

BREAKFASTS

served all day

HOT DRINKS

dairy-free almond milk **ADD 10**

250ML 350ML
SHORT TALL

- ON TOAST:** toasted artisan bread (low gi or 100% rye) **29**
- ALMOND BUTTER** almond / macadamia nut butter, sliced banana, yoghurt **36**
- SMASHED AVO** **46**
- AVO SRIRACHA** avo, cream cheese, sriracha, cucumber, hemp seeds **46**
- SCRAMBLED / POACHED EGGS & TOAST** **39**
- SMASHED AVO, POACHED EGGS & TOAST** **47**
- BREAKFAST BOWL** yoghurt, pineapple, strawberries, banana, toasted almonds, honey, chia seeds **37**
- POWER OATS** rolled oats, toasted almonds, banana, chia seeds, goji berries, milk, honey **37**
- NEW DRAGON FRUIT SMOOTHIE BOWL** dragon fruit, mango, coconut milk topped with banana, apple, pineapple, coconut, hemp seeds **46**
- NEW CHOC PROTEIN SMOOTHIE BOWL** whey protein (sourced from grass-fed cows), cacao, nut butter, frozen yoghurt, avo topped with banana, coconut, cacao nibs, almonds, hemp seeds **64**
- SUNRISE UNWRAPPED** free range scrambled eggs, salsa, white cheddar, sautéed rosa tomato, baby spinach **49**
- NEW SPINACH & FETA BREAKFAST WRAP** free range scrambled eggs, baby spinach, feta, red pepper, spring onion **55**
- SUNRISE WRAP** free range scrambled eggs, salsa, white cheddar, sautéed rosa tomato, baby spinach **59**
- PROTEIN BREAKFAST WRAP** free range scrambled eggs, free range beef sausage, cream cheese, chipotle chili, red pepper, baby spinach, rosa tomato, spring onion **69**
- FULL BREAKFAST** free range scrambled / poached eggs, sautéed rosa tomato, free range beef sausage, toasted artisan bread **70**
- SMOKED TROUT SCRAMBLED EGGS** free range scrambled eggs, franschhoek smoked trout, cream cheese, toasted artisan bread **84**

- AMERICANO** **21 25**
- CAPPUCCINO** **24 29**
- CAFFÉ LATTE** **25 30**
- FLAT WHITE** double espresso, steamed milk **26**
- ESPRESSO** **18 22**
- MATCHA MINT LATTE** with organic matcha **32**
- RED CAPPUCCINO** **25 30**
- CHAI LATTE** **25 30**
- HOT CHOCOLATE** **24 29**
- FLOO FIGHTER** mint tea, lemon, ginger, cayenne pepper, honey **24**
- TEA** rooibos, ceylon, green, mint, chai **18**



WRAPS

without chicken **LESS 24**
swap chicken for grilled steak **ADD 5**

- HARVEST** feta, avo, cucumber, carrot, greens, celery & onion mayo, lemon olive oil vinaigrette **52**
- TROPICAL CHICKEN** free range chicken, pineapple, carrot, greens, thai peanut dressing **59**
- OLD STYLE CAESAR** free range chicken, rosa tomato, pecorino, low gi croutons, greens, lemon caesar dressing **64**
- NEW SPICY BURRITO** free range chicken, salsa, jalapeno & chipotle chili, red pepper, cream cheese, rocket, carrot, coriander **69**
- PRINCESS** free range chicken, avo, feta, rosa tomato, carrot, celery & onion mayo, greens **72**
- MOROCCAN** free range chicken, warm brown rice & quinoa, feta, avo, carrot, rosa tomato, coriander, spring onion, moroccan sauce **73**
- KALE CAESAR** free range chicken, shaved parmesan, parmesan crisps, rosa tomato, lemon, kale, cos, lemon caesar dressing **79**
- THAI CRUNCH** free range chicken, cashews, broccoli, carrot, red pepper, cabbage, mint, sesame seeds, pickled ginger, greens, thai peanut dressing **86**
- MEXI** free range chicken, warm brown rice & quinoa, avo, salsa, raw corn, coriander, jalapeno, rocket, sriracha, lemon olive oil vinaigrette **88**
- TUNA PROTEIN** tuna, free range boiled egg, green beans, carrot, rosa tomato, coriander, spring onion, greens, celery & onion mayo, lemon caesar dressing **68**
- CHIPOTLE STEAK** grilled steak, smoked chipotle chili mayo, cabbage, carrot, baby spinach, rosa tomato **69**
- THE REAL KAHUNA** grilled steak, avo, rosa tomato, greens, cucumber mint & yoghurt dressing **78**

LOW CARB OR GLUTEN-FREE WRAP **ADD 12**

SALADS

without chicken **LESS 24**
swap chicken for grilled steak **ADD 5**

- COBB** free range boiled egg, white cheddar, avo, parmesan crisps, raw corn, rosa tomato, greens, lemon caesar dressing **83**
TRY ME with free range chicken ADD 24
- KALE CAESAR** free range chicken, shaved parmesan, parmesan crisps, rosa tomato, lemon, kale, cos, lemon caesar dressing **79**
- THAI CRUNCH** free range chicken, cashews, broccoli, carrot, red pepper, cabbage, mint, sesame seeds, pickled ginger, greens, thai peanut dressing **86**
- TUNA PROTEIN** tuna with lemon olive oil dressing, free range boiled egg, green beans, carrot, rosa tomato, coriander, spring onion, greens, lemon caesar dressing **74**
- CHIPOTLE STEAK** grilled steak, cabbage, carrot, baby spinach, rosa tomato, coriander, smoked chipotle chili dressing **69**



WARM BOWLS

without chicken **LESS 24**
swap chicken for grilled steak **ADD 5**

ASIAN RAINBOW 86

free range chicken, warm brown rice & quinoa, broccoli, carrot, cabbage, baby spinach, cashews, sesame seeds, radish, mint, pickled ginger, coriander, sesame dressing, soy glaze

MEXI 88

free range chicken, warm brown rice & quinoa, avo, salsa, rocket, raw corn, jalapeno, coriander, baked tortilla chips, lemon olive oil vinaigrette, sriracha

POWER ROCKET 89

free range chicken, warm brown rice & quinoa, feta, broccoli, celery, raw corn, rosa tomato, radish, rocket, basil pesto vinaigrette



SMOOTHIES

350ML 500ML
S L

STRAWBERRY STINGER 34 40

strawberries, banana, frozen yoghurt, pressed apple juice

PEANUT BUTTER BLISS 35 41

sugar-free peanut butter, banana, cacao, frozen yoghurt, milk

BERRY DAIRY 35 41

blueberries, raspberries, strawberries, banana, frozen yoghurt, honey, milk

NEW

DRAGON PUNCH 40 46

dragon fruit, mango, mint, lemon, honey, coconut-infused water

LEMON-AID 40 46

freshly squeezed lemon juice, pineapple, ginger, pressed apple juice, mint, honey

MANGO BERRY 40 46

mango, raspberries, coconut milk, coconut-infused water, agave

GEM 40 46

banana, toasted almonds, frozen yoghurt, milk, honey

COFFEE DATE 40 46

espresso, banana, dates, frozen yoghurt, milk

FRUIT & VEG SMOOTHIES

350ML 500ML
S L

VITAMIN SEE 38 44

mango, pineapple, freshly squeezed carrot & orange juice, vitamin C (500mg)

TROPICAL GREENS 38 44

mango, pineapple, kale, spinach, ginger, pressed apple juice

WHOLEFOOD GREEN 42 48

apple, kale, spinach, cucumber, pineapple, celery, lemon, coconut-infused water

PROTEIN SMOOTHIES

350ML 500ML
S L

NATURE'S PROTEIN 46 54

vegan protein, hemp seeds, spirulina blend, banana, pineapple, coconut milk, coconut-infused water, agave

CINNABOMB 46 54

whhey protein (sourced from grass-fed cows), banana, almond / macadamia nut butter, coconut-infused water, cinnamon, agave

NEW

SALTED CARAMEL 49 57

banana, dates, almond / macadamia nut butter, whey protein (sourced from grass-fed cows), himilayan salt, coconut-infused water

PEANUT BUTTER BOMB 49 57

whhey protein (sourced from grass-fed cows), sugar-free peanut butter, banana, cacao, yoghurt, milk

SUPERFOOD SMOOTHIES

350ML 500ML
S L

ACAI-ME 46 53

acai berries, blueberries, strawberries, pressed apple juice, coconut shavings, honey, mint

NEW

CHOCOLATE BLISS 52 59

cacao, cacao nibs, frozen yoghurt, avo, dates, milk

NEW

MATCHA MINT 52 59

organic matcha mint tea, coconut milk, frozen yoghurt, milk, kale, baby spinach, agave

THE ANTI-OXIDANT 52 59

acai berries, goji berries, raspberries, banana, pineapple, coconut-infused water, almond / macadamia nut butter, agave

NUT MILK 52 59

almond / macadamia nut butter, cashews, cacao nibs, banana, coconut milk, coconut-infused water, honey

RAW JUICES & SHOTS

350ML 500ML
S L

FLOO JUICE 36 44

orange, carrot, lemon, ginger, cayenne pepper

HEART BEET 36 44

apple, beetroot, cucumber, lemon, mint

CBC 36 44

carrot, beetroot, celery

NEW

DRAGON FIRE 42 50

dragon fruit, ginger, apple, cucumber, celery

YOUR DAILY GREENS 42 50

apple, kale, spinach, cucumber, celery, chia seeds

GINGER SHOT (25ML / 50ML) 12 24

FLOO SHOT (50ML) 18

ginger, honey, lemon, cayenne pepper