



HUNGRY BOX
FILL UP FAST

SIP ME, SLOWLY...

BUT FIRST, COFFEE...

REG - \$3.80

LGE - \$4.30

FLAT WHITE

LATTE

CAPPUCCINO

MOCHA

LONG BLACK

ESPRESSO

MACCHIATO

PICCOLO

BABYCINO

\$1.00

EXTRA SHOT

+ \$0.50

BONSOY

+ \$0.50

ALMOND MILK

+ \$0.50

HOT CHOC, TEA & CHAI – OH MY!

REG - \$3.80

LGE - \$4.30

ALL TEAS - \$4.30

ORGANIC HOT CHOC

CHAI LATTE

ENGLISH BREAKFAST

EARL GREY

ORGANIC CHAMOMILE

ORGANIC GREEN TEA

GREEN JASMINE & PEAR

MINT & LAVENDER

LEMONGRASS, LIME & GINGER

RASPBERRY & HIBISCUS

LICORICE

SCULPTING SMOOTHIES

ONE SIZE FITS ALL - \$7.70

CHOCOLATE PROTEIN SMOOTHIE ^{341 CALS}

Chocolate, protein and a smidge of peanut butter for an epic chocolatey muscle meal.

VANILLA PROTEIN SMOOTHIE ^{299 CALS}

Vanilla smoothie packed with protein, made with our original secret recipe.

GREEN MACHINE ^{140 CALS}

For those who like to keep it lean and green – spinach, avocado, ginger, cucumber, banana and apple.

KATY BERRY ^{286 CALS}

Lays' favourite colour and her very own recipe – berry lovers unite!

NECTAR COLD PRESSED JUICE

ONE SIZE FITS ALL - \$7.00

EAGLE EYE

Carrot, apple, orange, pineapple, lemon and turmeric

GREEN WITH ENVY

Apple, celery, spinach, kale, lemon, cucumber and parsley

UP BEET

Carrot, beetroot, apple, celery, lemon and ginger

REFUEL

Banana, coconut, kale, spinach, pineapple, mango, lime and Kiwi fruit

OH, NUTS... Allergy warning! Most of our products contain nuts, or are made on a premises that contains nuts, so they aren't suitable for people with nut allergies. Could we say nuts anymore in one sentence? Nuts.

FYI: Sorry but there are no menu variations – thanks for your understanding!



HUNGRY BOX

FILL UP FAST

EAT ME, QUICK.

BREAKFASTS & BOWLS

QUINOA BY FRANWA - \$11.90 GF, V
Vanilla bean infused quinoa porridge with almond milk, berry compote, date, Greek yoghurt and macadamias.

BIRCHER MUESLI - \$11.90 V
Housemade bircher topped with Greek yoghurt, grated apple, sultanas, cinnamon and toasted pepitas.

CLEAN & GREEN BOWL - \$10.90 GF, V, VG
Spinach, avocado, banana, ginger, cucumber topped with blueberries, hemp seeds, almonds and roasted buckwheat.

CACAO CHOC CHIP BOWL - \$10.90 GF, V, VG
Who said you can't have chocolate for breakfast? Chia, cacao nibs, almond milk, coconut, cinnamon, banana and date.

TOASTIES

CHEESEBURGER TOASTIE - \$6.60 GF
A cheeseburger in a toastie – but with super lean mince, gluten free tomato sauce. Hell yeah.

SNACKS

OH HEY. NICE BALLS - \$5.50 (3 PACK)
Chewy protein balls – peanut butter & cacao, apricot chia or apricot & coconut. All with added protein. It's all about the gains.

TREAT YO' SELF - \$4.50 EACH GF
Chocolate brownie or FNG (fig, nuts and grains) slice. Super tasty but gluten free. That makes them healthy, right?

HUNGRY BOXES

ONE SIZE FEEDS MOST - \$12.60

BOOM-CHICKA GF
Spicy Thai-style grilled chicken salad that'll get your motor running. Boom-chicka-wah-wah.

PEDRO'S PORK GF
Yummy slow cooked Mexican pulled pork that'll stick on your fork but not on your thighs.

CHEESEBURGER SALAD GF
Your old mate, but without the guilt trip. Super lean beef smothered with pickles, mustard and cheese on gently massaged kale. Yes, dreams do come true.

KEEN-WA? GF, V, VG
A kale and quinoa veggie love-fest with unicorn sparkles and stardust (just kidding hippies... there are no unicorn products in this salad).

LAMB-BAM
Thank you Ma'am. Moroccan spice rubbed lamb, put to bed on a blend of cauliflower rice and cous cous with sultanas, capsicum and toasted pine nuts.

TERI-YUMMI CHICKEN GF
Tangy Teriyaki chicken with crunchy greens and soba noodles. So yum...

IN A HURRY?

ORDER VIA OUR APP **BEAT THE Q** & WE'LL HAVE IT READY WHEN YOU WANT IT. TOO EASY.



GF = GLUTEN FREE

V = VEGETARIAN

VG = VEGAN

THANK YOU! Massive thanks to our legendary chef Mitch from LadyBoy Dining in Melbourne for developing our epic menu. You rock our world.