

BREAKFAST

TIGA BOWL 70

chia seeds, coconut milk, purified water, berry coulis, blueberries, sugar-free peanut butter, honey

LSA BOWL 72

linseeds, sunflower seeds, almonds, chia seeds, coconut milk, goji dust, honey, banana, cinnamon

THE HEALTH NUT SMOOTHIE BOWL 72

banana, almond / macadamia nut butter, whey protein, agave, chia seeds, hemp seeds, wheat-free muesli, goji berries, purified water

MATCHA SMOOTHIE BOWL 70

banana, coconut milk, matcha green tea powder, kale, blueberries, raspberries, toasted flaked almonds, hemp seeds

YOGHURT FRUIT SALAD 48

seasonal fruit, low fat bulgarian yoghurt, honey

ADD: wheat free goji muesli 16

BANANA BREAD 49

GLUTEN AND SUGAR FREE

banana-coconut bread served with peanut butter, banana, honey, cinnamon

CINNAMON OATS 44

hot rolled oats, banana, flaked almonds, cinnamon, honey, low fat milk

ADD: hemp seed protein / whey 20 | 25

ALMOND / MACADAMIA 64

NUT BUTTER OATS

hot rolled oats, almond / macadamia butter, flaked almonds, banana, honey, low fat milk

ADD: hemp seed protein / whey 20 | 25

POWER JUICES

CARROTENE S38|L48

carrot, orange, cucumber, ginger

GLO S40|L50

apple, pineapple, cucumber, celery, mint

GREEN JUICES

D-TOX S42|L52

spinach, celery, cucumber, apple, lemon, ginger

SUBSTITUTE | ADD: cucumber 10

FUNCTIONAL BLENDS

THE NUTTER S50|L62

sugar-free peanut butter, banana, chia seeds, coconut shavings, honey, natural vanilla whey protein, purified water

SMOOTHIES

STRAWBERRY-B S40|L50

strawberries, apple juice, mint, low fat plain frozen yoghurt

REFRESH S40|L50

strawberries, blueberry, apple juice, black pepper, mint

We're for health and wellness. We take it seriously. Very seriously. We're for Wholesome, nutritious food made fresh - not fast. We're for sourcing the freshest local ingredients. Free of additives, colourants, hormones, gmo and msg where possible. We're for free range and sustainable farming practices. We wouldn't have it any other way.

Nü is for a new me. A healthier me. A better me.