

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

Available Friday and Saturday 8am-2pm and Sunday 8am to 1pm

SOMETHING SMALL

Assorted Cookies	5.5	Granola Bowl	12.9
Banana Bread	6.0	Granola of the month served with your choice of coconut or dairy yoghurt and seasonal fruit. (vgo +2.0)	
<i>Ask our friendly staff to toast this for you.</i>			
Sticky Date Carrot Cake	6.0		
OG Sea Salt Choc Brownie	6.0	Smoothie Bowl	<i>Selected smoothie price +5.0</i>
OG Raspberry Brownie	6.5	Choose any of the smoothie options from the drinks menu and make it into a bowl! Served with fresh seasonal fruit and granola. (vg)	
<i>Products above are all made in SA by Chlo's Vegan Club, all (GF) (VG)</i>			

See our display fridge for additional small treats

BREAKFAST BAGELS

Made with locally baked Barossa Bagels

Choose your bagel: Plain, Poppy seed or Gluten Free (+1.5)

Plain Jane	8.9	Go Nuts	11.9
Just how you like it with your choice of butter, jam, Vegemite. (vg)		Seasonal berries and your choice of nut butter. (vg)	
Smooth & Zingy	12.9	The OG Avo	14.9
Cream cheese, lemon zest and dill. (vgo +2.0)		Smashed avo with everything bagel seasoning. (vg)	
Classic Smash	15.9		
Smashed avo, fresh tomatoes and local Beerenberg tomato relish (vg)			
Add-ons			
Chilli oil	+1.0	Berenberg Tomato relish	+1.0
Half avocado	+3.0	Berenberg Sweet Mustard pickle	+1.0
		Cream Cheese	+2.0

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).

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