

WINTER MENU

ALL-DAY BREAKFAST

ALMOND PORRIDGE POT	5.70
rolled oats, almond macadamia nut butter, dates, full cream yoghurt, milk, honey, cinnamon	
PLANT PORRIDGE POT 	5.70
rolled oats, almond macadamia nut butter, dates, oat milk, banana, cinnamon	
PROTEIN POWER OATS	7.50
rolled oats, whey protein, almonds, banana, chia seeds, goji berries, honey, milk	
BLUEBERRY PROTEIN OATS POT	7.50
rolled oats, blueberries, whey protein, dates, milk, honey, almonds, chia & hemp seeds	
PACIFIC PROTEIN CUP	14.50
whey protein, full cream yoghurt, mango, banana, honey, purified water, chia seeds, mango swirl. Topped with banana, toasted coconut, almonds	
NEW SCRAMBLED EGG FRITTATA	10.00
free range scrambled eggs, white cheddar, spring onion, red capsicum, rocket	
SOUREDUGH TOAST	5.50
toasted sourdough with choice of: butter / sugar-free peanut butter / vegemite	
SLICED AVO TOAST 	13.00
sliced avo, chili, toasted sourdough	
SCRAMBLED EGGS & TOAST	15.00
free range scrambled eggs, butter, toasted sourdough	
LOADED AVO TOAST	19.00
avo, radish, feta, free range boiled egg, rosa tomatoes, chili flakes, rocket, olive oil, red onion pickle, toasted sourdough	
NEW PROTEIN POCKET WRAP	15.00
free range scrambled eggs, white cheddar, tomato, jalapeño, sundried tomato pesto	
SUNRISE UNWRAPPED  / WRAP	15.00
free range scrambled eggs, butter, salsa, white cheddar, rosa tomatoes, baby spinach	
PROTEIN BREAKFAST WRAP	18.80
free range scrambled eggs, steak, cream cheese, chipotle chili, red capsicum, baby spinach, rosa tomatoes	

WRAPS

Served on a wholewheat wrap (contains gluten).	
SALSA QUESADILLA	12.00
white cheddar, red capsicum, salsa, jalapeño, spring onion, coriander	
ADD AVO +2.50	
ADD CHICKEN +5.00	
CAJUN CHICKEN QUESADILLA	16.00
cajun chicken, white cheddar, salsa, jalapeño, spring onion, coriander	
AVO FALAFEL 	16.70
chickpea falafel, avo, red capsicum, cabbage, cucumber, gherkins, rocket, vegan nut butter dressing	
BBQ CHICKEN	17.00
chicken, BBQ sauce, carrot, cabbage, celery, greens, crispy onions, celery & onion mayo	
NEW TERIYAKI CHICKEN	17.50
teriyaki chicken, sriracha sesame peanuts, pineapple, carrot, cabbage, baby spinach, miso dressing	
NEW CHICKEN FETA CRUNCH	17.50
chicken, carrot, cabbage, gherkins, rosa tomatoes, creamy feta dressing	
HOT HONEY CHICKEN	18.00
hot honey chicken, avo, roasted corn salsa, cabbage, greens, salsa, creamy feta dressing. Served warm.	
PRINCESS	18.00
chicken, avo, feta, rosa tomatoes, carrot, greens, celery & onion mayo	
SPICY CHICKEN CAESAR	18.00
cajun chicken, parmesan shavings, sourdough croutons, smoky coconut shavings, rosa tomatoes, cucumber, greens, caesar dressing	
STEAK & AVO QUESADILLA	19.00
steak, avo, white cheddar, salsa, jalapeño, spring onion, coriander. Served warm.	
PRINCE	19.20
steak, avo, feta, rosa tomatoes, carrot, greens, celery & onion mayo. Served warm.	

SALADS

AVO FALAFEL SALAD  	16.20
chickpea falafel, avo, red capsicum, cabbage, cucumber, red onion pickle, rocket, greens, vegan nut butter dressing	
SMOKY BBQ CHICKEN SALAD	17.00
smoky BBQ chicken, cabbage, carrot, celery, roasted corn salsa, rosa tomatoes, white cheddar, gherkins, crispy onions, greens, creamy feta dressing	
SPICY CHICKEN CAESAR SALAD	17.00
cajun chicken, parmesan shavings, sourdough croutons, smoky coconut shavings, rosa tomatoes, cucumber, greens, caesar dressing	
AVO STEAK SALAD	19.00
steak, avo, red capsicum, cabbage, cucumber, red onion pickle, rocket, greens, vegan nut butter dressing	

POKE BOWLS

TERIYAKI CHICKEN POKE BOWL	18.00
teriyaki chicken, brown rice & quinoa, avo, pineapple, cabbage, carrot, cucumber, radish, sesame, crispy onions, miso dressing	
TERIYAKI STEAK POKE BOWL	19.50
steak, brown rice & quinoa, avo, pineapple, cabbage, carrot, cucumber, radish, sesame, crispy onions, miso dressing	
NEW VIETNAMESE STEAK POKE BOWL	19.50
teriyaki steak, brown rice & quinoa, sriracha sesame peanuts, cucumber, red onion pickle, baby spinach, carrot, jalapeño, coriander, mint, sesame sriracha dressing	

BURGERS

NORMAL BURGER	14.50
angus beef patty, potato bun, tomato, greens, gherkins, mustard mayo	
NORMAL CHEESE BURGER	15.50
angus beef patty, potato bun, tomato, greens, gherkins, white cheddar, mustard mayo	

RECOVERY

	REGULAR	LARGE
ELECTROLYF 		5.50
electrolyte recovery blend with magnesium, potassium, sodium		
NEW CREATINE KICK	8.50	11.50
strawberries, mango, coconut milk, citrus-spiced honey, coconut water, creatine		

RAW JUICES & SHOTS

	REGULAR	LARGE
HELPER 	8.90	11.90
carrot, apple, pineapple, anti-inflammatory blend (turmeric & vitamin C [500mg])		
DAILY GREENS 	8.90	11.90
apple, baby spinach, cucumber, celery, chia seeds		
FLOO JUICE 	9.90	12.90
orange, carrot, lemon, ginger, cayenne pepper		
LEMON CUCUMBER COOLER 	10.40	13.40
cucumber, lemon, pineapple, celery, apple, mint		
GINGER SHOT (50ML) 		5.80
FLOO SHOT (50ML)		5.80
ginger, honey, lemon, cayenne pepper		

SMOOTHIES

	REGULAR	LARGE
STRAWBERRY STINGER	9.00	10.00
strawberries, banana, frozen yoghurt, pressed apple juice		
BERRY DAIRY	9.00	10.00
blueberries, raspberries, strawberries, banana, frozen yoghurt, honey, milk		
G-BREEZE 	9.50	10.50
mango, strawberries, pineapple, pressed apple juice, vitamin C (500mg), dates		
PEANUT BUTTER BERRY 	10.50	11.50
sugar-free peanut butter, blueberries, banana, dates, almond milk, purified water		
PEANUT BUTTER BLISS	10.50	11.50
sugar-free peanut butter, banana, cacao, frozen yoghurt, milk		
TROPICAL BLISS	10.50	11.50
mango, pineapple, frozen yoghurt, coconut milk, honey, milk, toasted coconut, chia seeds, mango swirl		
NEW CACAO MINT	10.50	11.50
mint, cacao nibs, frozen yoghurt, spirulina blend, almonds, dates, coconut milk		

SUPERFOOD SMOOTHIES

	REGULAR	LARGE
TROPICAL GREENS 	9.70	11.70
pineapple, mango, baby spinach, celery, cucumber, ginger, pressed apple juice		
NEW CITRUS GLO	10.50	11.50
orange juice, mango, frozen yoghurt, chia seeds, collagen, citrus-spiced honey		
NUT MILK 	10.70	12.70
almond macadamia nut butter, cashews, cacao nibs, banana, dates, coconut milk, almond milk		
MATCHA MINT	10.70	12.70
matcha, mint, pineapple, banana, frozen yoghurt, honey, milk		
ALL THE GREENS 	10.70	12.70
mango, cucumber, pineapple, celery, baby spinach, pressed apple juice, chia & hemp seeds		

PROTEIN SMOOTHIES

	REGULAR	LARGE
VANILLA PROTEIN SHAKE	8.50	11.50
whey protein, milk, ice		
CHOCOLATE PROTEIN SHAKE	8.50	11.50
whey protein, cacao, milk, ice		
NEW STRAWBERRY GLO 	12.50	15.50
plant protein, strawberries, mango, toasted coconut, salted date caramel, roasted cashews, almond milk, coconut milk		
SALTED CARAMEL	12.50	15.50
whey protein, dates, banana, almond macadamia nut butter, desert salt, coconut water, almond milk		
NATURE'S PROTEIN 	12.50	15.50
plant protein, hemp seeds, spirulina blend, banana, pineapple, coconut milk, pressed apple juice		
MOCHA PROTEIN	12.50	15.50
whey protein, espresso, frozen yoghurt, coconut milk, cacao		
PLANT PEANUT BUTTER BOMB 	12.50	15.50
plant protein, sugar-free peanut butter, banana, cacao, oat milk, coconut milk		
PEANUT BUTTER BOMB	12.50	15.50
whey protein, sugar-free peanut butter, banana, cacao, full cream yoghurt, milk		

BOOST YOUR SMOOTHIE

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

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	5.90	6.90
matcha, milk		
ICED LONG BLACK	5.90	7.40
espresso, purified water, milk, ice		
ICED LATTE	6.90	8.40
espresso, ice, milk		
MACCHIATO	4.40	
PICCOLO	4.90	
FLOO FIGHTER	5.20	
mint tea, lemon, ginger, honey, cayenne pepper		
TEA	4.90	
english, green, mint		

NUTRI KNOW-HOW GLUTEN-FREE VEGAN

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.

KIDS MENU

ALL-DAY BREAKFAST

KIDS BLUEBERRY OATS POT	5.00
rolled oats, blueberries, dates, milk, honey, almonds	
PEANUT BUTTER BANANA POT	8.00
full cream yoghurt, sugar-free peanut butter, banana, almonds, honey	
LITTLE SMASH 	6.00
avo, toasted sourdough	
PEANUT BUTTER BANANA TOAST	8.00
banana, sugar-free peanut butter, honey, cinnamon, toasted sourdough	
LITTLE SCRAMBLED EGGS ON TOAST	9.80
free range eggs, butter, toasted sourdough	
KIDS CHEESE TOASTIE	8.50
white cheddar, toasted sourdough	

SMOOTHIES

BANANA SHAKE	6.30
banana, honey, frozen yoghurt, milk	
COCO SHAKE	7.00
banana, cacao, frozen yoghurt, honey, milk	
STRAWBERRY STINGER	7.30
strawberries, banana, frozen yoghurt, pressed apple juice	
G-BREEZE 	7.80
mango, strawberries, pineapple, vitamin C (500mg), pressed apple juice, dates	
PEANUT BUTTER BERRY 	7.80
sugar-free peanut butter, blueberries, banana, dates, almond milk, purified water	
PEANUT BUTTER BLISS	7.80
sugar-free peanut butter, banana, cacao, frozen yoghurt, milk	

WRAPS

Served on a wholewheat wrap (contains gluten).	
CHEESY EGG	10.00
free range scrambled eggs, white cheddar	
CHEESY CHICKEN	11.70
chicken, white cheddar, celery & onion mayo	
NEW CHEESY CHICKEN & CORN	12.00
chicken, white cheddar, roasted corn, celery & onion mayo	
LITTLE PRINCESS	13.50
chicken, avo, rosa tomatoes, carrot, greens, celery & onion mayo	

KIDS POCKET COMBO 10.00

1. SELECT YOUR POCKET

CHEESE QUESADILLA	CHEESY CHICKEN WRAP	CHEESE & TOMATO QUESADILLA
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2. SELECT A DRINK

COCO SHAKE 250ML	BANANA SHAKE 250ML	STILL WATER 600ML
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APPLE JUICE 250ML	ORANGE JUICE 250ML
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3. SELECT A SNACK

POPCORN	MINI CHOCOLATE BROWNIE	GLUTEN-FREE SHORTBREAD BISCUIT
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*Any extras at an additional charge.

ZETLAND MENU

ALL-DAY BREAKFAST

PEANUT BUTTER BIRCHER OATS	7.50
soaked oats, sugar-free peanut butter, cacao, full cream yoghurt, honey, cacao nibs	
CHOC PROTEIN CHIA POT	9.50
chia seeds, almond milk, plant protein, cacao, coconut milk, cacao nibs, almonds, strawberries, blueberries	
PACIFIC PROTEIN CUP	14.50
whey protein, full cream yoghurt, mango, banana, honey, purified water, chia seeds, mango swirl. Topped with banana, toasted coconut, almonds.	
SOURDOUGH TOAST	5.50
toasted sourdough with choice of: butter / sugar-free peanut butter / vegemite	
SLICED AVO TOAST	13.00
sliced avo, chili, 36hr fermented sourdough	
LOADED AVO TOAST	19.00
avo, radish, feta, free range poached egg, rosa tomatoes, chili flakes, rocket, olive oil, red onion pickle, 36hr fermented sourdough	
TOASTED EGG & CHEESE	14.00
free range egg, tomato chutney, white cheddar, 36hr fermented sourdough	
BREAKFAST BOWL	12.00
full cream yoghurt, pineapple, strawberries, banana, almonds, honey, chia seeds	
FRITTATA	10.00
free range eggs, white cheddar, spring onion, red capsicum, rocket	

SOURDOUGH TOASTIES

CHEESY SUNDRIED TOMATO	11.00
white cheddar, sundried tomato pesto, feta, tomato, 36hr fermented sourdough	
AVO CHEDDAR	12.50
white cheddar, avo, 36hr fermented sourdough	
CHICKEN CAESAR	16.50
chicken, avo, parmesan shavings, rocket, caesar dressing, 36hr fermented sourdough	
SRIRACHA CHICKEN MAYO	16.50
chicken, avo, baby spinach, sriracha mayo, 36hr fermented sourdough	
ROAST BEEF & CHEDDAR	17.50
sliced roast beef, white cheddar, tomato, gherkins, dijon, 36hr fermented sourdough	

SMALL 350ML
LARGE 500ML

SMOOTHIES

	SMALL	LARGE
STRAWBERRY STINGER strawberries, banana, frozen yoghurt, pressed apple juice	9.00	10.00
BERRY DAIRY blueberries, raspberries, strawberries, banana, frozen yoghurt, honey, milk	9.00	10.00
C-BREEZE  mango, strawberries, pineapple, pressed apple juice, vitamin C (500mg), dates	9.50	10.50
PEANUT BUTTER BERRY  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
CACAO MINT mint, cacao nibs, frozen yoghurt, spirulina blend, almonds, dates, coconut milk	10.50	11.50

PROTEIN SMOOTHIES

	SMALL	LARGE
VANILLA PROTEIN SHAKE whey protein, milk, ice	8.50	11.50
CHOCOLATE PROTEIN SHAKE whey protein, cacao, milk, ice	8.50	11.50
PEANUT BUTTER BOMB whey protein, sugar-free peanut butter, banana, cacao, full cream yoghurt, milk	12.50	15.50
PLANT PEANUT BUTTER BOMB  plant protein, sugar-free peanut butter, banana, cacao, oat milk, coconut milk	12.50	15.50
SALTED CARAMEL whey protein, dates, banana, almond macadamia nut butter, desert salt, purified water	12.50	15.50
MOCHA PROTEIN whey protein, espresso, frozen yoghurt, coconut milk, cacao, milk	12.50	15.50
STRAWBERRY GLO  plant protein, strawberries, mango, toasted coconut, salted date caramel, roasted cashews, almond milk, coconut milk	12.50	15.50
NATURE'S PROTEIN  plant protein, hemp seeds, spirulina blend, banana, pineapple, coconut milk, pressed apple juice	12.50	15.50

SUPERFOOD SMOOTHIES

TROPICAL GREENS V

pineapple, mango, baby spinach, celery, cucumber, ginger, pressed apple juice

SMALL	LARGE
9.70	11.70

NUT MILK V

almond macadamia nut butter, cashews, cacao nibs, banana, dates, coconut milk, almond milk

10.70	12.70
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MATCHA MINT

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

10.70	12.70
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ALL THE GREENS V

mango, cucumber, pineapple, celery, baby spinach, pressed apple juice, chia & hemp seeds

10.70	12.70
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SMALL 350ML
LARGE 500ML

RAW JUICES & SHOTS

HELPER V

carrot, apple, pineapple, anti-inflammatory blend (turmeric, 500mg vit C & zinc)

SMALL	LARGE
8.90	11.90

DAILY GREENS V

apple, baby spinach, cucumber, celery, chia seeds

8.90	11.90
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FLOO JUICE V

orange, carrot, lemon, ginger, cayenne pepper

9.90	12.90
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LEMON CUCUMBER COOLER V

cucumber, lemon, pineapple, celery, apple, mint

10.40	13.40
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GINGER SHOT (50ML) V

5.80

FLOO SHOT (50ML)

ginger, honey, lemon, cayenne pepper

5.80

RECOVERY

ELECTROLYF V

electrolyte recovery blend with magnesium, potassium, sodium

SMALL	LARGE
	5.50

CREATINE KICK

strawberries, mango, coconut milk, honey, coconut water, creatine

8.50	11.50
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**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, ice, milk	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	

ALLERGENS

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NUTRI KNOW-HOW



GLUTEN-FREE



LOW CARB (<30g carb per serving)



VEGAN