

SMOOTHIE BOWLS

Available till 12pm.

GREEN KANALOA (GF / RSF / V) - 69

Banana, mango, spirulina, coconut milk & maple syrup. Topped with kiwi, banana, goji, coconut flakes & drizzled with nut butter.

NUTTY CHARGER (RSF / V) - 65

Rolled oats, cacao, banana, almond milk, nut butter & vanilla. Topped with whipped coconut cream, banana, nuts, coconut flakes & cacao nibs all drizzled with nut butter.

MANGO KICKER (GF / RSF / V) - 68

Mango, coconut water, mixed seasonal fruit & pickled ginger. Topped with fruit, pickled ginger, toasted almond flakes & Japanese 7 spice.

PINK PITAYA (GF / RSF / V) - 69

Bright pink dragon fruit with yoghurt, lime & vanilla. Finished with berries, chia & coconut flakes.

ADD GRANOLA +10

KEY: GF – Gluten Free
RSF – Refined Sugar Free
V – Vegan

HOT DRINKS

ESPRESSO	20
AMERICANO	22
FLAT WHITE / CAPPUCCINO	24
LATTE / CHAI LATTE	26
RED CAPPUCCINO	26
TEA SELECTION	22
ICE LATTE	28
HOT CHOC	29
DECAF	26

JUICES

All 250ml & GF / RSF / V

SUNBAE - 35

Orange, pineapple, ginger, carrot, turmeric & lemon

BEETBOOM - 35

Beetroot, lemon, apple, cucumber & orange

GREEN ROOM - 35

Apple, Pineapple, cucumber, kale, spinach, ginger, lemon & mint

CAPE DOCTOR (25ml) - 22

Ginger, lemon & honey shot

WARM BREAKFAST BOWLS

Available till 12pm.

APPLE CRUMBLE OATS (GF / RSF / V) - 52

Apple soaked creamy oats topped with burnt vanilla apples, micro-textured milk & toasted almond flakes.

HONEY GLAZED BANANA QUINOA PORRIDGE (GF / RSF / V) - 64

Quinoa spiced with cinnamon & almond milk. Topped with a honey glazed banana, a sprinkle of cinnamon & toasted almond flakes.

MISO CARAMEL CHIA POT (GF / RSF / V) - 59

Warm chia pudding with miso, maple syrup, maca & almond milk topped with an espresso + Chinese 5 spice poached pear, toasted macadamia, sesame seeds & micro-textured almond milk.

STRAWBERRIES & CREAM CHIA PUDDING (GF / RSF / V) - 66

Warm coconut chia pudding with strawberry compote, strawberries & toasted coconut flakes.

ADD GRANOLA +10

KEY: GF – Gluten Free
RSF – Refined Sugar Free
V – Vegan

HOT DRINKS

ESPRESSO	20
AMERICANO	22
FLAT WHITE / CAPPUCCINO	24
LATTE / CHAI LATTE	26
RED CAPPUCCINO	26
TEA SELECTION	22
ICE LATTE	28
HOT CHOC	29
DECAF	26

JUICES

250ml & all GF / RSF / V

SUNBAE - 35

Orange, pineapple, ginger, carrot, tumeric & lemon

BEETBOOM - 35

Beetroot, lemon, apple, cucumber & orange

GREEN ROOM - 35

Apple, Pineapple, cucumber, kale, spinach, ginger, lemon & mint

CAPE DOCTOR (25ml) - 22

Ginger, lemon & honey shot