

On the sweeter side...

House-made Gelato & Sorbets 3.50 / 5.50 / 7.00 Take home 1L 18.00

Naked Treaties Range (organic, GF, DF, V)

Nickers Cake 7.50

Jaffa Ganache Cake 6.95

Mint Slice 6.95

Lush Ball 4.50

Bountylicious 4.50

Cranberry Ripe 4.50

Choc Mint Truffe 4.00

Sol bread **Cookies** with organic spelt flour – ANZAC / Fig & Macadamia / Choc Chip 3.50

Bliss Balls 2.40 GF

Brownies 5.00 GF

Please enquire about gluten / dairy free / vegan.

Drinks...

Hot Drinks

Coffee / Hot Choc / Chai Latte 3.80 / 4.50

Extras: Soy / Coconut / Almond (un-sweetened)

Teas 3.50

LSD (brewed) 5.00 Chai (brewed) 5.50 (dairy, soy, almond or coconut)

Coconut, Cacao & Honey Hot Chocolate 4.50 / 5.50 / 6.50

Golden Tumeric & Ginger Elixir with steamed coconut milk & honey 4.50 / 5.50 / 6.50

Fresh Juices 7.50 / 9.00

No. 1 Apple, orange & pear

No. 2 Apple, mint, pineapple, celery & cucumber

No. 3 Carrot, beetroot, apple, celery & ginger

No. 4 Orange & pineapple

No. 5 Ginger, turmeric, lemon, orange & carrot

Extras:

.50 lemon / ginger 1.00 tumeric / cacao / chia 1.50 protein / spirulina / chia

Dairy Smoothies 7.50 / 9.00

Pantry Pash: Passionfruit, banana, honey, frozen yogurt, milk

Cinnamon Kiss: Cinnamon, banana, frozen yogurt, honey, milk

Banana: Banana, honey, frozen yogurt, milk

Banana Express: Banana, coffee, honey, frozen yogurt, ice cream, milk

Berry Blitz: berries, honey, frozen yogurt, milk

Mango: mango pieces, mango nectar, frozen banana, frozen yogurt

Extras: Soy / Coconut / Almond (unsweetened)

Dairy Free Smoothies 750 / 9.00

Love me Blue: Blueberry, banana w ginger & apple juice

Kiss me Crazy: Strawberry, kiwi & banana w apple juice

Spin me Silly: Cinnamon, banana, & spinach w apple juice

Nut Me up: almonds, cacao, banana, rice milk

Super Smoothies: 9.50 Regular Size only

Green Energy: Spinach, spirulina, banana and pear blended with apple juice and coconut water

Green Cleanse: Spinach, spirulina, banana and green apple blended with ginger, celery, cucumber juices and coconut water

Acai: Acai, berries, banana and apple juice.

With coconut water 11.00

Milkshakes 5.00 / 650

Vanilla, Caramel, Chocolate, Coffee, Strawberry, Banana (made with real fruit!)

Extras: Soy / Coconut / Almond (unsweetened) / Malt

Iced Drinks 5.50 / 7.00

Choc / Coffee / Chai