

Our fresh produce is 100% organic; we do our best to ensure everything else is too, and we get pretty damn close! All menu items are free of refined sugar, always. All take-away is served in compostable containers made from plants, not plastic.

COLD DRINKS

6.5 / WILD KOMBUCHA BY BALLSY (DF/GF/V/P)

Choose from 3 rotating flavours on tap

7 / DIRTY DEEDS (DF/GF/V/P)

Black lemonade of fresh lemons, ginger, apple, activated charcoal, soda

7 / FIXER SPRITZER (DF/GF/V/P)

Fermented milk thistle, blueberries, ruby grapefruit, rosemary, soda

9 / WILD KOMBUCHA SPIDER (DF/GF/V/P)

Choose from 3 rotating flavours on vanilla coconut ice-cream

10 / JUNGLE BOOGIE (DF/GF/V/P)

A Caribbean style lassi with pineapple, mango, lime, fresh coriander, coconut yoghurt, coconut water, cayenne pepper

12 / THE SCOFFEE (DF/GF/V/P)

Salted caramel and vanilla coconut ice-cream, double shot, coconut and almond milk topped with cacao nibs over ice

14 / ROCKET MAN (DF/GF/V/P)

Salted caramel ice-cream, cacao, coconut caramel and nut milk blended with ice, topped with cacao nibs and golden cookie crumbs

SLUSHIES

9 / BLOODBUIZZ (DF/GF/V/P)

Blood orange, raspberries, hibiscus, kombucha, white pepper, coconut nectar, ice

9 / HOME SPLICE (DF/GF/V/P)

Pineapple, lime, coconut vanilla ice-cream, ice

9 / BOOGIE CHILLEN (DF/GF/V/P)

Apple, lime, fresh mint, ginger kombucha, coconut nectar, ice

9 / MAGIC HOUR (DF/GF/V/P)

Blood orange, ruby grapefruit, coconut nectar, ice



FIT SMOOTHIES

12 / BOOST (DF/GF/V/P)

Banana, cacao, maca, beetroot, cinnamon, cordyceps, coconut water, vegan paleo protein

12 / BURN (DF/GF/V/P)

Blueberries, ginger, lime, cinnamon, coconut yoghurt, coconut water, vegan paleo protein

12 / BUILD (DF/GF/V/P)

Sour cherries, coconut flakes, chia seeds, maca, cacao, coconut yoghurt, almond milk, vegan paleo protein

SUPERFIT SMOOTHIES

18 / BALANCE (DF/GF/P)

Mango, ginger, lime, broccoli, kale, nettle root, E3 live, hemp seeds, vanilla coconut yoghurt, coconut water, ATP Science Noway Collagen

18 / BLAST (DF/GF/P/K)

Avocado, MCT, cacao, ATP Science Amp-V, cauliflower, mint, cinnamon, vanilla coconut yoghurt, coconut milk, ATP Science Noway Collagen

FUNCTIONAL SMOOTHIES

2 / Option to swap vegan protein for ATP Science Noway Collagen

12 / THE GO GETTER (DF/GF/V/P)

Banana, dates, cashews, maca, chaga, golden cookie crumbs, Himalayan salt, almond milk, vegan paleo protein

12 / BRAND NEW DAY (DF/GF/V/P)

Mango, kale, avocado, cucumber, lime, mint, vanilla coconut yoghurt, coconut water, vegan paleo protein

12 / RASPBERRY BERET (DF/GF/V/P)

Raspberries, vanilla, coconut yoghurt, coconut flakes, tremella, coconut water, coconut milk, vegan paleo protein

12 / START ME UP (DF/GF/V/P)

Mixed berries, avocado, cacao, lions mane, coconut yoghurt, coconut water, vegan paleo protein

12 / GOOD VIBRATIONS (DF/GF/V/P)

Pineapple, lime, mint, kale, resistant starch, vanilla coconut yoghurt, coconut water, vegan paleo protein

12 / SAT BY THE OCEAN (DF/GF/V)

Mango, pineapple, passionfruit, lime, turmeric, butterfly pea flower, coconut yoghurt, coconut water, vegan paleo protein

STEP UPS

+ 2 / Double espresso
+ 2 / Hemp seeds
+ 2 / MCT
+ 2 / Resistant starch

+ 2 / Medicinal mushrooms
(Chaga / Cordyceps / Lions Mane / Reishi)
+ 3 / E3 AFA Live
(Certified Organic wild harvested AFA microalgae)

SIGNATURE HOT / ICED LATTES

6.5 / MOONDANCE (DF/GF/V/P)

Maca root, cacao, cordyceps, reishi, pine pollen, cinnamon, vanilla, brown rice malt and choice of milk
+ 2 / Double espresso

6.5 / JUNGLE LULLABY (DF/GF/V/P)

Mulberry leaf, matcha, broccoli, nettle root, moringa, Siberian ginseng, brown rice malt and choice of milk

6.5 / FOREVER YOUNG (DF/GF/P)

Ginger, cinnamon, nutmeg, maca, chaga, ashwaganda, lions mane, ATP Science Noway Collagen and choice of milk

6.5 / SERGEANT PEPPERS (DF/GF/V/P)

Chai, 70% cacao, coconut sugar, chilli and choice of milk

COFFEE & TEA

4 / COFFEE

With all organic milks

+ 1 / Large
+ 50c / Dairy / Bonsoy / Almond
+ 1 / Coconut
+ 1.5 / Bitten signature Tigemut/Hemp milk (DF/GF/V/P)

5 / COLD BREW

7 / BULLETPROOF – MCT + choice of either:

Grass-fed butter
Vegan cultured butter

5 / TEAS / ELIXIRS – See print tea menu

+ 1 / Iced with organic berries
+ 2 / Alchemy Tonics – see tea menu

Please note we charge a 10% surcharge at the Bites Bar on public holidays.

KEY	DF / Dairy Free GF / Gluten Free	V / Vegan VG / Vegetarian	P / Paleo K / Keto
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