

---

## COFFEE

---

Long, Short, Black, White	3.50
Large	+ 1.00
Bonsoy	+ 0.50
Coconut milk	+ 1.00
Decafe – Swiss Water Filtered	+ 0.30
Hot Choc / Mocha / Prana Chai	4.50
Iced Coffee / Choc / Mocha / Chai	6.50

---

## TEA DROP / 4.5

---

English Breakfast, Supreme Earl Grey, Lavender Grey, Chamomile, Honeydew Green, Lemongrass & Ginger, Peppermint.

---

## MILKSHAKES / 7.5

---

Chocolate / White Chocolate / Vanilla / Caramel / Mango  
Strawberry / Mint / Coconut / Passionfruit / Hazelnut  
Salted Caramel / Walnut Brownie / Tiramisu / Butterscotch / Banana

---

## FRESH JUICE / 7.5

---

**Refresher** - Pineapple, Apple, Watermelon, Mint

**Detox** - Carrot, Celery, Apple, Beetroot, Ginger

**Flu Fighter** - Orange, Pineapple, Lemon, Ginger

Or **Create Your Own**

---

## SUPER SMOOTHIES / 9.0

---

### Raw Green Smoothie

Coconut water, spinach, apple, banana, lime,  
popped quinoa, ginger, turmeric,  
& shredded coconut

### Raw Almond & Berry Smoothie

Almond milk, mixed berries, banana, tahini,  
chia seeds, pineapple & topped  
with shredded coconut

### Raw Tropical Smoothie

Fresh coconut milk, banana, mango,  
pineapple & ginger

RAW - PALEO - SUPER

---

## POST WORKOUT PROTEIN SHAKE / 9.0

---

Banana, cinnamon, honey, almond milk, vanilla Proper Protein (GF), ice  
Mixed berries, banana, almond milk, vanilla Powder Protein (GF), ice

---

## HOUSE MADE SODAS / 4.5

---

Passionfruit & Thyme

Cherry & Vanilla

---

## SOFT DRINKS

---

Coke, Zero, Lift, Sprite, Soda, Tonic	4.00
Free Energy	4.00
Jax Coconut Water 250ml	4.00
Pure Spring Water 400ml	4.00
San Pelligrino Sparkling Mineral Water 500ml	5.50

## BEVERAGES

---

## BEERS & CIDERS

---

### TAP 330ML

---

Peroni Nastro Azzuro 8.0

### BOTTLE

---

Carlton Draught 7.0

Crown Lager 8.5

Corona 9.0

Pure Blonde 8.0

Cascade Premium Light 5.0

Somersby Apple Cider 8.0

Somersby Pear Cider 8.0

### WHITE

---

Rothbury Estate - Sauvignon Blanc 7.5 / 30

Squealing Pig - Sauvignon Blanc, Marlborough NZ 8.5 / 36

T'Gallant Grace - Pinot Grigio, Mornington VIC 9.5 / 42

Leo Buring - Riesling, Clare Valley SA 9.0 / 40

T'Gallant Juliet - Moscato, Mornington VIC 8.0 / 36

St Huberts - Chardonnay, Yarra Valley VIC 9.5 / 47

### ROSÉ

---

Squealing Pig Pinot Noir Rosé 9.0 / 39

### RED

---

Rothbury Estate - Cabernet Merlot, Clare Valley SA 7.5 / 30

Little Berry - Shiraz, McLaren Vale SA 8.5 / 39

St Hubert's The Stag Pinot Noir 9.5 / 42

Wynns The Gables Coonawarra Cabernet Sauvignon 9.5 / 39

Pepperjack Barossa Shiraz, Barossa Valley SA 10 / 44

### SPARKLING

---

Rothbury Estate - Sparkling Cuvee 7.5 / 30

Maison De Grand Esprit - Les Petite Vignettes, Burgundy FRA 13 / 52

Domaine Chandon - Brut NV / 53

Moet & Chandon Imperial - Epernay FRA / 125