FRIDAY
EVENING MENU [5:30pm – 8:30pm]

Garlic Pizza **13.90**
House-made wholemeal base, garlic, almond cheese & herbs

Chunky Wedges **13.90**
Twice cooked, chunky hand cut, thyme & garlic potato wedges, served with Nurcha chilli jam & aioli [GF]

Charred Broccoli **13.90**
Charred broccoli on herbed garlic butter, tossed with green cream sauce topped with almonds and sunflower seeds [GF, CN]

Thai Chik'en Skewers with Satay Sauce **13.90**
Grilled plant-based chik'en skewers with our house-made satay sauce

Chik'en Caesar Salad **19.90**
Crisp romaine lettuce, grilled plant-based chik'en, house-made Caesar dressing, vegan parmesan, garlic herb crostinis and coconut "bacon bits"

Nachos **19.90**
Corn chips, our black bean, mushroom, capsicum & corn mix, house-made almond cheese, Nurcha chilli jam, fresh tomato salsa, guacamole, rainbow slaw & plant-based "sour cream" [GF, CN]

KIDS

Nuggets	9.90
Margherita Pizza	9.90
Acai Cup	8.90
Cold Pressed OJ	5.90
Milkshake	5.90
Cocoflow Icecream Cone	5.00

PIZZAS [5:30pm - 8:30pm]

All pizzas are on a 10-inch wholemeal pizza base and finished with fresh parsley, oregano & extra virgin olive oil

Gluten-Free available 4

Margherita **15.90**
Napoli sauce, homemade almond cheese, confit thyme & basil cherry tomatoes & fresh basil leaves

Thai **18.90**
Yellow curry sauce, carrots, tofu, corn, spinach, capsicum, homemade almond cheese, fresh herbs & sesame seeds

Peace lovers **18.90**
Napoli sauce, roasted sweet potato & eggplant, olives, sundried tomatoes, mushroom, capsicum, red onion, homemade almond cheese, fresh rocket & basil pesto

Tree Hugger **18.90**
Napoli sauce, loaded with mushrooms, spinach, red onion, & homemade almond cheese & basil pesto

Cheeky Monkey **18.90**
Napoli sauce, mushrooms, red capsicum, pineapple, red onion, homemade almond cheese, banana, coconut "bacon bits" & BBQ sauce

Middle Eastern **18.90**
Napoli sauce, spinach, red onion, semi-dried tomatoes, roasted eggplant, olives, homemade almond cheese, activated black hummus dressing, za'atar & lemon wedge

Balsamic Beetroot **18.90**
Balsamic & Napoli base, leafy greens, roasted sweet potato & eggplant, capsicum, beetroot, homemade almond cheese, balsamic reduction & fresh herbs

**While olives are pitted please still be careful of pits.*

SMOOTHIES 9.50

Green Machine
Banana, mango, passionfruit, baby spinach, filtered water

All Good
Mango, banana, strawberry, cold pressed orange juice

Revitaliser
Pineapple, cold pressed orange juice, mango, baby spinach

Refresher
Pineapple, mango, mint, coconut water, baby spinach

Bananarama
Banana, coconut milk, dates, cinnamon, ice

Tropical Nights
Mango, pineapple, passionfruit, coconut milk

Nutty Professor
Banana, peanut butter, dates, vanilla, cinnamon, filtered water, ice

SMOOTHIE EXTRAS

Protein	2.5	Chia Seeds	1.0
Coyo Yoghurt	2.0	Ginger	1.0
Peanut Butter	2.0	Cacao Nibs	3.0

SHAKES 9.50

Oat milk*, blended with frozen banana, chosen flavour, topped with vanilla soft serve ice-cream & coconut flakes
**Mango shake made on coconut milk*

Chocolate Shake • Caramel Shake • Strawberry Shake
Vanilla Shake • Mango Shake • Chai Shake

Choc Hazelnut Frappe 9.50
Cacao mix, almond milk, hazelnut syrup, frozen banana, ice, topped with chocolate syrup & Coco Flow soft serve • ***ADD*** a coffee shot 75c

Coco Flow Coffee Frappe 9.50
Two shots of coffee blended with Coco Flow soft serve, ice, oat milk, maple syrup, topped with more Coco Flow soft serve

Iced Latte 6.90
Milk of choice, 2 shots of coffee poured over ice, with syrup of your choice
Caramel • Vanilla • Chai • Hazelnut
ADD vanilla soft serve 3.0

Iced Chocolate 6.90

Iced Chai 6.90

Iced Energy Brew 7.90

Iced Gingerbread Latte 7.90

COLD PRESSED JUICES

Just Orange 6.90
Nothing but oranges!

Cleanser 6.90
Apple, carrot, celery, orange

Chilli Veg 8.90
Celery, cucumber, spinach, chilli, lemon, mint, orange

Energy Booster 6.90
Beetroot, ginger, orange

The Tropics 6.90
Orange, pineapple, spinach

COFFEE

Signature Coffee **Reg 2.00**
New to plant-based milk? Try our signature coffee!
Flat white on **oat milk** with a dash of maple syrup

Flat White	**Reg 4.90 | Large 5.50**
Cappuccino	**Reg 4.90 | Large 5.50**
Latte	**Reg 4.90 | Large 5.50**
Piccolo	**4.00**
Short Black	**Reg 3.50 | Large 4.00**
Long Black	**Reg 3.50 | Large 4.00**

Alternative Milks
Bonsoy • Activated Almond • Organic Coconut • Macadamia

Coffee Extras
Alchemy Syrups 75c Extra Coffee Shot 75c
Vanilla ● Hazelnut ● Caramel

TEA

Pot of Organic Tea **4.50**
Tea for two **8.00**

English Breakfast • Earl Grey • Chai
Peppermint, Lemon Myrtle & Lavender • Jasmine, Green Tea, Mint & Rose

"I need a moment"
Chamomile, Passionflower, Lavender, Hyssops & Valerian

"I am Goddess"
Calendula, Nettle, Dandelion, Burdock, Licorice Root, Lemon Myrtle, Red Clover, St Mary's Thistle, Stevia Leaf

SPECIALTY LATTES

Reg 5.90 | Large 6.50

Chai Latte Made with organic chai syrup

Masala Chai Latte Locally made authentic wet spiced chai brewed with milk

Dirty Chai Chai latte with a shot of coffee

Golden Turmeric Latte Turmeric, ginger and cayenne blend with coconut oil ***ADD*** chai syrup 70c

Mocha Coffee brewed with real dark chocolate buttons

Gingerbread Latte Coffee with a warming blend of ginger, allspice & nutmeg

Beetroot Latte Beetroot infused latte with an energising hit of ginger

Matcha Latte Stone ground Japanese style powdered green tea latte

Organic Energy Brew Yerba Mate, Guarana, Raw Cacao & Maca Root

Dandelion Latte Roasted wild harvest Dandelion & Chicory Root

Nurcha Hot Choc **Reg 4.90 | Large 5.50**
Brewed with real dark chocolate buttons on your choice of milk

Gourmet Hot Chocs **Reg 6.50 | Large 7.50**
Brewed with real dark chocolate buttons, doTerra essential oils, Mason's Mushroom & your choice of milk

- **Jaffa Surprise**
- **Minty Delight**

ALCOHOLIC DRINKS

LOCAL BEER

Your Mates Brewing Co.

Macca **8.0**
3.5% Lager, light body, sweet biscuit & malt flavour profile

Larry **8.0**
4.5% Pale Ale, light/medium body, passionfruit, pineapple & mango flavour profile

RED WINE

Pure Vision Organic Series

South Australia	**Glass**	**Bottle**
2016 Shiraz	**8.0**	**28.0**
2019 Cabernet Sauvignon	**8.0**	**28.0**

WHITE WINE

Nature's Step Organic Series

South Australia	**Glass**	**Bottle**
2019 Chardonnay	**8.0**	**28.0**
2018 Sauvignon Blanc	**8.0**	**28.0**
2020 Pinot Grigio	**8.0**	**28.0**

Enjoy your night!