

FRESH & HEALTHY SHAKES

BREAKFAST SHAKES

REGULAR \$8 - MEDIUM \$10 - LARGE \$12

BREAKFAST BLEND

10g Protein - 40g Carbs - 10g Fat - 320 Kcal
Organic Oats - Banana - Orange - Cashew Nuts - Almonds
Dried Fruits - Pure Honey & Probiotic Greek Yoghurt

SUNRISE SHAKE

5g Protein - 22g Carbs - 1.9g Fat - 232 Kcal
Orange - Banana - Mango
Passionfruit & Coconut Water

MORNING MENDER

9.5g Protein - 35g Carbs - 10g Fat - 314 Kcal
Strawberry - Banana - Almonds - Cashews - Pure Honey
Cinnamon & Probiotic Greek Yoghurt

EARLY ENERGISER

5.2g Protein - 10g Carbs - 2.3g Fat - 181 Kcal
Mango - Watermelon - Orange - Lime - Fresh Mint
Guarana Energy Booster & Coconut Water

Zz FEELING TIRED? ADD A SHOT OF GUARANA ENERGY BOOSTER +\$2.00

NATURE'S REMEDIES

REGULAR \$8 - MEDIUM \$10 - LARGE \$12

BODY BOOST

5.6g Protein - 27g Carbs - 2.5g Fat - 220 Kcal
Kiwi - Strawberry - Banana - Flax Seeds
Coconut Water - Lime & Acai Berry Pulp

STRESS LESS

4g Protein - 17g Carbs - 4.8g Fat - 144 Kcal
Kale - Kiwi - Pineapple - Green Matcha - Cashews
Maca Extract - Coconut Oil & Coconut Water

ANTIOXIDANT AFFAIR

3g Protein - 22g Carbs - 8g Fat - 219 Kcal
Blueberries - Green Matcha - Banana - Goji Berries
Acai Berry Pulp - Vanilla Extract & Probiotic Greek Yoghurt

HANGOVER HEALER

6g Protein - 28g Carbs - 9g Fat - 262 Kcal
Blueberries - Banana - Spinach - Chia Seeds - Electrolyte Booster
Pure Honey - Cinnamon - Coconut Water & Probiotic Greek Yoghurt

HUNGOVER? ADD A SHOT OF ELECTROLYTE REHYDRATION +\$2.00

SHAKE ADD ON'S

Whey Protein Shot +\$2 - Vegan Protein Shot +\$3 - Creatine Shot +\$2 - BCAA's Shot +\$2 - Glutamine Shot +\$2
Multivitamin Shot +\$2 - Super Greens Shot +\$2 - Electrolytes Shot +\$2 - Guarana Shot - +\$2 - Any Fruit or Nuts +\$1.5

PROTEIN SHAKES

REGULAR \$9 - MEDIUM \$11 - LARGE \$13

POWER PUMP

26g Protein - 38g Carbs - 10g Fat - 320 Kcal
Spinach - Banana - Mango - Guarana Booster
Whey Protein - Almond Butter & Coconut Water

CLEAN CUT

25g Protein - 30g Carbs - 12g Fat - 297 Kcal
Avocado - Pineapple - Kale - Spinach - Chia Seeds
Vanilla Whey Protein & Coconut Water

MUSCLE MAX

31g Protein - 34g Carbs - 31g Fat - 350 Kcal
Banana - Avocado - Almond Butter - Oat Milk - Cacao Nibs
Vanilla Extract - Cinnamon - Vanilla Whey Protein - BCAA'S
L-Glutamine & Probiotic Greek Yoghurt

SUPER STRENGTH

31g Protein - 37g Carbs - 15g Fat - 378 Kcal
Blueberry - Mango - Banana - Whey Protein - Chia Seeds
Almond Butter - Guarana Booster - Acai Berry Pulp
BCAA'S - L-Glutamine & Probiotic Greek Yoghurt

V VEGAN? SWAP WHEY PROTEIN FOR PLANT PROTEIN +\$2.00

DETOX DIET SHAKES

REGULAR \$8 - MEDIUM \$10 - LARGE \$12

CLEAN CLEANSE

5g Protein - 13g Carbs - 5g Fat - 192 Kcal
Kiwi - Green Apple - Spinach - Celery - Chia Seeds
Acai Berry Pulp & Almond Milk

FAT FIGHTER

9g Protein - 22g Carbs - 12g Fat - 220 Kcal
Avocado - Spinach - Kale - Banana - Almonds
Chia Seeds - Coconut Water & Probiotic Greek Yoghurt

DEEP DETOX

4g Protein - 10g Carbs - 5g Fat - 190 Kcal
Green Apple - Cucumber - Kale - Celery - Fresh Mint
Flax Seeds - Pure Honey & Almond Milk

SUMMER SLIMMER

7g Protein - 18g Carbs - 3.2g Fat - 200 Kcal
Orange - Banana - Passionfruit - Spinach
Kale & Coconut Water

GETTING SICK? ADD A SHOT OF MULTI-VITAMIN BOOSTER +\$2.00

"The Healthiest & Freshest Food in the CBD"

EAT IN & TAKE AWAY MENU

DELICIOUS & NUTRITIOUS FOOD

SUPER TOASTS

Available 8am - 9.30pm Daily - Any 2 Slices \$12

EGGS & AVOCADO

8g Protein - 16g Carbs - 8g Fat - 260 Kcal
Boiled Egg - Smashed Avocado - Parsley
Garish on Buttered Multigrain Toast

WHOLESUME HUMMUS

2g Protein - 15g Carbs - 6g Fat - 189 Kcal
Homemade Hummus - Crushed Walnuts
Cranberries on Buttered Multigrain Toast

GO GREEK

3g Protein - 19g Carbs - 8g Fat - 207 Kcal
Smashed Avocado - Greek Feta - Cranberries
on Buttered Multigrain Toast

BANANA NUTTER

6g Protein - 34g Carbs - 9g Fat - 303 Kcal
Natural Peanut Butter - Sliced Banana
Pure Honey - Chia Seeds on Multigrain Toast

NO GLUTEN? SWAP MULTIGRAIN TOAST FOR GLUTEN FREE TOAST +\$1.50

BREAKFAST BOWLS

Available 8am - 9.30pm Daily

MORNING MIX

7g Protein - 37g Carbs - 11g Fat - 282 Kcal
Green Grapes - Almond Flakes - Raisins - Chia Seeds
Warm Overnight Oats - Honey

TOTALLY TROPICAL

4g Protein - 43g Carbs - 6g Fat - 249 Kcal
Pineapple - Mango - Toasted Coconut
Warm Overnight Oats - Honey

COCO CRUNCH

10g Protein - 55g Carbs - 11g Fat - 459 Kcal
Organic Cacao Nibs - Banana - Raw Cacao
Almonds - Warm Overnight Oats - Honey

APPLE CRUMBLE

7g Protein - 62g Carbs - 5g Fat - 365 Kcal
Apple Chunks - Raisins - Cinnamon - Toasted Oats
Warm Overnight Oats - Honey

WORKING OUT? ADD A SHOT OF WHEY PROTEIN TO YOUR BOWL +\$2.00

PITA POCKETS

Available 8am - 9.30pm Daily

CHICK-A-PITA

16g Protein - 38g Carbs - 6g Fat - 274 Kcal
Roast Chicken - Cherry Tomatoes - Red Onion - Spinach -
Mayonnaise - Wholemeal Pita

TUNALICIOUS

18g Protein - 36g Carbs - 7g Fat - 321 Kcal
Tuna Chunks - Capsicum - Boiled Egg - Chia Seeds
Spinach - Mama's Spicy Salsa - Wholemeal Pita

HEALTHY HUMMUS

9g Protein - 41g Carbs - 12g Fat - 357 Kcal
Homemade Hummus - Cherry Tomatoes - Toasted
Coconut - Spinach - Raisins - Wholemeal Pita

LET'S GO PESTO

19g Protein - 37g Carbs - 8g Fat - 300 Kcal
Roast Chicken - Homemade Pesto - Cranberries
Tomatoes - Almond Flakes - Spinach - Wholemeal Pita

ACAI BOWLS

Available 8am - 9.30pm Daily

THE SUPER BOWL

3g Protein - 45g Carbs - 3g Fat - 217 Kcal
Strawberries - Blueberries - Banana - Toasted
Oats - Honey - Acai Berry Pulp Sorbet

MIGHTY MANGO

7g Protein - 24g Carbs - 3g Fat - 298 Kcal
Mango - Goji Berries - Banana - Chia Seeds
Toasted Coconut - Acai Berry Pulp Sorbet

AWESOME AVOCADO

2g Protein - 22g Carbs - 7g Fat - 253 Kcal
Avocado - Chia Seeds - Raisins - Cranberries
Cashew Nuts - Spinach - Acai Berry Pulp Sorbet

TROPICAL BLISS

21g Protein - 30g Carbs - 8g Fat - 326 Kcal
Mango - Pineapple - Banana - Fresh Mint
Strawberries - Chia Seeds - Cashews - Honey
Acai Berry Pulp Sorbet

CHIA BOWLS

Available 8am - 9.30pm Daily

MAN GOES CHIA

15g Protein - 53g Carbs - 12g Fat - 369 Kcal
Mango - Desiccated Coconut - Cranberries
Toasted Oats - Coconut Chia Pudding

CHA CHA CHIA

9g Protein - 55g Carbs - 7g Fat - 329 Kcal
Blueberries - Banana - Cashews - Mixed Seeds
Goji Berries - Coconut Chia Pudding

CHOCOCHIA

9g Protein - 54g Carbs - 16g Fat - 404 Kcal
Cacao Nibs - Raw Cacao - Toasted Coconut - Banana
Almond Flakes - Coconut Chia Pudding

MUSCLE CHIA

31g Protein - 49g Carbs - 12g Fat - 440 Kcal
Vanilla Whey Protein - Blueberries - Mango
Toasted Oats - Almond Butter - Coconut
Chia Pudding

PROTEIN BOWLS

Available 11am - 9.30pm Monday - Friday

GRANDMA'S ROAST

23 g Protein - 45g Carbs - 11g Fat - 536 Kcal
Roast Jerk Chicken - Sweet Potato and Carrot
Mash - Roasted Garden Vegetables
Garlic Broccoli - Dried Cranberries
Farmhouse Gravy - Parsley Garnish

BEEF BROS

35g Protein - 27g Carbs - 34g Fat - 575 kcal
Rib Eye Steak - Crack Broccoli - Asparagus
Capsicum - Nut Crumble - Beetroot Hummus
Tri-Colour Quinoa - Olive Oil

MEXICANA

7g Protein - 18g Carbs - 7g Fat - 312 Kcal
Margarita Prawns - Lemon Brown Rice - Capsicum
Red Onion - Spicy Hix Corn - Feta Cheese
Salsa - Spicy Garlic Sauce - Coriander

VEGANLICIOUS

8g Protein - 35g Carbs - 22g Fat - 376 kcal
Vegan Cashew Cheese - Tri-Colour Quinoa
Red Onion - Cranberries - Cherry Tomatoes
Roasted Carrots - Mixed Seeds - Hummus
Spinach - Lemon Vinaigrette

ALL DAY BRUNCH

33 g Protein - 10g Carbs - 29g Fat - 584 kcal
Smoked Salmon - Poached Eggs - Avocado
Chimichurri - Red Onion - Feta Cheese - Tzatziki
Lemon Vinaigrette - Rocket - Mixed Seeds
Coriander - Tri-Colour Quinoa
Cherry Tomatoes

EXTRA HUNGRY? ADD EXTRA PROTEINS AND TOPPINGS - GRAB AN ORDER FORM

SUPER SALADS

Available 9am - 9.30pm Daily

THE SUPER SALAD

18g Protein - 27g Carbs - 9g Fat - 349 Kcal
Choice of Protein - Hummus - Boiled Egg
Cherry Tomatoes - Chia Seeds - Raisins
Toasted Coconut - Spinach & Rocket

MIGHTY MEXICAN

17g Protein - 14g Carbs - 13g Fat - 333 Kcal
Choice of Protein - Smashed Avocado
Sweetcorn - Capsicum - Mama's Spicy Salsa
Cashew Nuts - Spinach & Rocket

PERFECT PESTO

19g Protein - 18g Carbs - 17g Fat - 401 Kcal
Choice of Protein - Walnut Pesto - Feta Cheese
Cherry Tomatoes - Red Onion - Toasted
Almonds - Cranberries - Spinach & Rocket

GREEN GOODNESS

11g Protein - 15g Carbs - 23g Fat - 385 Kcal
Choice of Protein - Avocado - Hummus
Cherry Tomatoes - Cashew Nuts - Mixed Seeds
Vegan Feta - Green Olives - Cucumber
Spinach & Rocket

CREATE YOUR OWN

- ☒ Build Your Own ☐ Fresh, Healthy
☐ & Nutritious ☒ Shake Farm
☒ Protein Bowl! ☐ Pick Up an
☐ Order Form & ☒ Choose Now!

PICK UP AN ORDER FORM