.20	5.20
LONG BLACK	4.90	5.90
CAPPUCCINO	5.40	6.40
LATTE	5.40	6.40
FLAT WHITE	5.40	6.40
HOT CHOCOLATE	5.90	6.90
MOCHA	5.90	6.90
CHAI LATTE	5.90	6.90
MATCHA LATTE matcha, milk	5.90	6.90
ICED LONG BLACK espresso, purified water, milk, ice	5.90	7.40
ICED LATTE espresso, milk, ice	6.90	8.40
MACCHIATO	4.40	
PICCOLO	4.90	
FLOO FIGHTER mint tea, lemon, ginger, honey, cayenne pepper	5.20	
TEA english, green, mint	4.90	

KIDS MENU

HEALTHY, FRESH, FUN FOOD

ALL-DAY BREAKFAST

LITTLE SMASH V avo, toasted sourdough	6.00
PEANUT BUTTER BANANA TOAST banana, sugar-free peanut butter, honey, cinnamon, toasted sourdough	8.00
LITTLE SCRAMBLED EGGS ON TOAST free range scrambled eggs, butter, toasted sourdough	9.80

WRAPS

Served on a wholewheat wrap (contains gluten)

CHEESY EGG free range scrambled eggs, white cheddar	10.00
CHEESY CHICKEN chicken, white cheddar, celery & onion mayo	11.70
CHEESY CHICKEN & CORN chicken, white cheddar, roasted corn, celery & onion mayo	12.00
LITTLE PRINCESS chicken, avo, rosa tomatoes, carrot, greens, celery & onion mayo	13.50

NEW SOURDOUGH TOASTIE

CHEDDAR TOASTIE white cheddar, toasted sourdough	8.50

250ML

SMOOTHIES

BANANA SHAKE banana, honey, frozen yoghurt, milk	6.30
COCO SHAKE banana, cacao, frozen yoghurt, honey, milk	7.00

250ML

JUICES

APPLE JUICE	5.00
ORANGE JUICE	5.00

KIDS POCKET COMBO

10.00

1. SELECT YOUR BASE

- CHEESE QUESADILLA
- CHEESY CHICKEN WRAP
- CHEESE & TOMATO QUESADILLA

2. SELECT A DRINK

- COCO SHAKE 250ML
- BANANA SHAKE 250ML
- STILL WATER 600ML
- APPLE JUICE 250ML
- ORANGE JUICE 250ML

3. SELECT A SNACK

- POPCORN
- MINI CHOCOLATE BROWNIE V GF
- GLUTEN-FREE SHORTBREAD BISCUIT

*Any extras at an additional charge.

LET'S CELEBRATE!
ASK ABOUT OUR
KIDS PARTIES.

ALLERGEN ADVICE:

We use ingredients containing wheat (gluten), milk, peanuts, soya beans, tree nuts, eggs, cereals with gluten, crustaceans, molluscs, celery, mustard, sesame seeds, sulphur dioxide. Even though we have strict food safety practices, we share equipment in our kitchens, which means we cannot guarantee that your meal or drink will be completely free from traces of these allergens or any food intolerances you might have. For customers with severe allergies and food intolerances, we recommend opting for sealed snacks and drinks.

NUTRI KNOW-HOW GF GLUTEN-FREE LC LOW CARB <30g carb per serving V VEGAN

PITT STREET NEW SUMMER MENU

ALL-DAY BREAKFAST

PEANUT BUTTER BIRCHER OATS soaked oats, sugar-free peanut butter, cacao, full cream yoghurt, honey, cacao nibs	7.90
SOURDOUGH TOAST toasted sourdough with choice of: butter / sugar-free peanut butter / vegemite	5.50
SLICED AVO TOAST V sliced avo, chili, toasted sourdough	13.00
TOASTED EGG & CHEESE free range egg, butter, tomato chutney, white cheddar, toasted sourdough	14.00
BREAKFAST BOWL GF full cream yoghurt, pineapple, strawberries, banana, almonds, honey, chia seeds	12.00

SOURDOUGH TOASTIES

CHEESY SUNDRIED TOMATO white cheddar, sundried tomato pesto, feta, tomato, toasted sourdough	11.00
AVO CHEDDAR white cheddar, avo, toasted sourdough	12.50

SMOOTHIES

REGULAR 350ML
LARGE 500ML

	REGULAR	LARGE
STRAWBERRY STINGER strawberries, banana, frozen yoghurt, pressed apple juice	9.00	10.00
BERRY DAIRY blueberries, strawberries, banana, frozen yoghurt, honey, milk	9.00	10.00
C-BREEZE V mango, strawberries, pineapple, 500mg vit C, pressed apple juice, dates	9.50	10.50
PEANUT BUTTER BERRY V sugar-free peanut butter, blueberries, banana, dates, almond milk, purified water	10.50	11.50
PEANUT BUTTER BLISS sugar-free peanut butter, banana, cacao, frozen yoghurt, milk	10.50	11.50
TROPICAL BLISS mango, pineapple, frozen yoghurt, coconut milk, honey, milk, toasted coconut, chia seeds, mango swirl	10.50	11.50

PROTEIN SMOOTHIES

	REGULAR	LARGE
SALTED CARAMEL whey protein, dates, banana, almond macadamia nut butter, desert salt, purified water	13.00	16.00
MOCHA PROTEIN whey protein, espresso, frozen yoghurt, coconut milk, cacao, milk	13.50	16.50
PEANUT BUTTER BOMB whey protein, sugar-free peanut butter, banana, cacao, full cream yoghurt, milk	13.00	16.00
PLANT PEANUT BUTTER BOMB V plant protein, sugar-free peanut butter, banana, cacao, oat milk, coconut milk	13.00	16.00
NATURE'S PROTEIN V plant protein, hemp seeds, spirulina blend, banana, pineapple, coconut milk, pressed apple juice	13.00	16.00
VANILLA PROTEIN SHAKE whey protein, milk	9.00	12.00
CHOCOLATE PROTEIN SHAKE whey protein, cacao, milk	9.00	12.00

SUPERFOOD SMOOTHIES

	REGULAR	LARGE
TROPICAL GREENS V pineapple, mango, baby spinach, celery, cucumber, ginger, pressed apple juice	10.70	12.70
ALL THE GREENS V mango, cucumber, pineapple, celery, baby spinach, pressed apple juice, chia & hemp seeds	10.70	12.70
MATCHA MINT	11.70	13.70

matcha, mint, pineapple, banana, frozen yoghurt, honey, milk

BOOST YOUR SMOOTHIE

ADD COLLAGEN / CREATINE	+1.50
ADD PLANT PROTEIN	+2.50
ADD WHEY PROTEIN	+3.50

RECOVERY

	REGULAR	LARGE
CREATINE KICK strawberries, mango, coconut milk, honey, coconut water, creatine	8.50	11.50
THE ULTIMATE RECOVERY V pineapple, mango, banana, coconut milk, baby spinach, coconut water, recovery blend (BCAA, electrolytes)	12.50	15.50
ULTIMATE PROTEIN whey protein, strawberries, mango, coconut milk, coconut water, carrot juice, honey, recovery blend (BCAA, electrolytes)	13.50	16.50

REGULAR 350ML
LARGE 500ML

RAW JUICES & SHOTS

	REGULAR	LARGE
HELPER V carrot, apple, pineapple, anti-inflammatory blend (turmeric, 500mg vit C)	9.00	12.00
DAILY GREENS V apple, baby spinach, cucumber, celery, chia seeds	9.00	12.00
NEW ORANGE JUICE V	9.00	12.00
FLOO JUICE V orange, carrot, lemon, ginger, cayenne pepper	10.00	13.00
LEMON CUCUMBER COOLER V cucumber, lemon, pineapple, celery, apple, mint	11.50	14.50
GINGER SHOT (50ML) V		6.00
FLOO SHOT (50ML) ginger, honey, lemon, cayenne pepper		6.00

FREE MILK ALTERNATIVES

ICED & HOT DRINKS

	REGULAR	LARGE
ESPRESSO	4.20	5.20
LONG BLACK	4.90	5.90
CAPPUCCINO	5.40	6.40
LATTE	5.40	6.40
FLAT WHITE	5.40	6.40
HOT CHOCOLATE	5.90	6.90
MOCHA	5.90	6.90
CHAI LATTE	5.90	6.90
MATCHA LATTE matcha, milk	5.90	6.90
ICED LONG BLACK espresso, purified water, milk, ice	5.90	7.40
ICED LATTE espresso, milk, ice	6.90	8.40
MACCHIATO	4.40	
PICCOLO	4.90	
FLOO FIGHTER mint tea, lemon, ginger, honey, cayenne pepper	5.20	
TEA english, green, mint	4.90	

KIDS
MENU
HEALTHY, FRESH, FUN FOOD

ALL-DAY BREAKFAST

PEANUT BUTTER BANANA TOAST banana, sugar-free peanut butter, honey, cinnamon, toasted sourdough	8.00

NEW SOURDOUGH TOASTIE

CHEDDAR TOASTIE white cheddar, toasted sourdough	8.50

250ML

SMOOTHIES

BANANA SHAKE banana, honey, frozen yoghurt, milk	6.30
COCO SHAKE banana, cacao, frozen yoghurt, honey, milk	7.00

250ML

JUICES

APPLE JUICE	5.00
ORANGE JUICE	5.00

ALLERGEN ADVICE:

We use ingredients containing wheat (gluten), milk, peanuts, soya beans, tree nuts, eggs, cereals with gluten, crustaceans, molluscs, celery, mustard, sesame seeds, sulphur dioxide. Even though we have strict food safety practices, we share equipment in our kitchens, which means we cannot guarantee that your meal or drink will be completely free from traces of these allergens or any food intolerances you might have. For customers with severe allergies and food intolerances, we recommend opting for sealed snacks and drinks.

NUTRI KNOW-HOW GF GLUTEN-FREE LC LOW CARB <30g carb per serving V VEGAN

ZETLAND NEW SUMMER MENU

ALL-DAY BREAKFAST

PEANUT BUTTER BIRCHER OATS soaked oats, sugar-free peanut butter, cacao, full cream yoghurt, honey, cacao nibs	7.90
SOURDOUGH TOAST toasted sourdough with choice of: butter / sugar-free peanut butter / vegemite	5.50

SLICED AVO TOAST V sliced avo, chili, toasted sourdough	13.00
FRITTATA free range eggs, butter, white cheddar, spring onion, red capsicum, rocket	10.00
TOASTED EGG & CHEESE free range egg, butter, tomato chutney, white cheddar, toasted sourdough	14.00
BREAKFAST BOWL GF full cream yoghurt, pineapple, strawberries, banana, almonds, honey, chia seeds	12.00

SOURDOUGH TOASTIES

CHEESY SUNDRIED TOMATO white cheddar, sundried tomato pesto, feta, tomato, toasted sourdough	11.00
AVO CHEDDAR white cheddar, avo, toasted sourdough	12.50
CHICKEN CAESAR chicken, avo, parmesan shavings, rocket, caesar dressing, toasted sourdough	16.50
SRIRACHA CHICKEN MAYO chicken, avo, baby spinach, sriracha mayo, toasted sourdough	16.50
ROAST BEEF & CHEDDAR sliced roast beef, white cheddar, tomato, gherkins, dijon mustard, toasted sourdough	17.50

WRAPS

Served on a wholewheat wrap (contains gluten).

PRINCESS chicken, avo, feta, rosa tomatoes, carrot, greens, celery & onion mayo	18.00
THE CAEZR chicken, parmesan shavings, greens, sourdough croutons, caesar dressing	18.00

SMALL 350ML
LARGE 500ML

SMOOTHIES

	SMALL	LARGE
STRAWBERRY STINGER strawberries, banana, frozen yoghurt, pressed apple juice	9.00	10.00
BERRY DAIRY blueberries, strawberries, banana, frozen yoghurt, honey, milk	9.00	10.00
C-BREEZE V mango, strawberries, pineapple, 500mg vit C, pressed apple juice, dates	9.50	10.50
PEANUT BUTTER BERRY V sugar-free peanut butter, blueberries, banana, dates, almond milk, purified water	10.50	11.50
PEANUT BUTTER BLISS sugar-free peanut butter, banana, cacao, frozen yoghurt, milk	10.50	11.50
TROPICAL BLISS mango, pineapple, frozen yoghurt, coconut milk, honey, milk, toasted coconut, chia seeds, mango swirl	10.50	11.50

PROTEIN SMOOTHIES

	SMALL	LARGE
SALTED CARAMEL whey protein, dates, banana, almond macadamia nut butter, desert salt, purified water	13.00	16.00
MOCHA PROTEIN whey protein, espresso, frozen yoghurt, coconut milk, cacao, milk	13.50	16.50
PEANUT BUTTER BOMB whey protein, sugar-free peanut butter, banana, cacao, full cream yoghurt, milk	13.00	16.00
PLANT PEANUT BUTTER BOMB V plant protein, sugar-free peanut butter, banana, cacao, oat milk, coconut milk	13.00	16.00
NATURE'S PROTEIN V plant protein, hemp seeds, spirulina blend, banana, pineapple, coconut milk, pressed apple juice	13.00	16.00
VANILLA PROTEIN SHAKE whey protein, milk	9.00	12.00
CHOCOLATE PROTEIN SHAKE whey protein, cacao, milk	9.00	12.00

SUPERFOOD SMOOTHIES

	SMALL	LARGE
TROPICAL GREENS V pineapple, mango, baby spinach, celery, cucumber, ginger, pressed apple juice	10.70	12.70
ALL THE GREENS V mango, cucumber, pineapple, celery, baby spinach, pressed apple juice, chia & hemp seeds	10.70	12.70
MATCHA MINT matcha, mint, pineapple, banana, frozen yoghurt, honey, milk	11.70	13.70

BOOST YOUR SMOOTHIE

ADD COLLAGEN / CREATINE	+1.50
ADD PLANT PROTEIN	+2.50
ADD WHEY PROTEIN	+3.50

SMALL 350ML
LARGE 500ML

RAW JUICES & SHOTS

	SMALL	LARGE
HELPER V carrot, apple, pineapple, anti-inflammatory blend (turmeric, 500mg vit C)	9.00	12.00
DAILY GREENS V apple, baby spinach, cucumber, celery, chia seeds	9.00	12.00
NEW ORANGE JUICE V	9.00	12.00
FLOO JUICE V orange, carrot, lemon, ginger, cayenne pepper	10.00	13.00
LEMON CUCUMBER COOLER V cucumber, lemon, pineapple, celery, apple, mint	11.50	14.50
GINGER SHOT (50ML) V		6.00
FLOO SHOT (50ML) ginger, honey, lemon, cayenne pepper		6.00

RECOVERY

	SMALL	LARGE
CREATINE KICK strawberries, mango, coconut milk, honey, coconut water, creatine	8.50	11.50
THE ULTIMATE RECOVERY V pineapple, mango, banana, coconut milk, baby spinach, coconut water, recovery blend (BCAA, electrolytes)	12.50	15.50
ULTIMATE PROTEIN whey protein, strawberries, mango, coconut milk, coconut water, carrot juice, honey, recovery blend (BCAA, electrolytes)	13.50	16.50

FREE MILK ALTERNATIVES

ICED & HOT DRINKS

	REGULAR	LARGE
ESPRESSO	4.20	5.20
LONG BLACK	4.90	5.90
CAPPUCCINO	5.40	6.40

LATTE	5.40	6.40
FLAT WHITE	5.40	6.40
HOT CHOCOLATE	5.90	6.90
MOCHA	5.90	6.90
CHAI LATTE	5.90	6.90
MATCHA LATTE matcha, milk	5.90	6.90
ICED LONG BLACK espresso, purified water, milk, ice	5.90	7.40
ICED LATTE espresso, milk, ice	6.90	8.40
MACCHIATO	4.40	
PICCOLO	4.90	
FLOO FIGHTER mint tea, lemon, ginger, honey, cayenne pepper	5.20	
TEA english, green, mint	4.90	

KIDS MENU

HEALTHY, FRESH, FUN FOOD

ALL-DAY BREAKFAST

PEANUT BUTTER BANANA TOAST banana, sugar-free peanut butter, honey, cinnamon, toasted sourdough	8.00

NEW SOURDOUGH TOASTIE

CHEDDAR TOASTIE white cheddar, toasted sourdough	8.50

250ML SMOOTHIES

BANANA SHAKE banana, honey, frozen yoghurt, milk	6.30
COCO SHAKE banana, cacao, frozen yoghurt, honey, milk	7.00

250ML JUICES

APPLE JUICE	5.00
ORANGE JUICE	5.00

ALLERGEN ADVICE:

We use ingredients containing wheat (gluten), milk, peanuts, soya beans, tree nuts, eggs, cereals with gluten, crustaceans, molluscs, celery, mustard, sesame seeds, sulphur dioxide. Even though we have strict food safety practices, we share equipment in our kitchens, which means we cannot guarantee that your meal or drink will be completely free from traces of these allergens or any food intolerances you might have. For customers with severe allergies and food intolerances, we recommend opting for sealed snacks and drinks.

NUTRI KNOW-HOW

GF GLUTEN-FREE LC LOW CARB <30g carb per serving V VEGAN