

COLD PRESS JUICE

Orange: -5-

Pink: Watermelon, Apple, Lime, Mint -6.5-

Green: Kale, Apple, Spinach, Lemon, Ginger -6.5-

SMOOTHIES 500ML 9

Immune Boost: Strawberry, banana, watermelon, cherry, açai powder, chia seeds, dates.

Mango Tango: Mango, banana, hemp seeds, activated almonds, dates, coconut oil, coconut milk.

Chocolate thick-shake: Cacao, dates, banana, activated cashews, chia seeds, activated almond milk.

COLD DRINKS

Bellerophon Cold Brew -6.5- Coconut Water + Seasonal Fresh Fruit-6.5-

Organic Kombucha -6.5- Sparkling Mineral Water 500ml - 5.50-

ICED DRINKS 500ML 6

Iced Latte Iced Chai Latte Iced Matcha Iced Turmeric

HOT DRINKS

Espresso, Long Black S 3.5 L 4

Milk Coffee (Fw, Latte, Cap, Pic, Mocha) S 4 L 4.5

Organic Chai Latte / Hot Choc S 4 L 4.5

Soy/Almond/Oat Coffee S 4.5 L 5

SPECIALTY DRINKS Matcha latte Turmeric latte Beetroot Latte

Cows Milk S 4.5 L 5

Soy/Almond/Oat Milk S 5 L 5.5

ORGANIC TEA 500ML POT 5

English breakfast Chamomile Earl Grey Peppermint Sencha Green

TEA BLENDS:

White Chai Tea: Organic Spiced honey chai blended with your choice of milk.

Lemongrass & Ginger: Lemon grass, Ginger & Calendula Petals.

Herb & Roses: Spearmint, Peppermint, Lemon, Lavender & Rose petals

Fireside Tea: Apple, Hibiscus, Cinnamon, Lemon & Orange Peel, Cloves.



Healthy Body - Healthy Planet

That's our goal

We use free range, pasture fed, chemical, hormone & preservative free produce wherever possible. We source locally when available always striving for quality & freshness. We practice sustainability, mulching, recycling & reducing our use of plastics. We are accredited by the act government for our recycling & sustainability practices.

A 1.05% charge applies for card payments to cover card fees.

A 7.5% surcharge applies on weekends & 10% charge on holidays to help cover staff wage loadings. It all goes to our lovely staff!

No split bills for tables of 4 or more.

We invite you to visit our other Café & Shop, **Local Press Wholefoods** in the next building behind us, just 40 meters away at 71 Giles St.

Also ask us about our **Catering Services**

Contact us
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