



Refreshing Breakfasts

Vanilla Chia Pudding (GF, VG)

Fresh chia pudding topped with mixed berries and shredded coconut - 9.8

Choc Chia Pudding (GF, VG)

Fresh chia pudding combined with raw cacao and topped with a cacao crackle mix and shredded coconut - 9.8

Bircher Muesli (VG)

Our unique Bircher topped with amazing handmade coconut yoghurt and a mix of delicious nuts and coconut - 9.8

House Muesli (VG)

Delicious handmade muesli served with your choice of milk, shredded coconut, coconut yoghurt and a side of natural maple syrup - 9.5

House Coconut Yoghurt (GF, VG)

Handmade coconut yoghurt served with shredded coconut, nut mix and fresh pear - 9.5

Dress up your breakfast...

Fresh Banana - 1
 Fresh Strawberries - 1
 Fresh Apple - 1
 Fresh Pear - 1
 Dried Cherries - 1
 House Coconut Yoghurt (GF, VG) - 3

Wholesome Lunches

Regular Fresh Salad Bowl (GF, V, VO)

Choose up to 2 *salads from the display fridge* - 7.8

Large Fresh Salad Bowl (GF, V, VO)

Choose up to 3 *salads from the display fridge* - 9.8

Wrap filled with Fresh Salad (V, VO)

Choose up to 2 *salads from the display fridge* - 8.8
 (GF on request)

Delicious Handmade Hummus (GF, VG) - 1
 South Australian Sauerkraut (GF, VG) - 1
 Fresh Boiled Egg - 1
 Avocado - 2.5

Baked Zucchini Slice (GF, V)

Wholesome baked slice packed with the goodness of fresh vegetables - 7.8
 Add a side of fresh salad (1 Salad) for 3.5

Mexican Stuffed Baked Capsicum (GF, V, VO)

Fresh quinoa stuffed capsicums loaded with beans, herbs and a hint of chili - 7.8
 Add a side of fresh salad (1 Salad) for 3.5

It's easy to pay it forward today – Ask how you can add to our Hutt St Centre Pay it Forward Coffee Tally at the counter

Smoothie Bowls

Acai Bowl (GF, VG)

Cold Raw&More Acai blend topped with a delicious crunchy nut mix, fresh banana and strawberries - 13.80

Tropical Bowl (GF, VG)

Refreshing Raw&More tropical blend topped with a delicious crunchy nut mix, fresh banana and strawberries - 13.80

Peanut Butter Banana Bowl (GF, VG)

Raw&More peanut butter blend with raw chocolate, topped with a delicious nut mix, fresh banana and strawberries - 13.80

Locally Roasted Coffee

Espresso - 3
 Macchiato - 3.5
 Piccolo Latte - 3.5
 Long Black - 3.5
 Flat White - 3.8
 Latte - 3.8
 Cappuccino - 3.8
 Chai Latte - 4
 Dirty Chai Latte - 5
 Matcha Latte - 4
 Turmeric Latte - 4
 Belgian Mocha - 4.2
 Belgian Hot Chocolate - 4

Extras

Raw Chocolate (VG) - 0.5
 Extra Shot - 1
 Mug Size - 1
 Swiss Water Decaf - 1

Tea

Served in a pot 4.9

English Breakfast
 Peppermint
 China Green
 Sencha
 Ginger and Lemongrass
 Earl Grey
 Jasmine & Dragon Eyes
 Serendipi-T (Fruit Mélange)
 Prosperi-T (Chai)
 Chocola-T

Milks

Regular Milk
 Reduced Fat Milk
 Bon Soy, Almond Milk,
 Coconut Milk, Zymil - 0.5

GF – Gluten Free | VG– Vegan | VO- Vegan Options | V – Vegetarian

We take great care during the production of all of our food and beverages however some may still contain small traces of nuts and/or date stones. If you have any known allergies please discuss with us when ordering.



Fresh Juices

6.80

The Number 1

Pear, Cucumber, Lemon, Apple & Ice (GF, VG)

The Number 2 (GF, VG)

Pineapple, Orange, Apple & Ice

The Number 3 (GF, VG)

Beetroot, Apple, Carrot, Fresh Ginger & Ice

The Number 4 (GF, VG)

Watermelon, Apple, Orange & Ice

Make your own Fresh Juice...

Choose a base:

Apple
Orange
Cucumber
Watermelon

Add up to 3:

Apple	Carrot
Orange	Celery
Watermelon	Spinach
Cucumber	Pear
Pineapple	Ginger
Beetroot	Turmeric
Lemon	

Additional items - 0.5 each

Fresh Smoothies

6.80

The Number 5 (VG)

Banana, Oats, Cashews, Dates, Almond Milk & Ice

The Number 6 (VG)

Mixed Berries, Oats, Dates, Cashews, Almond Milk & Ice

The Number 7 (GF, VG)

Pineapple, Papaya, Strawberry, Peaches, Banana & Ice

Up your Juice or Smoothie to large - 1.5

Specialty Smoothies

Green Smoothie (GF, VG)

Spinach, Celery, Pear, Banana & Ice - 7

Kermit's Revenge (GF, VG)

Spirulina, Fresh Ginger, Fresh Turmeric, Baby Spinach, Cucumber, Celery, Black Pepper & Ice - 8.3

DK (VG)

Handmade Raw Chocolate, Banana, Oats, Cashews, Dates, Almond Milk & Ice - 7.2

Charlie Brown (GF, VG)

Real Peanut Butter, Raw Chocolate, Dates, Almond Milk & Ice - 7.2

Blended Espresso (GF, VG)

Espresso, Dates, Almond Milk & Ice - 6.8

Raw Blended Choc (GF, VG)

Handmade Raw Chocolate, Dates, Almond Milk & Ice - 6.8

Raw Blended Mocha (GF, VG)

Handmade Raw Chocolate, Espresso, Dates, Almond Milk & Ice - 6.8

Need more? Let's get creative!

Add...

Protein Powder (Pea derived) - 1

Increases protein intake and helps you feel fuller for longer.

Locally Roasted Espresso - 1

Increases attention and energy levels.

Maca Powder - 1

From the Maca Plant, native to Peru. Increases energy and assists in balancing estrogen levels.

Chia Seeds - 1.5

Nutrient dense seed from Central and South America. A good source of Omega-3 fatty acids, Protein and Fiber.

Handmade Peanut Butter - 1.5

Delicious! A source of Monounsaturated Fat and Protein.

Acai - 2

A native berry to Central and South America. Full of Antioxidants, Fiber and Electrolytes.

Spirulina (Super Green) - 2

Blue-green algae containing high levels of Protein, Vitamin B1, Calcium and Iron.

Probiotics - 3

Live microorganisms to promote a healthy gut & immune system.

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