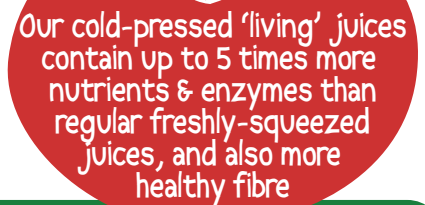


NUTRI-JUICE

- SUPER GREEN** \$9
 Mixed Greens (eg Kale, Spinach, Silverbeet, Cos), Wheatgrass *, Celery, Cucumber/Choko, Parsley, Apple, Ginger
- SUPER GREEN 2** \$9
 Mixed Greens (eg Kale, Spinach, Silverbeet, Cos), Wheatgrass *, Celery, Cucumber/Choko, Parsley, Lemon, Fennel, Apple, Pear, Ginger
- SUPER MODEL** \$11
 Noni Juice Shot, Mixed Greens (eg Kale, Spinach, Silverbeet, Cos), Celery, Cucumber/Choko, Fennel, Lime, Apple, Pear
- LETTUCE REJOICE** \$9
 Cos Lettuce, Parsley, Spirulina, Apple, Lemon, Mint
- VEGGIE MATE** \$9
 Mixed Greens (eg Kale, Spinach, Silverbeet, Cos), Carrot, Beetroot, Celery, Cucumber, Fennel, Lemon, Ginger, Apple
- BEET IT** \$9
 Beetroot, Carrot, Apple, Celery, Lemon
- BEET-A-CAROTENE** \$9
 Beetroot, Carrot, Orange
- PICK-ME -UP** \$9
 Carrot, Apple, Ginger
- PETER PAN** \$10
 2 x Aloe Vera Shots, Cucumber, Coconut Water

All Nutri-Juices are Cold-Pressed


 Our cold-pressed 'living' juices contain up to 5 times more nutrients & enzymes than regular freshly-squeezed juices, and also more healthy fibre


 For maximum nutrient absorption we recommend adding Probiotic 2012

Drink Your Daily Nutrients

Each of our signature juices is packed full of vitamins, minerals and phytonutrients, with healing and cleansing properties.

We recommend alternating your juice daily to reap the benefits of a varied rainbow diet.

SUPERFOOD SMOOTHIES

- ACAI-PURE** \$10
 Acai Shot, Blueberry, Strawberry, Banana, Rice Milk
- BERRY YUMMY BREKKIE** \$9
 Strawberries, Raspberries, Blueberries, Blackberries, Banana, Almonds, Brazil Nuts, Chia Seeds, Flaxseeds, Sunflower Seeds, Pepitas, Oat Milk
- GYM BUNNY** \$9
 Phyto Protein *, Banana, Strawberries, Almonds, Oat Milk
- MAYAN POWER** \$9
 Maca, Cacao Nibs, Cacao Powder, Banana, Tahini, Oat Milk, Cinnamon
- POPEYE** \$9
 Spinach, Kale, Spirulina, Banana, Pineapple
- LEAN-GREEN** \$13
 Spinach, Kale, Date, Cacao Powder, Spirulina, Lemon, Shredded Coconut, Coconut Water
- PINA-COLADA** \$10
 Coconut Water, Banana, Pineapple
- HAPPY DATE** \$10
 Date, Banana, Peanut Butter, Cacao Powder, Cinnamon, Rice Milk
- ELIXIR of LIFE** \$26
 Blueberries, Blackberries, Strawberries, Raspberry, Acai Berry, Maqui Berry, Banana, 2012 Probiotic, Kakadu Plum, Cacao Nibs, Spirulina, Coconut Water, Coconut Oil, Flaxseeds, Chia Seeds, Pepitas, Almonds, Brazil Nuts, Flaxseed Oil, Cinnamon

Skip-a-Meal & Lighten Up

We blend together nature's superfoods to create the highest quality smoothies out there!

We love these as a meal replacement . Remember to eat little and often to keep your metabolism going through the day. Our healthy smoothies give your body the nutrition that it needs and gives your digestive system some light relief as well.

SUBSTITUTIONS

Choose from Rice, Oat & Soy Milk, Filtered Water or Coconut Water (+\$3.50)

Ingredients may be removed but no other substitutions allowed

SHOTS

- WHEATGRASS *** \$5.00
 Pure Freshly-Pressed Wheatgrass
- WHEATGRASS LEMONADE *** \$7.00
 Wheatgrass Shot, Lemon, Ginger
- HOT SHOT** \$3.50
 Lemon, Ginger, Cayenne
- ALOE VERA** \$2.50
 100% Australian & Organic
- NONI** \$2.50
 Tahitian Gold Organic

ADD an X

- | | | | |
|--------------------|-----|-----------------------|-----|
| 2012 PROBIOTIC | \$2 | GUBINGE (KAKADU PLUM) | \$2 |
| ACAI | \$2 | MACA | \$2 |
| MAQUI BERRY | \$2 | MANUKA HONEY 30+ * | \$2 |
| CACAO NIB S/POWDER | \$2 | PHYTO PROTEIN * | \$2 |
| COCONUT OIL | \$1 | SPIRULINA | \$2 |
| FLAXSEED OIL | \$1 | BARLEY GRASS | \$2 |

Supercharge your juice or smoothie with X-tra goodness!



REFRESHERS

Juices

our fruity suggestions

Mini - \$5.00 Large - \$9.00

CITRUS BURST

Mandarin, Orange, Pineapple

GOING TROPPO

Pineapple, Lime, Apple,

FRESH KISS

Pear, Apple, Mint

Pure Fruit Smoothies

the fruit, the whole fruit & nothing but the fruit

Large - \$9.00

BANANALICIOUS

Banana, Strawberries, Kiwi-Fruit, Orange

BLUEBERRY BLISS

Blueberries, Strawberries, Apple

STRAWBERRY CRUSH

Strawberries, Raspberries, Apple, Orange

Mylk Smoothies

dairy-free & delicious

Mini - \$5.00 Large - \$8.00

COCO-NANA

Banana, Coconut, Honey, Rice Milk

STRAWBERRY

Strawberries, Banana, Rice Milk

YUM-BERRY

Mixed Berries, Banana, Rice Milk

JUICE DIY

Mini - \$5.00 Large - \$9.00

CHOOSE: Seasonal Fruits/Veggies (Max 3)

(See Chalk Board for Current List)

Items on chalk board marked + must be juiced with other items

ADD: Leafy Greens, Lemon, Mint or Ginger

BOWLS

BIRCHER MUESLI \$12

Crunchy Oats, Cranberries, Figs, Raisins, Cashews, Sunflower Seeds, Flaxseed, Pepitas, Chia Seeds & Coconut Flakes served with freshly-pressed apple juice.

ACAI BOWL \$14

Pure Frozen Acai (+ Guarana or Acerola if requested), Strawberries, Blueberries & Blackberries blended with Coconut Water on crunchy granola & topped with Coconut Flakes.

FRUIT SALAD \$8

Seasonal Fruit (eg Apple, Pineapple, Kiwi-Fruit, Watermelon) in a freshly-squeezed orange juice.

SALADS

CRUNCHY GOJI BERRY \$12

Goji Berries, Apple, Celery, Capsicum, Spring Onions, Cashew Nuts & Parsley with a tangy Apple Cider Vinegar & Flaxseed Oil dressing, on a bed of mixed salad leaves

SPROUTING GREENS \$12

Mixed Sprouts (eg Broccoli, Radish, Mung Bean, Alfafa), Capsicum & Celery with a Tahini & freshly-pressed Orange & Lime dressing on a bed of mixed salad leaves

WAKAME SEAWEED \$12

Wakame, Grated Carrot, Dulse, Capsicum, Spring Onions, Fresh Herbs, Pepitas, Sunflower & Sesame seeds with an Asian Shoyu dressing made with freshly-pressed ginger and lime, on a bed of mixed salad leaves

D-I-Y \$14

We know that some of our customers are partial to customising their orders so feel free to amend or substitute our salad choices.

Salad+Juice = Ideal Healthy Lunch Option!

PRE-ORDER or DELIVERY ONLY

We love our planet & hate waste so please call us or email by 9am to get your salad by lunchtime

Our salads contain a range of some of the healthiest foods available. We recommend alternating your salad choice

DRESSING COMES SEPARATELY SO SALADS REMAIN FRESH & CRISP

TEAS

All \$4.00

GREEN

JASMIN

LEMONGRASS & GINGER

LIQUORICE BLEND

Liquorice, Mint & Fennel

MINT GREEN

Green Tea & Peppermint

PEPPERMINT

ROIBOOS CHAI

DETOX

Dandelion Leaf & Root, Burdock, Nettle Leaf, Peppermint

Our teas are all organic & loose-leaf, served using non-bleached, chlorine-free filters (T-Sacs), and made using Wellness filtered LivingWater Ideal as part of a detox!

AVAILABLE FOR DELIVERY Just add your own boiling water

We recommend removing the T-Sac after 2--3 mins

SNACKS

Be Good Organic Trail Mix 100g	\$3.50
Be Good Organic Trail Mix 200g	\$6.00
Organic Cashews 100g	\$3.50
Organic Cashews 200g	\$6.00
Cobs Organic Popcorn 25g	\$1.60
Oraio Organic Fruit & Nut Chia Bar	\$3.25
Oraio Organic 4 Seed Bar	\$3.25
Oraio Organic Peanut Bar	\$3.25
Acai Raw Bar Original Bar *	\$5.50
Acai Mango Sunrise Bar *	\$5.50
Acai Berry Burst Bar *	\$5.50
Acai Chocolate *	\$8.50



Good Diet + Exercise - Be Fit, Be Healthy, Be Happy - LOVE LIFE!

