



a h e a l t h y , h a p p y y o u

our vision is to create spaces where people become healthier, happier & more conscious so they can live life to its fullest. we offer products, services & a customer experience that aligns with our vision for health & happiness. this essence flows throughout everything we do, in every way, for everyone. it is our responsibility, our passion & our gift to the world. we believe in a better world - a healthy, happy world, starting with you! our menu is simple and nourishing, predominately plant based, with all food items being **gluten, dairy & refined sugar free**. this is the way it will always be. we only use real, natural, minimally processed ingredients & source local, organic or chemical free ingredients where possible & when in season. 100% complete transparency is one of our highest values. our menu has been thoughtfully created to provide you with flavoursome nutrition, inspiring you to consume consciously & nutritionally.

*Nutrition Republic* xx

\*certified organic  
^ chemical free

# ESPRESSO, TEA & SPECIALTY BAR

## BE DIFFERENT

try it blended with ice +0.5

**ORIGINAL BLENDED ESPRESSO 5** with milk + 1  
espresso\*, medjool date\* & water, blended with ice

### CHAGA CHOCOLATE 7 / 7.5

chaga\* and 70% chocolate infused with almond or coconut milk, topped with cinnamon

### ADAPTOGENIC LATTE 6 / 6.5

cacao\*, reishi\*, cordyceps\*, lions mane\*, chaga\*, mesquite\*, maca\*, cinnamon\* infused with almond\* or coconut milk\*, topped with cinnamon\*

### CHAI LATTE 5

 dairy free + 1

pot for one prana chai infused with milk\*.

### GOLDEN LATTE 6

pot for one of our signature blend spiced turmeric tea infused with almond\* or coconut milk\*

### CLARITY COFFEE 6 / 6.5

espresso\* blended with coconut oil\* & cacao butter\*

### MATCHA LATTE 5 / 5.5

matcha maiden\* infused with milk\*, topped with cinnamon\*

### BEETROOT LATTE 6 / 6.5

beetroot\*, turmeric\*, ginger\*, cardamon\*, cinnamon\*, vanilla\*, cayenne\*, black pepper infused with almond\* or coconut\* milk

### MACA MOCHA 6 / 6.5

espresso\*, 70% chocolate and maca\* powder  
the ultimate natural energy boost

### BLUE MAJIK LATTE 6 / 6.5

E3live\* infused with coconut\* milk, topped with spiced beetroot powder\*

### MORINGA LATTE 6 / 6.5

moringa\* infused with coconut milk\*, topped with cinnamon \*

## ORGANIC COFFEE BY D'ANGELO

every shot is a double ristretto

**ESPRESSO 3.8**

**LONG BLACK 3.8 / 4**

**MACCHIATO 4**

**PICCOLO 4.2**

**LATTE 4.4 / 4.9**

**HOT CHOCOLATE 4.4 / 4.9**

**BABYCCINO 1.5**

**SWISS WATER DECAF + 0.5**

**AFFOGATO 8**

organic double ristretto poured over our house made organic plant based ice cream

**ORGANIC DAIRY FREE MILKS by Pure Harvest +1**

activated almond milk, coconut milk or rice milk

We serve organic, fair trade & direct trade coffee, providing better outcomes for farmers. The beans are global and the roasting is local by Tony D'Angelo. Our standard 30ml 'espresso' shot is pulled from 19.5 grams of coffee as a double ristretto, offering a rich, concentrated and full bodied yet smooth drinking experience. We hand create every cup on our Slayer Espresso machines allowing our baristas full control of pre infusion, extraction and temperature.

Our takeaway coffee cups are recyclable and if you bring your own cup you receive a discount. We love Pure Harvest non-dairy milks as they contain no fillers, emulsifiers or vegetable oils ... tip: always read the ingredients list!

## DESSERT BAR

gluten, dairy & refined sugar free

**BANANA BREAD 5**

toasted with house made  
vegan butter

raw honey + 0.5

peanut butter + 1

almond butter^ + 2

caramel sauce\* + 2

no-tella\* + 2

chia jam\* + 2

**CHOCOLATE BROWNIE 5**

try it warm with coconut  
yoghurt\* & strawberries +3

**CAPPUCCINO 4.4 / 4.9**

**FLAT WHITE 4.4 / 4.9**

**MOCHA 5.4 / 5.9**

**ICED BLACK 4.5 / 4.8**

**ICED LATTE 5.5**

**ICED CHOCOLATE 5**

**EXTRA DOUBLE SHOT 1.5**

**SINGLE ORIGIN + 0.5**

**CARROT CAKE 6.5**

**RAW CAKE SLICES**

all slices contain nuts.  
see display cabinet for  
flavours of the day. v

**PROTEIN SLICES**

**RAW BARS v**

**HOUSE MADE**

**COOKIES v**

## WILD & HAND CRAFTED TEAS

pot for one 4.5

**BREAKFAST REPUBLIC** milk on side +0.5

daintree black tea^, blueberries, blue flower petals, vanilla bean\*

**HELLO SUNSHINE**

turmeric\*, ginger\*, cinnamon\*, cayenne pepper\*, black peppercorn\*

**GREEN & APPLE**

australian green tea^, jasmine flowers\*, locally grown apples

**PEACE & HAPPINESS**

red rose petals, lemon balm\*, chamomile\*, lavender\*, blue flower petal, orange peel

**DETOX**

dandelion\*, yellow dock root\*, uva ursi leaf\*, nettle\*, lemon myrtle\*

**SWEET LICORICE**

red rose buds, licorice\*, cinnamon\*, hibiscus flowers\*

**SUPPORT**

peppermint\*, spearmint\*, echinacea\*, lemon grass\*, ginger\*, rose hip\*, orange peel, schisandra berry

**CHAI**

daintree black tea^, cinnamon\*, cardamon\*, ginger\*, clove\*, star anise\*, red rose petal\*, nutmeg\*, roasted wattle seed

**MUMMA BEAR**

fennel\*, hops\*, nettle, chaste tree berry\*,  
jasmine flowers, calendula\*  
over ice + 0.5

## CATERING

visit our website

# C O C O N U T W A T E R E L I X I R

## WHOLE FOOD SMOOTHIES

**COCO DETOX 10** greens boost\* + 1  
spinach\*, kale\*, pear, ginger, lemon & mint\*

**COCO IMMUNE 10** anti-inflammatory blend\* + 2  
orange, pineapple, carrot, beetroot & ginger

**COCO BERRY 11** longevity blend\* + 2  
strawberries\*, blueberries\*, blackberries\*, raspberries\* & mint\*

**COCO GLOW 10** camu camu\* + 2  
mango\*, pineapple, turmeric, mint\* & black pepper\*

**COCO KING 11** hemp seeds\* + 1  
avocado, banana, kale\*, greens boost\* & lemon myrtle^

**COCO CLEANSE 10** chia seeds + 1  
watermelon, pineapple, dragon fruit, basil\* & lemon

# S I M P L E S M O O T H I E S

**JUST NANA 5**  
banana, raw honey^  
& milk

**NANA BERRY 6**  
strawberries\*, banana,  
raw honey^ & milk

**CHOC NANA 6**  
banana, chocolate, raw  
honey^ & milk

**GOLDEN NANA 7**  
anti-inflammatory blend\*,  
banana, raw honey^ & milk

# H E A L T H T O N I C S

Served as a shot with a glass of filtered water

**DIGESTIVE 5**  
filtered water, raw apple cider vinegar\* &  
pre- and pro-probiotic\*

**JAMU TONIC 5**  
warm filtered water, turmeric, ginger, garlic, chilli cinnamon,  
black pepper, apple cider vinegar & lime

# P R O T E I N S M O O T H I E S

## PICK YOUR SMOOTHIE

**REPUBLICANA 11** almond butter + 2  
banana, strawberry\*, blueberry\* & chia^

**VANILLA DREAM 11** blueberries\* + 2  
almond butter^, banana, chia^ & cinnamon\*

**MINT BLISS 11** hemp seeds\* + 1  
banana, mint\*, kale\*, matcha\*, almond butter^, cacao butter\* &  
cinnamon\*

**CHOC REPUBLIC 10** maca\* + 1  
cacao\*, banana, peanut butter & chia^

**THE BAY 10** almond butter + 2  
avocado, pineapple, coconut\*, chia seeds^, lemon myrtle^  
& mint\*

**DATE NIGHT 11** espresso\* + 2  
medjool dates\* & peanut butter

**BLUEBERRY BREKKIE 11** acai\* + 2  
blueberry\*, banana, coconut\*, gluten-free cereal\* & chia^

**LIQUID BROWNIE 11** chaga\* + 2  
cacao\*, banana, medjool date\*, chia^, cinnamon\*

**MEAN TAHINI 10** energise blend + 2  
tahini\*, medjool dates\*, banana, chia^, cinnamon\*, vanilla\*  
& himalayan salt^

## PICK YOUR PROTEIN

grass fed whey - organic pea - organic hemp

## PICK YOUR MILK

organic dairy  
organic coconut - organic almond - organic rice + 1

SWAP OUT  
BANANA FOR  
CAULIFLOWER  
+ 1

# B O O S T Y O U R E L I X I R

+ 1

banana  
cacao\*  
cayenne pepper\*  
chia seeds^  
glutamine  
greens boost\*  
hemp seeds\*

kale\*  
lacuma\*  
maca\*  
matcha\*  
mint\*  
pineapple  
protein (whey, pea or hemp)\*

+ 2

acai\*  
almond butter^  
avocado  
blueberries\*  
camu camu\*  
caramel sauce\*  
cauliflower\*  
chaga\*  
chia jam\*  
chocolate sauce\*  
espresso\*  
mixed berries\*  
moringa\*  
no-tella\*  
peanut butter  
probiotic\*

**ANTI-INFLAMMATORY BLEND**  
turmeric, ginger, nutmeg, mango,  
cinnamon, pepper\*

**ENERGISE BLEND**  
cacao, reishi, cordyceps, lions mane,  
chaga, mesquite, maca, cinnamon\*

**LONGEVITY BLEND**  
beetroot, acai, blueberries,  
pomegranate\*

**SPICED BEETROOT BLEND**  
beetroot, turmeric, ginger, cardamon,  
cinnamon, vanilla, cayenne, black  
pepper\*

**E3LIVE**  
blue algae superfood\* + 3

# I C E C R E A M B A R

organic - refined sugar free - vegan

**ONE SCOOP 5**

peanut butter + 2  
almond butter^ + 2  
goji berries\* + 1  
cacao nibs\* + 1  
caramel buckinis\* + 2  
chocolate buckinis\* + 2  
caramelised peanuts + 2  
coconut chips\* + 1

**TWO SCOOPS 8**

caramel sauce\* + 2  
chocolate sauce\* + 2  
no-tella\* + 2  
chia jam\* + 2  
coconut yoghurt\* + 2  
raw honey + 0.5  
banana + 1  
strawberries + 1

our house made blend packed with delicious plant based  
goodness & no nasties. no gums, binders, emulsifiers or  
vegetable oils. just real food your body will thank you for!

\* certified organic ^ chemical free

all food is gluten, dairy & refined sugar free

## BOWLS & BITES

**AVO MASH 17**  
toasted seasonal vegetable loaf, topped with avo mash, a grilled egg & our house made cashew cheese & grain-free super seed sprinkle

**POWER BOWL 24**  
nutrient dense salad bowl topped with a grilled egg, avo mash your choice of kimchi or sauerkraut & grain-free super seed sprinkle

**EGGY STACK 13**  
grilled egg on a toasted quinoa, vegetable & egg slice, topped with our house made cashew cheese & grain-free super seed sprinkle

**PLANT POWER 14**  
warmed plant based patty stacked with avo mash, native onion relish & super seed sprinkle. v

**BIRCHER MUESLI 14**  
topped with organic coconut yoghurt, banana, strawberries & raw honey. vo

**CHIA PUDDING 13**  
chemical free chia seeds soaked in organic coconut milk, topped with buckini clusters, coconut chips, coconut yoghurt & strawberry. ask at counter for flavours. v

**GRAIN-FREE GRANOLA 14**  
freshly toasted paleo granola topped with banana, strawberries & coconut chips. Served with warm coconut milk. v

## EARTH BOWLS

**THE CALI 18**  
blue spirulina\*, pineapple, banana, vanilla\*, lemon & coconut milk\* topped with banana, caramel buckinis\*, coconut chips\* & caramel sauce\*

**THE STRAYA' 17**  
pineapple, banana, mint\*, lemon myrtle^, lemon & coconut milk\* topped with caramel buckini mix\*, coconut chips\* & strawberry

**THE FRENCHIE 17**  
tahini\*, banana, dates\*, mesquite\*, vanilla\*, pea protein\*, cinnamon\* & coconut milk\* topped with chocolate buckinis\*, toasted coconut\* & caramel sauce

**THE PERUVIAN 17**  
cacao\*, peanut butter, banana, maca\*, pea protein\* & coconut milk\* topped with banana, caramelised peanuts, toasted coconut\* & raw chocolate sauce\*

**THE MADAGASCAN 18**  
acai\*, mixed berries\*, banana, pea protein\* & coconut milk\* topped with chocolate buckinis\*, coconut yoghurt\*, toasted coconut\* & strawberry.

**THE AMAZONIAN 18**  
beetroot, pomegranate, acai & blueberry longevity blend\*, strawberry\*, banana & coconut milk\* topped with caramel buckini mix\*, coconut chips\*, coconut yoghurt\* & chia jam\*

### LOAD YOUR BOWL

banana +1	protein (pea or hemp)* +1	blueberries* +2	coconut yoghurt* +2
cacao* +1	strawberries +1	buckini clusters* +2	mixed berries* +2
cacao nibs* +1	acai* +2	caramel sauce* +2	no-tella* +2
chia seeds^ +1	almond butter^ +2	chia jam* +2	paleo granola +2
hemp seeds* +1	avocado +2	chocolate sauce* +2	peanut butter +2

## TOAST BAR

*egg, soy, yeast, refined sugar free  
house made organic bread. v*

**HUMMUS IS LIFE 7**  
spiced beetroot hummus topped with our super seed sprinkle

**GUT LOVING 10**  
avo, turmeric & ginger sauerkraut & hemp seeds

**HEALTH NUT 9**  
almond butter, blueberries & coconut chips

**AVO GOOD DAY 9**  
straight up vegan 'butter', avo smash & hemp seeds

**EGG ON TOAST 8**  
vegan 'butter', grilled egg & super seed sprinkle  
add avo mash + 4 p/piece

**BANANA CARAMEL 7**  
salted caramel spread, banana, toasted coconut & cacao nibs

**NO-TELLA 7**  
nut free no-tella, banana & cacao nibs

**PB & JELLY 7**  
natural peanut butter & seasonal jam  
almond butter +1

**HAPPY LITTLE EVERYMITE 5**  
vegan 'butter' & gf everymite  
add avo mash +4

## CREATE YOUR BOWL

**PLANT BASED SALAD BOWL 14**  
choice of 2 nutrient dense plant based salads. v  
load your plate as you please

**STACK BOWL 15**  
savoury slice stacked on a nutrient dense salad.  
follow the steps below

### step 1. choose your slice

- quinoa, vegetable & egg slice w cashew cheese
- seasonal vegetable loaf w cashew cheese
- plant based patty (v) w spiced beetroot hummus
- veggie frittata (v) w onion relish

### step 2. choose your salad

choice of 2 max. see display cabinet for fresh plant based salads

### step 3. load your plate

- avo mash + 4
- grilled egg & super seed sprinkle\* + 4
- sauerkraut\* or kim chi\* + 3
- super seed sprinkle\* + 1.5
- chill cashews\* + 2
- plant based cashew cheese +1.7
- spiced beetroot hummus + 1.7
- native onion relish + 1.7
- house made GF toast w DF butter\* +4

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## LOADED PALEO NANA BREAD

toasted paleo banana bread topped with your choice of:

**SEASONAL JAM**, coconut yoghurt & fresh strawberry 10

**ALMOND BUTTER**, fresh banana, cinnamon, cacao nibs & raw honey 10

**NO-TELLA**, fresh banana, strawberry, hemp seeds & cacao nibs 11