



ESPRESSO

From The Kitchen

Bacon & Egg Roll **\$8**

Toast **\$5**

Raisin, Wholemeal, Turkish, Sourdough with butter and choice of jams, peanut butter, Vegemite and Honey

Breaky Burger **\$10**

Bacon, Fried Egg, Spinach, Hollandaise

Avocado Stack **\$13**

Avocado, Tomato, Fetta stacked on seeded sourdough bread

Belgium Waffles **\$12**

Gourmet chocolate drizzled on top with ice cream

B.L.T **\$10**

Bacon, Lettuce, Tomato and Aioli on Turkish



ESPRESSO

From The Kitchen

B.L.E.A.T

\$14

Bacon, Lettuce, Egg, Avocado, Tomato on Turkish and Aioli

Cheese Burger

\$13

Angus Beef, Cheese, Lettuce, Tomato, Beetroot, BBQ Sauce and Aioli

Chicken Burger

\$13

Chicken fillet, Tomato, Avocado, Lettuce and Aioli

Sweet Chilli Burger

\$16

Sweet Chilli Chicken, Bacon, Cheese, Tomato, Lettuce, Beetroot and Aioli



From The Kitchen

Healthy H!t Bowls

1 - The Big Green

\$12

Mango, Avocado, Banana, Mint, Spinach and Pineapple Juice topped with Chunky Granola, Banana and Honey

2 - The Coconut

\$12

Acai, Banana, Pineapple, Apple Juice and Coconut topped with Strawberry, Shaved Coconuts and Chia Seeds

3 - The Tropical

\$12

Acai blended with Banana and Mango topped with Crunchy Toasted Muesli

4 - Brazilian

\$12

Acai blended with Banana topped with Crunchy Muesli and Yoghurt



Juices

R \$7 L \$8

Power Starter

Pineapple, Orange,
Watermelon, Apple

H!t Slim

Kale, Celery, Carrot,
Apple, Beetroot

Easy Morning

Orange, Apple, Carrot,
Celery, Ginger

Passion

Passionfruit, Watermelon,
Apple, Strawberries

Immune Fix

Celery, Carrot, Apple,
Beetroot, Ginger

Green H!t

Apple, Celery, Kale, Mint

Body Cleanser

Watermelon, Pineapple,
Lemon

Create Your Own



Smoothies

R \$8 L \$9.50

All made with honey, yoghurt and milk

Banana

Mixed Berries

Strawberry

Mango

Energizer

Banana, Blueberries, LSA

Protein Junkie

Protein, Banana, Mango

Breakky

Blueberries, Mango, Oats, Protein



Cold Cures

R \$9 L \$11

Karma Fruitra

Mango, Banana, Pineapple,
Watermelon with Apple Juice

H!t Cure

Banana, Avocado, LSA,
Protein, Honey, Ice with
Coconut Water

Cacao

Banana, Honey, Cacao,
Yoghurt, Protein, Chia Seeds,
with Almond Milk

Berrylicious

Berries, Pineapple, Chia Seeds
with Coconut Water

Ginger Man

Strawberry, Banana, Ginger,
Pepper, Protein, Ice with
Almond Milk

Apple Pie

Apple, Banana, Protein, Oats,
Cinnamon, Ice with Almond
Milk

Acai

Jungle

Acai blended with Banana
and Apple Juice

Samba

Acai blended with
Strawberries, Mango and
Apple Juice

Acai Protein

Acai blended with Banana,
Protein and Apple Juice