

## hot bowls

**SOUP** - check specials board  
bowl / 15    cup / 5

**CURRY** - check specials board / 15

### **Pork Power Bowl / 18**

smokey pulled pork, warm cabbage and apple slaw, buckwheat, spinach + cauliflower

## bowls

### **Chipotle Chicken /18**

warm mexican spiced chicken breast, brown rice, corn salsa, sour cream, avocado, black beans, pickled onion + lime & chilli corn chips

### **Harvest Grains / 17**

turmeric spiced grains, hummus, sweet potato, spinach, tomato + herbs

\*choice of falafel, lemon poached chicken breast or spiced beef

### **Hawaiian Poke / 12**

mixed veg, avocado, seaweed, brown rice, sesame soy dressing + sriracha mayo

\* add tuna sashimi +6, teriyaki salmon +5, chicken +4, spiced beef +5 or tofu +4

### **Omega Salmon / 18**

warm roast salmon, wombok slaw, black quinoa, pickled ginger, greens, avocado, dill pickle + sesame soy dressing

### **Lean Green and Protein / 16**

fresh salad greens, kale, black quinoa, sprouts, cherry tomato, greens + soft boiled egg  
\*choice of tofu scramble or lemon poached chicken

### **Yogi Bowl / 17**

roast veg, fresh salad greens, hummus, sauerkraut, sprouts, avocado, toasted nuts + seeds

### **Zucca e Zucchini / 15**

warm roast pumpkin, zucchini noodles, rocket, pesto, goats cheese, dukkah spiced nuts + seeds.

## extras

teriyaki salmon +5, raw tuna +6, chicken +4, pork +4, falafel +4, tofu scramble +4, spiced beef +5, goats cheese +4, brown rice +3, hummus +4, avocado +4, soft boiled egg +3, cauli rice +3

## sides

**tacos / 7.5** - chipotle chicken /pulled pork / pumpkin + goats cheese

sweet potato fries / 6

avocado on toast / 6 - add soft boil egg +2.5

pumpkin toast/ banana bread / 7

## smoothies

### **Cheeky choc\* /12**

cacao, banana, avocado, pink himalayan salt, dates + almond mylk

\*add peanut butter or espresso coffee +1

### **All the berries\* /13**

acai, raspberries, blueberries, strawberries, banana + coconut water

### **Gym junkie /13**

banana, berries, oats, chia, vanilla vegan protein + almond mylk

### **Tropicool /12**

mango, pineapple, passionfruit, lime + coconut mylk

### **Green dream /11**

kale, spinach, cucumber, banana, mango +passionfruit

### **Up and at Em' /12**

banana, double espresso shot, cinnamon, vanilla vegan protein, peanut butter + almond mylk

### **Monkey /11**

banana, activated cashews, cinnamon, vanilla vegan protein + cashew butter

### **Ultimate detox blended juice /15**

activated charcoal, lemon, ginger, mint, cucumber, pineapple + coconut water

\* upgrade to a smoothie bowl topped with granola and fresh fruit +5

## cold drinks

karma cola / lemony / orangeade / 4.5

kombucha / see flavours / 5.5

water- still / 3.5 sparkling / 4

iced tea-floral earl grey / peppermint + ginger / 5

coconut water / 6

fresh orange juice / 6

iced latte /6

iced chocolate /6

iced matcha / 6

## hot drinks

### coffee

small/ 5 large/ 6 extra shot /0.6

### bullet proof coffee /7

"performance coffee" black coffee spun with organic grass fed butter or coconut oil + MTC oil

### chunana chai latte /6

authentic slow brew chai made with whole spices

### dandi latte / 6

a caffeine free alternative. roasted dandelion root spun on you choice of milk.

### vanilla matcha latte /6

antioxidant rich green tea with smooth vanilla notes

### hot chocolate / 6

mork original dark blend hot chocolate

### golden latte / 6

anti-inflammatory latte – coconut mylk, turmeric, ginger, cinnamon, nutmeg, black pepper + coconut oil

### organic soy, almond, oat, coconut +0.7

## teas

### green + jasmine /4

cleanser + energy lifter

### lemongrass + ginger /4

immune boosting + soother

### chamomile

### blossoms /4

clarity + calmer

### chai tea /4

soul warming +

### peppermint bliss /4

invigorating + digestion helper

### english breakfast /4

antioxidants booster

## sweets – all vegan

### raw slices /8.50 – gf/vegan

lemon cheesecake

chocolate brownie

salted caramel slice

### bliss balls /5 – vegan

see front for flavours

### choc chip cookies /5 – gf/nf/vegan

Healthy eating is nothing new. It's not a trend, it's a way of life. Our menu is designed around our ability to hunt down nature's real superfoods - and you can probably pronounce all of the words!

