

## ALL-DAY BREAKFAST

<b>ALMOND PORRIDGE POT</b> <span>M</span> <span>GLU</span> <span>N</span>	<b>5.50</b>
rolled oats, almond macadamia nut butter, dates, full cream yoghurt, milk, honey, cinnamon	
<b>PLANT PORRIDGE POT</b> <span>N</span> <span>GLU</span> <span>V</span>	<b>5.50</b>
rolled oats, almond macadamia nut butter, dates, oat milk, banana, cinnamon	
<b>POWER OATS</b> <span>M</span> <span>N</span> <span>GLU</span>	<b>6.00</b>
rolled oats, almonds, banana, chia seeds, goji berries, honey, milk	
<b>NEW BLUEBERRY PROTEIN OATS POT</b> <span>M</span> <span>N</span> <span>GLU</span>	<b>6.00</b>
rolled oats, blueberries, whey protein, dates, milk, honey, almonds, chia & hemp seeds	
<b>PEANUT BUTTER OVERNIGHT OATS</b> <span>M</span> <span>GLU</span> <span>P</span>	<b>7.50</b>
overnight oats, sugar-free peanut butter, cacao, full cream yoghurt, honey, cacao nibs	
<b>BREAKFAST BOWL</b> <span>M</span> <span>N</span> <span>GF</span>	<b>12.00</b>
full cream yoghurt, pineapple, strawberries, banana, almonds, honey, chia seeds	
<b>NEW ACAI BOWL</b> <span>V</span>	<b>14.00</b>
acai, banana, coconut flakes, strawberries, chia seeds	
<b>SLICED AVO TOAST</b> <span>GLU</span> <span>V</span>	<b>10.00</b>
sliced avo, toasted sourdough, chili, hemp seeds	
<b>SOUREDUGH TOAST</b> <span>GLU</span>	<b>7.00</b>
toasted sourdough with choice of: butter / sugar-free peanut butter / vegemite	
<b>SCRAMBLED EGGS &amp; TOAST</b> <span>E</span> <span>M</span> <span>GLU</span>	<b>14.00</b>
free range eggs, toasted sourdough, butter	
<b>NEW LOADED AVO TOAST</b> <span>E</span> <span>M</span> <span>GLU</span>	<b>16.00</b>
avo, toasted sourdough, radish, feta, free range boiled egg, rosa tomatoes, chili flakes, rocket, olive oil, pickled red onion	
<b>SUNRISE UNWRAPPED</b> <span>E</span> <span>M</span> <span>GF</span>	<b>13.50</b>
free range scrambled eggs, butter, salsa, cheddar, rosa tomatoes, baby spinach	
<b>SUNRISE WRAP</b> <span>E</span> <span>M</span> <span>GLU</span>	<b>14.50</b>
free range scrambled eggs, butter, salsa, cheddar, rosa tomatoes, baby spinach, wholewheat wrap	
<b>PROTEIN BREAKFAST WRAP</b> <span>E</span> <span>M</span> <span>GLU</span>	<b>18.50</b>
free range scrambled eggs, steak, cream cheese, chipotle chili, red capsicum, baby spinach, rosa tomatoes	

## WRAPS

Served on a wholewheat wrap (contains gluten). We only use grass-fed beef.

<b>SALSA QUESADILLA</b> <span>M</span> <span>GLU</span>	<b>12.00</b>
cheddar, red capsicum, salsa, jalapeño, spring onion, coriander	
<b>ADD AVO +2.50    ADD CHICKEN +5.00</b>	
<b>HARVEST</b> <span>CE</span> <span>E</span> <span>GLU</span> <span>M</span>	<b>13.00</b>
feta, avo, cucumber, carrot, greens, celery & onion mayo, lemon olive oil dressing	
<b>CAJUN CHICKEN QUESADILLA</b> <span>M</span> <span>GLU</span>	<b>15.50</b>
cajun chicken, cheddar, salsa, jalapeño, spring onion, coriander	
<b>BBQ CHICKEN</b> <span>CE</span> <span>E</span> <span>GLU</span>	<b>14.50</b>
chicken, BBQ sauce, carrot, cabbage, celery, greens, crispy onions, celery & onion mayo	
<b>STEAK &amp; AVO QUESADILLA</b> <span>M</span> <span>GLU</span>	<b>18.50</b>
steak, avo, cheddar, salsa, jalapeño, spring onion, coriander. Served warm.	
<b>AVO FALAFEL</b> <span>N</span> <span>GLU</span> <span>SU</span> <span>V</span>	<b>15.50</b>
chickpea falafel, avo, red capsicum, cabbage, cucumber, gherkins, rocket, vegan nut butter dressing	
<b>PRINCESS</b> <span>CE</span> <span>E</span> <span>M</span> <span>GLU</span>	<b>16.50</b>
chicken, avo, feta, rosa tomatoes, carrot, greens, celery & onion mayo	
<b>SRIRACHA CHICKEN</b> <span>E</span> <span>SO</span> <span>GLU</span>	<b>16.50</b>
chicken, avo, rosa tomatoes, smoky coconut shavings, red capsicum, greens, sriracha mayo	
<b>SPICY CHICKEN CAESAR</b> <span>M</span> <span>SO</span> <span>GLU</span> <span>E</span>	<b>16.00</b>
cajun chicken, parmesan shavings, sourdough croutons, smoky coconut shavings, rosa tomatoes, cucumber, greens, caesar dressing	
<b>SPICY BURRITO CHICKEN</b> <span>M</span> <span>GLU</span>	<b>16.00</b>
chicken, salsa, jalapeño & chipotle chili, red capsicum, cream cheese, rocket, carrot, coriander, spring onion	
<b>SPICY BURRITO STEAK</b> <span>M</span> <span>GLU</span>	<b>18.50</b>
steak, salsa, jalapeño & chipotle chili, red capsicum, cream cheese, rocket, carrot, coriander, spring onion. Served warm.	
<b>NEW CHIPOTLE STEAK</b> <span>E</span> <span>GLU</span>	<b>16.50</b>
steak, red cabbage, carrot, baby spinach, salsa, chipotle mayo. Served warm.	
<b>PRINCE</b> <span>CE</span> <span>E</span> <span>M</span> <span>GLU</span>	<b>18.50</b>
steak, avo, feta, rosa tomatoes, carrot, greens, celery & onion mayo. Served warm.	

## SALADS

<b>SUPERFOOD SALAD</b> <span>N</span> <span>V</span> <span>LC</span> <span>GF</span>	<b>15.00</b>
avo, broccoli, cashews, red capsicum, rosa tomatoes, carrot, cucumber, chia seeds, lettuce, lemon olive oil dressing	
<b>AVO FALAFEL SALAD</b> <span>N</span> <span>V</span>	<b>15.00</b>
chickpea falafel, avo, red capsicum, cabbage, cucumber, red onion pickle, rocket, greens, vegan nut butter dressing	
<b>SRIRACHA CHICKEN SALAD</b> <span>E</span> <span>SO</span> <span>LC</span>	<b>15.50</b>
chicken, avo, rosa tomatoes, smoky coconut shavings, red capsicum, greens, sriracha mayo dressing	
<b>SPICY CHICKEN CAESAR SALAD</b> <span>M</span> <span>SO</span> <span>GLU</span> <span>E</span>	<b>15.50</b>
cajun chicken, parmesan shavings, sourdough croutons, smoky coconut shavings, rosa tomatoes, cucumber, greens, caesar dressing	
<b>AVO STEAK SALAD</b> <span>N</span>	<b>17.50</b>
steak, avo, red capsicum, cabbage, cucumber, red onion pickle, rocket, greens, vegan nut butter dressing	

## POKE BOWLS

<b>TERIYAKI CHICKEN POKE BOWL</b> <span>S</span> <span>SO</span> <span>GLU</span>	<b>15.50</b>
teriyaki chicken, brown rice & quinoa, avo, pineapple, cabbage, carrot, cucumber, radish, sesame, crispy onions, miso dressing	
<b>NEW TERIYAKI STEAK POKE BOWL</b> <span>S</span> <span>SO</span> <span>GLU</span>	<b>17.50</b>
steak, brown rice & quinoa, avo, pineapple, cabbage, carrot, cucumber, radish, sesame, crispy onions, miso dressing	

REGULAR 350ML  
LARGE 500ML

## SMOOTHIES

	REGULAR	LARGE
<b>STRAWBERRY STINGER</b> <span>M</span>	<b>9.00</b>	<b>10.00</b>
strawberries, banana, frozen yoghurt, pressed apple juice		
<b>BERRY DAIRY</b> <span>M</span>	<b>9.00</b>	<b>10.00</b>
blueberries, raspberries, strawberries, banana, frozen yoghurt, honey, milk		
<b>MANGO LASSI</b> <span>M</span>	<b>9.50</b>	<b>10.50</b>
mango, honey, ginger, full cream yoghurt, milk		
<b>GEM</b> <span>M</span> <span>N</span>	<b>9.50</b>	<b>10.50</b>
banana, almonds, frozen yoghurt, milk, honey		
<b>C-BREEZE</b> <span>V</span>	<b>9.50</b>	<b>10.50</b>
mango, strawberries, pineapple, pressed apple juice, vitamin C (500mg), dates		
<b>PEANUT BUTTER BERRY</b> <span>P</span> <span>N</span> <span>V</span>	<b>10.50</b>	<b>11.50</b>
sugar-free peanut butter, blueberries, banana, dates, almond milk, purified water		
<b>PEANUT BUTTER BLISS</b> <span>M</span> <span>P</span>	<b>10.50</b>	<b>11.50</b>
sugar-free peanut butter, banana, cacao, frozen yoghurt, milk		

## PROTEIN SMOOTHIES

	REGULAR	LARGE
<b>VANILLA PROTEIN SHAKE</b> <span>M</span>	<b>8.00</b>	<b>10.00</b>
whey protein, milk, ice		
<b>CHOCOLATE PROTEIN SHAKE</b> <span>M</span>	<b>8.00</b>	<b>10.00</b>
whey protein, cacao, milk, ice		
<b>SALTED CARAMEL</b> <span>M</span> <span>N</span>	<b>12.00</b>	<b>14.00</b>
whey protein, dates, banana, almond macadamia nut butter, desert salt, purified water		
<b>NATURE'S PROTEIN</b> <span>V</span>	<b>12.00</b>	<b>14.00</b>
plant protein, hemp seeds, spirulina blend, banana, pineapple, coconut milk, pressed apple juice		
<b>MOCHA PROTEIN</b> <span>M</span>	<b>12.00</b>	<b>14.00</b>
whey protein, espresso, frozen yoghurt, coconut milk, cacao		
<b>PLANT PEANUT BUTTER BOMB</b> <span>P</span> <span>GLU</span> <span>V</span>	<b>12.00</b>	<b>14.00</b>
plant protein, sugar-free peanut butter, banana, cacao, oat milk, coconut milk		
<b>PEANUT BUTTER BOMB</b> <span>M</span> <span>P</span>	<b>12.00</b>	<b>14.00</b>
whey protein, sugar-free peanut butter, banana, cacao, full cream yoghurt, milk		

SMALL 350ML  
LARGE 500ML

## SUPERFOOD SMOOTHIES

	REGULAR	LARGE
<b>TROPICAL GREENS</b> <span>CE</span> <span>V</span>	<b>9.50</b>	<b>11.50</b>
pineapple, mango, baby spinach, celery, cucumber, ginger, pressed apple juice		
<b>VITAMIN SEE</b> <span>V</span>	<b>10.00</b>	<b>12.00</b>
mango, pineapple, carrot & orange juice, vitamin C (500mg)		
<b>NUT MILK</b> <span>N</span> <span>V</span>	<b>10.50</b>	<b>12.50</b>
almond macadamia nut butter, cashews, cacao nibs, banana, dates, coconut milk, almond milk		
<b>NEW MATCHA MINT</b> <span>M</span>	<b>10.50</b>	<b>12.50</b>
matcha, mint, pineapple, banana, frozen yoghurt, honey, milk		
<b>ALL THE GREENS</b> <span>CE</span> <span>V</span>	<b>10.50</b>	<b>13.50</b>
mango, cucumber, pineapple, celery, baby spinach, pressed apple juice, chia & hemp seeds		
<b>NEW ACAI</b> <span>V</span>	<b>11.00</b>	<b>13.00</b>
acai, banana, purified water		

## RAW JUICES & SHOTS

	REGULAR	LARGE
<b>HELPER</b> <span>V</span>	<b>8.50</b>	<b>11.50</b>
carrot, apple, pineapple, anti-inflammatory blend (tumeric & vitamin C [500mg])		
<b>DAILY GREENS</b> <span>CE</span> <span>V</span>	<b>8.50</b>	<b>11.50</b>
apple, baby spinach, cucumber, celery, chia seeds		
<b>LEMON CUCUMBER COOLER</b> <span>CE</span> <span>V</span>	<b>9.00</b>	<b>12.00</b>
cucumber, lemon, pineapple, celery, apple, mint		
<b>FLOO JUICE</b> <span>V</span>	<b>9.50</b>	<b>12.50</b>
orange, carrot, lemon, ginger, cayenne pepper		
<b>FLOO SHOT</b> (50ML)		<b>4.50</b>
ginger, honey, lemon, cayenne pepper		
<b>GINGER SHOT</b> (50ML) <span>V</span>		<b>4.50</b>

## RECOVERY DRINKS

	REGULAR	LARGE
<b>ELECTROLYF</b> <span>V</span>		<b>5.00</b>
electrolyte recovery blend with magnesium, potassium, sodium		

## HOT & ICED DRINKS

	REGULAR	LARGE
<b>ESPRESSO</b>	<b>3.80</b>	<b>4.80</b>
<b>LONG BLACK</b>	<b>4.50</b>	<b>5.50</b>
<b>CAPPUCCINO</b>	<b>5.00</b>	<b>6.00</b>
<b>LATTE</b>	<b>5.00</b>	<b>6.00</b>
<b>FLAT WHITE</b>	<b>5.00</b>	<b>6.00</b>
<b>HOT CHOCOLATE</b>	<b>5.50</b>	<b>6.50</b>
<b>PICCOLO</b>	<b>4.50</b>	
<b>FLOO FIGHTER</b>	<b>4.80</b>	
mint tea, lemon, ginger, honey, cayenne pepper		
<b>TEA</b>	<b>4.50</b>	
english, green, mint		
<b>MOCHA</b>	<b>5.50</b>	<b>6.50</b>
<b>CHAI LATTE</b>	<b>5.50</b>	<b>6.50</b>
<b>NEW MATCHA LATTE</b>	<b>5.50</b>	<b>6.50</b>
matcha, milk		
<b>ICED LONG BLACK</b>	<b>5.50</b>	<b>7.00</b>
espresso, purified water, ice		
<b>ICED LATTE</b>	<b>6.50</b>	<b>8.00</b>
espresso, ice, milk		
<b>NEW ICED STRAWBERRY MATCHA LATTE</b>	<b>8.00</b>	<b>9.50</b>
strawberry puree, matcha, milk		

MAKE IT YOUR OWN

<b>SWAP FOR SKIM MILK</b>	<b>+ 0.50</b>
<b>SWAP FOR ALMOND MILK</b>	<b>+ 0.50</b>
<b>SWAP FOR OAT MILK</b>	<b>+ 0.50</b>
<b>SWAP FOR LACTOSE FREE MILK</b>	<b>+ 0.50</b>
<b>SWAP FOR SOY MILK</b>	<b>+ 0.50</b>
<b>SWAP FOR DECAF</b>	<b>+ 0.50</b>

## ALLERGENS

Our kitchen uses ingredients containing the following allergens: cereals with gluten, celery, eggs, fish, crustaceans, molluscs, milk, mustard, peanuts, nuts, sesame, soya, sulphur dioxide and lupin which may accidentally come into contact with your meal. We have strict food safety practices in place to avoid this, but there is a small risk of contact with these allergens.

USE THESE ICONS  
TO HELP YOU CHOOSE  
MEAL ITEMS THAT  
FIT YOUR ALLERGEN  
REQUIREMENTS

GLU CEREALS  
WITH GLUTEN

E EGG

P PEANUTS

N TREE NUTS

M MILK

SO SOYA

SU SULPHUR  
DIOXIDE

CR CRUSTACEANS

MO MOLLUSCS

CE CELERY &  
CELERIAC

MU MUSTARD

S SESAME

F FISH

LS LUPIN SEEDS  
& FLOUR

GF GLUTEN-FREE

LC LOW CARB <30g carb per serving

V VEGAN



Little Princess Wrap  
Strawberry Stinger Smoothie

HEALTHY, FRESH,  
FUN FOOD



## ALL-DAY BREAKFAST

<b>NEW KIDS BLUEBERRY OATS POT</b> <span>M</span> <span>N</span> <span>GLU</span>	<b>4.00</b>
rolled oats, blueberries, dates, milk, honey, almonds	
<b>PEANUT BUTTER BANANA POT</b> <span>M</span> <span>P</span> <span>N</span> <span>GF</span>	<b>8.00</b>
full cream yoghurt, sugar-free peanut butter, banana, almonds, honey	
<b>NEW LITTLE SMASH</b> <span>V</span> <span>GLU</span>	<b>6.00</b>
toasted sourdough, avo	
<b>PEANUT BUTTER BANANA TOAST</b> <span>P</span> <span>GLU</span>	<b>8.00</b>
sugar-free peanut butter, banana, honey, cinnamon, toasted sourdough	
<b>LITTLE SCRAMBLED EGGS ON TOAST</b> <span>E</span> <span>M</span> <span>GLU</span>	<b>9.00</b>
eggs, toasted sourdough, butter	
<b>NEW KIDS CHEESE TOASTIE</b> <span>E</span> <span>M</span> <span>GLU</span>	<b>8.00</b>
toasted sourdough, cheddar	

## WRAPS

Served on a wholewheat wrap (contains gluten)

<b>CHEESY EGG WRAP</b> <span>E</span> <span>M</span> <span>GLU</span>	<b>10.00</b>
free range scrambled eggs, cheddar	
<b>CHEESY CHICKEN WRAP</b> <span>CE</span> <span>E</span> <span>M</span> <span>GLU</span>	<b>12.00</b>
chicken, cheddar, celery & onion mayo	
<b>LITTLE PRINCESS WRAP</b> <span>CE</span> <span>E</span> <span>GLU</span>	<b>13.00</b>
chicken, avo, rosa tomatoes, carrot, greens, celery & onion mayo	