

# NOURISH & BREATHE

## SMOOTHIES

### BERRY BLISS \$7 / \$9

Berry, banana, chai açai, coconut water

### GOLDEN GODDESS \$7 / \$9

Mango, banana, maca, ginger, coconut water

### GREEN MACHINE \$7 / \$9

Kale, banana, avocado, pear, spirulina on coconut water

### CHOCY MONKEY \$4 (kids) / \$7

Banana, cacao, almond mylk and a date

## COLD PRESSED JUICES

### UNEARTHED DETOX \$9

Beetroot, carrot, ginger & apple

### GREEN CLEANSE \$9

Celery, ginger, kale, pear & ginger

### PICK ME UP \$9

Orange, lemon & ginger

## BOTANICAL SYRUP

A refreshing natural cordial made in house from fresh organic fruits and herbs. Served cold with mineral water.

### LEMON VERBENA \$4

### RHUBARB ORANGE \$4

## BREAKFAST

Breakfast is served Wednesday - Friday

### BIRCHER MUSELI \$9

### GRANOLA \$9

### PORRIDGE(OAT/BUCKWHEAT) \$9

## BOTANICAL TEA

Sourced from Australian suppliers and grown organically or wildcrafted in Australia where possible. Hand blended by Renae for therapeutic intention for both the physical and emotional bodies.

### CHAI POT - \$6 Almond or Soy

### PRANA STICKY CHAI OR

### ROOIBOS CHAI

Caffeine free - All the depth and full chai spice flavour. Rooibos | Cinnamon | Ginger | Cardamom | Clove | Star Anise

### CALM POT \$5

A delicate floral blend full of flavour enclosing in you in a blanket of peace.

Chamomile | Lavender | Peppermint | Rooibos | Rose Petals

### SURYA POT \$5

Surya is sanskrit for the sun & this blend brings warmth and awakens for the day.

Lemon Grass | Lemon Myrtle | Licorice | Ginger

### DIGEST POT \$5

To assist the digestive process or enjoy anytime. Peppermint | Licorice | Fennel

### RESTORE POT \$5

A Restorative and nutritive blend. Peppermint | Nettle | Raspberry Leaf | Ginger | Hibiscus | Fennel

### COOL MINT GREEN TEA POT \$5

Refreshing green tea. Green tea | Licorice | Peppermint | Spearmint | Lavendar

### ENGLISH BREAKFAST TEA POT \$5



## HEALTHY SNACKS

Snacks available Wednesday - Saturday

### BLISS BALLS \$3

### BANANA BREAD WITH HONEY & BUTTER \$6