

Drinks Menu

HOT

MAKE IT LARGE (+1)

Short Black	3.7
Long Black	4.2
Short Macchiato	3.9
Long Macchiato	4.2
Piccolo	4.2
Latte	4.8
Flat White	4.8
Cappuccino	4.8
Tea	4.8
Hot Chocolate	4.8
Mocha	5.2
Chai Latte	4.8
Matcha Latte	5.2

COLD

ALL LARGE

Iced Long Black	5.5
Iced Latte	6
Iced Chocolate	6
Iced Mocha	7.5
Iced Chai	6
Iced Matcha	7.5

MILK OPTIONS

Oat, Almond, Soy, Coconut, LF 0.7

SMOOTHIES VG

Make Me A Bowl with fresh seasonal fruit and granola. (VG) +5.0

Berry Bomb 9.9

Banana, mixed berries, honey (optional), oat milk.

Mango Moves 10.5

Banana, mango, passionfruit, coconut yoghurt, coconut milk.

Green Glow 10.5

Banana, spinach, apple, avo, lime, coconut milk.

Choc-Obsessed 9.9

Banana, cacao, maple syrup, oat milk.

Power Moves 10.9

Banana, oats, *Prepd recovery* (choc or vanilla), nut butter, oat milk.

AVO SMOOTHIES VGO 12.9

PICK FROM CHOICES BELOW

Happy Avo

Kiwi Avo

Green Apple Avo

Mix Berries Avo

Banana Avo

Cacao Avo

Passion Fruit Avo

Try adding

Oats, chia seeds 1.0

Superfood, pea protein, *Prepd recovery* 2.0

Nut butter, coco/Dairy yoghurt 2.0

KOMBUCHA

Freshly brewed by Live Kombucha in West Beach, SA

Raw, Orange & Mango, Super Berries 5.5 GLASS

BOTTLED DRINKS

Please see drinks fridge

The Happy Jar



vg = vegan, vgo = vegan option available (additional cost applies), gfo = gluten free option available, all meals are vegetarian

Food Menu

SOMETHING SMALL

Assorted Cookies 5.5

Banana Bread 6.0

Ask our friendly staff to toast this for you. (vg)

Sticky Date Carrot Cake 6.0

OG Sea Salt Choc Brownie 6.0

OG Raspberry Brownie 6.5

Products above are all made in SA by Chlo's Vegan Club, all (GF) (VG)

SOMETHING SMALL

Granola Bowl 12.9

Granola served with your choice of coconut or dairy yoghurt and seasonal fruit. (vgo +2)

Smoothie Bowl *Selected smoothie price +\$5*

Choose any of the smoothie options below and make it into a bowl! Served with fresh seasonal fruit and granola. (vg)

SMOOTHIES + BOWLS

Thick and creamy, just the way we like it

Make me a bowl (+5) served with fresh seasonal fruit and granola.

Berry Bomb 9.9

Banana, mixed berries, honey (optional) and oat milk. (vgo)

Mango Moves 10.5

Banana, mango, passionfruit, coconut yoghurt and coconut milk. (vg)

Green Glow 10.5

Banana, spinach, apple, avo, lime and coconut milk. (vg)

Choc-Obsessed 9.9

Banana, cacao, maple syrup and oat milk. (vg)

Power Moves 10.9

Banana, oats, *Prepd recovery* (choc or vanilla), nut butter and oat milk.

Try adding

Oats
Chia seeds
Superfood
Pea protein
Prepd recovery
Nut butter
Coco yoghurt
Dairy yoghurt

SALADS

The Mediterranean 14.9

Marinated chickpeas and cous cous with maple roasted pumpkin, eggplant & bell pepper with creamy pesto dressing on a bed of rocket (vg).

The Happy Jar



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