

## CAFÉ BITES



Raw pea mint soup with mint oil.....\$12  
(available chilled or hot)

Maldivian reef fish sashimi.....\$18  
with ginger and wild rocket

Baby gem, rocket, radicchio, quinoa, heirloom  
tomato, beetroot, asparagus, radish &  
smashed spicy guacamole .....\$18  
with garlic and lemon dressing.

Coconut milk poached free range chicken.....\$22  
with Asian cabbage & pumpkin seed salad

Chilled rice paper spring roll with carrot, red beet & mint.....\$16  
with cucumber ginger infused lemongrass dressing  
add poached chicken.....\$22

Charred broccoli salad.....\$16  
with lemon garlic, chilli and almonds

Medicine Balls .....\$6  
Choose from: Beauty food | Berry burn | Vanilla bliss | Body brilliance | Cookies

## ACAI BOWLS

A delicious healthy Acai bowl mixed with our Clean & Lean supplements  
and topped with frozen berries, granola, almond butter and coconut flakes.

Protein excellence.....\$6

Body brilliance.....\$6

Beauty food.....\$6

Berry burn.....\$6

## DESSERTS

Grilled pineapple with lime & wild honey.....\$16

Banana & almond butter ice cream.....\$22

Fresh fruits.....\$17



# TEA & COFFEE

Our ethical organic coffee is sourced by small independent craft roasters, Cru Kafe. Our teas are carefully and organically produced and will have you feeling mindful and nourished.

Clean & Lean Organic Coffee.....\$9

Espresso, organic butter, coconut oil, cinnamon

Brilliant Clean & Lean Organic Coffee.....\$12

Body brilliance, espresso, organic butter, coconut oil, cinnamon

Protein Boost Clean & Lean Organic Coffee.....\$12

Protein excellence, espresso, organic butter, coconut oil, cinnamon

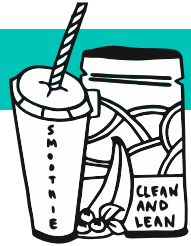
Clean & Lean Organic Frappe.....\$17

Protein excellence or Body Brilliance, espresso, almond milk, cinnamon, ice

Clean & Lean Tea Selection.....\$9

Recharge, Cleanse, Slender, Relax

# SMOOTHIES



Clean & Lean supplements are made to superboost your day. Feel free to change the milk base to the one that suits you best.

Smoothies .....\$12

Body Brilliance   

Body Brilliance supplement, almond milk, cinnamon (gf, df, v, veg.)

Protein Excellence  

Vanilla Protein supplement, almond milk, cinnamon (gf, df, v, veg.)

Ultimate Clean   




Ultimate Clean supplement, coconut water, cinnamon (gf, df, v, veg.)

Berry Burn  

Berry Burn supplement, coconut water (gf, df, v, veg.)

Beauty Food  

Beauty Food supplement, coconut water, green apple, lime juice (gf, df, v, veg.)

Male Testo   

Male Testo supplement, almond milk, cinnamon (gf, df, v, veg.)

Shake it up: Add another Clean and Lean supplement.....\$3

df: dairy free option | gf: gluten free option | v: vegan option | vg: vegetarian options