



live - love - naked

acai • wholefoods • coffee

NORTHMEAD

### COFFEE

- CAPPUCCINO \$4.50
- FLAT WHITE \$4.50
- LATTE \$4.50
- LONG BLACK \$4.50
- BULLET PROOF \$5.50
- MOCHA \$4.70
- ESPRESSO \$4.30
- PICCOLO \$4.30
- MACCHIATO \$4.30
- BABYCINO \$1  
with marshmallow

### WARM TONICS

- TURMERIC LATTE \$5.30
- MATCHA LATTE \$5.30
- NAKED BLUE LATTE \$5.50
- RED VELVET LATTE \$5.50
- JING HOT CHOC \$5.70
- CHAI LATTE \$5.70
- PRANA STICKY CHAI \$5.70
- large | extra coffee shot +50c
- alternative milks +80c
- lactose free | soy | almond
- oat | coconut | macadamia

own cup?

enjoy 50c off your drink for being awesome ♥



### TEAS \$5



- |  |  |  |
|--|--|--|
| <b>HonesTEA</b><br>english breakfast<br>black tea                        | <b>ViridiTEA</b><br>sencha & jasmine<br>green tea                                    | <b>ZesTEA</b><br>ginger, lemongrass,<br>turmeric & lemon myrtle            |
| <b>ImmuniTEA</b><br>echinacea, spearmint,<br>elderflower & Lemongrass    | <b>LongeviTEA</b><br>hibiscus, rosehip, white<br>tea & goji berries                  | <b>LuminosiTEA</b><br>turmeric, cinnamon, ginger<br>& wild marine collagen |
| <b>VitaliTEA</b><br>peppermint, spearmint,<br>withania, ginseng & bacopa | <b>Massala CHAI</b><br>cinnamon, black<br>tea, ginger, cloves,<br>cardamom & aniseed | <b>Hot ChocolaTEA</b><br>ashwagandha, astragalus &<br>medicinal mushrooms  |

### COLD DRINKS

- ICED GOJI & HIBISCUS TEA \$6
- ICED LATTE \$6.70
- ICED LONG BLACK \$6
- ICED MOCHA \$6.90
- ICED CHAI \$7
- ICED TURMERIC \$7
- ICED MATCHA \$7.50
- COLD-PRESSED BOTTLED JUICE \$4.75  
daily greens | love beets | sublime pine  
watermelon | gingered apple

sweeten-up

- caramel
- hazelnut
- vanilla
- honey
- agave

+80c



### BARE BLENDS \$13 GF DF

#### BLUE-NANA V NF

banana, blue spirulina, vegan vanilla protein, cinnamon & coconut milk

#### CACAO ACAI V NF

organic acai, banana, vegan choc protein & coconut milk

#### GREEN HEMP V NF RSF

pineapple, banana, spinach, raw greens powder, hemp seeds, coconut oil, lime, mint & coconut water

#### NAKED BERRY

blueberries, banana, natural peanut butter, organic hemp protein, honey & macadamia milk

#### SUMMER BREEZE NF RSF

mango, pineapple, lime, mint & coconut water with a passionfruit base & a sprinkle of bee pollen

#### ALMOND JING RSF

banana, almond butter, spinach, jing, cinnamon, honey & almond milk

#### BERRY BLAST NF

organic acai, blueberries, cherries, organic beetroot powder, honey, coconut water & a sprinkle of chia seeds

#### CHAI-OUT V NF

banana, vegan chai protein, vegan vanilla protein, cacao powder, coconut milk & a dusting of cinnamon

#### DRAGON SLAM NF

organic pink pitaya, strawberries, mango, honey & coconut milk with a passionfruit base

#### FRUIT-FULL NF

strawberries, blueberries, mango, banana, vegan vanilla protein, honey & oat milk

#### JAFFA TIME V NF

mango, banana, vegan choc protein, cacao powder, orange oil & oat milk

#### KAFFEINE KICKER V

banana, espresso coffee shot, vegan salted caramel protein, hemp seeds, dates & almond milk

#### MACA CACAO RSF

banana, cacao powder, maca powder, hemp seeds, dates, honey & almond milk

#### MINT CHOC V NF RSF

banana, vegan vanilla protein, raw greens powder, matcha, cacao nibs, peppermint oil & oat milk

#### PB & J V RSF

strawberries, banana, natural peanut butter, cacao powder, almond milk & a swirl of berry chia jam

#### V-NUT CRUNCH V

banana, natural peanut butter, vegan vanilla protein, vanilla extract, cacao powder, cacao nibs, macadamia milk & a sprinkle of crushed peanuts

order at the counter or via QR

\*allergies? please let us know when you order

scan



### SUPER-GOOD SANDWICHES

white sourdough | rye | gluten free +\$2



#### VEGGIE DELIGHT \$17.50 V NF RSF

beetroot hummus, red cabbage, carrot, cucumber, avocado, baby spinach & housemade tangy tahini turmeric sauce



#### HALOUMI BEETS \$17.50 NF RSF

grilled haloumi, marinated capsicum, beetroot hummus & baby spinach



#### TOFU TAKEOVER \$17.50 V NF RSF

maple & sesame glazed tofu, avocado, roma tomato, cos lettuce & housemade vegan aioli



#### CHICKEN CAESAR \$18 NF RSF

grilled chicken, housemade tahini caesar sauce, sliced egg, parmesan, avocado & cos lettuce



#### TRIPLE C \$18 NF RSF

grilled chicken, housemade chimichurri sauce, cheese, roma tomato & baby spinach



#### GOT BEEF \$18.50 NF RSF

roast beef, dijon mustard, roma tomato, gherkins & cheese



#### SMASHED SALMON \$19 NF RSF

smoked salmon, cucumber, red onion, smashed avocado & housemade lemon, dill caper yoghurt

customise

change up your toast or sandwich; plenty of options to choose from

### LOADED TOAST

white sourdough | rye | gluten free +\$2

#### AVO, FETA & CHIMI \$16 NF RSF

smashed avocado, feta & housemade chimichurri sauce

#### AVO & CALI BLEND \$15 DF V RSF

smashed avocado with our special blend of garlic, onion, salt, hemp, sesame & chia seeds topped with fresh herbs

#### PB-N-JELLY \$16 DF RSF

natural peanut butter, housemade berry chia jam, banana, cacao nibs & honey

#### TOAST YOUR WAY \$13

two slices of toast with your choice of two toppings mix & match; sweet or savoury



extras

additional toppings & extras

- hard boiled egg \$3 | grilled haloumi \$5.50
- grilled chicken \$6.50 | smoked salmon \$7

### NUTRITIONAL KEY

- V VEGAN
- GF GLUTEN FREE
- DF DAIRY FREE
- NF NUT FREE
- RSF REFINED SUGAR FREE



## ACAI BOWLS



### PALEO BOWL \$18 GF DF V

base blend: organic acai, avocado, raspberries, blueberries & coconut water  
toppings: caramelised buckinis, almonds, coconut chips, goji berries & cacao nibs



### ISLAND BOWL \$18 GF DF NF

base blend: organic acai, pineapple, mango, banana & coconut milk  
toppings: banana, strawberries, passionfruit, coconut yoghurt, cacao nibs & honey



### RIO BOWL \$18 DF

base blend: organic acai, banana & coconut water  
toppings: nut granola, banana, strawberries, blueberries, hemp seeds, cacao nibs & housemade peanut butter drizzle



### MANLY BOWL \$18.50 DF

base blend: organic acai, strawberries, banana & apple juice  
toppings: nut granola, banana, strawberries, goji berries, blueberries, bee pollen & honey



### BEACH BOWL \$18.50 DF

base blend: organic acai, pineapple, banana & coconut milk  
toppings: nut granola, banana, strawberries, kiwi, coconut chips, passionfruit & honey



### BLISS BOWL \$18.50 GF DF NF

base blend: organic acai, mango, banana & coconut water  
toppings: caramelised buckinis, banana, strawberries, passionfruit, coconut chips, coconut chia pudding & honey



### POWER BOWL \$19 GF DF

base blend: organic acai, strawberries, banana, natural peanut butter & almond milk  
toppings: cacao buckinis, banana, blueberries, hemp seeds, almonds & honey



### HIPPIE BOWL \$19 DF

base blend: organic acai, blueberries, banana, organic hemp protein & macadamia milk  
toppings: nut granola, banana, strawberries, goji berries, blueberries, hemp seeds & housemade peanut butter drizzle



### GLOW BOWL \$19 GF DF

base blend: organic acai, mango, blueberries, banana, collagen coffee blend & macadamia milk  
toppings: cacao buckinis, banana, strawberries, cacao nibs & coconut yoghurt

protein boost +\$2.50

\*banana free base blend available +\$2.50

## SMOOTHIE BOWLS



### OASIS BOWL \$19 DF RSF

base blend: pineapple, mango, banana, turmeric & coconut water  
toppings: vegan nut granola, banana, kiwi, coconut chips, coconut yoghurt & bee pollen



### PITAYA BOWL \$19 DF RSF

base blend: organic pink pitaya, mango, strawberries & almond milk  
toppings: nut granola, banana, blueberries, strawberries, chia seeds, coconut chips & honey



### GREEN BOWL \$19 GF DF RSF

base blend: mango, avocado, banana, mint, spinach & macadamia milk  
toppings: caramelised buckinis, banana, strawberries, coconut chips, matcha, passionfruit & honey



### OCEAN BOWL \$19 DF RSF

base blend: banana, pineapple, blue spirulina, mint & coconut milk  
toppings: nut granola, banana, strawberries, blueberries, passionfruit, coconut chips & honey

just ask...

your bowl; your way NO LIMITS  
boost your blend, mix up your toppings or go extra!

## YOGHURT BOWLS



### BERRY SUNRISE \$13.50 GF

natural honey yoghurt, housemade berry chia jam, coconut chia pudding, caramelised buckinis, strawberries, kiwi, cacao nibs & honey  
TRY IT WITH: vegan nut granola +\$3.50



### CHIA LOVE \$13.50 RSF

natural honey yoghurt, passionfruit, coconut chia pudding, nut granola, cacao nibs, strawberries, blueberries & honey  
TRY IT WITH: peanut butter drizzle +\$2.50



### MANGO BOMB \$13.50 RSF

natural honey yoghurt, mango purée, coconut chia pudding, nut granola, coconut chips, strawberries, kiwi & honey  
TRY IT WITH: caramelised buckinis +\$3.50



### CALIFORNIA DREAM \$14.50 GF

natural honey yoghurt, housemade berry chia jam, cacao buckinis, strawberries, banana, blueberries & housemade peanut butter drizzle  
TRY IT WITH: coconut chia pudding +\$3

switch to coconut yoghurt +\$3

## NOURISH BOWLS

### NAKED BOWL \$18.50 GF V RSF

leafy greens, brown rice, red capsicum, almonds, goji berries, marinated chickpeas, carrot, superkraut, creamy hummus & a sprinkle of chia seeds  
dressing: tangy tahini turmeric

### CALIFORNIA BOWL \$18.50 NF GF

leafy greens, brown rice, black beans, cherry tomatoes, feta, corn, superkraut, smashed avocado & a sprinkle of hemp seeds  
dressing: smokey chipotle

### LIFE BOWL \$20.50 GF RSF

leafy greens, marinated chickpeas, goji berries, cucumber, cherry tomatoes, grilled haloumi, beetroot hummus & a sprinkle of chia seeds  
dressing: tangy tahini turmeric

### GODDESS BOWL \$24.50 GF RSF

leafy greens, cherry tomatoes, almonds, feta, red cabbage, cucumber, smoked salmon, beetroot hummus & a sprinkle of mixed sesame seeds  
dressing: roasted sesame avocado

### CAESAR BOWL \$22.50 RSF DF

kale, baby cos, grilled broccoli, free range egg, seasoned croutons, grilled chicken, smashed avocado & a sprinkle of parmesan & hemp seeds  
dressing: tahini caesar

### VITALITY BOWL \$21 GF RSF

baby spinach, grilled zucchini, superkraut, black beans, marinated chickpeas, grilled broccoli, grilled haloumi, creamy hummus & a sprinkle of sunflower & pepita seeds  
dressing: tangy tahini turmeric

### RAINBOW BOWL \$23 GF RSF

kale, brown rice, cherry tomatoes, carrot, red capsicum, cucumber, red cabbage, grilled chicken, crushed peanuts, smashed avocado & a sprinkle of black sesame seeds  
dressing: zesty tamari peanut

### TJ BOWL \$20 GF V RSF DF

leafy greens, brown rice, marinated chickpeas, black beans, smokey BBQ jackfruit, red capsicum, smashed avocado & a sprinkle of hemp seeds  
dressing: smokey chipotle



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