



FOOD

PROTEIN PANCAKE STACK 20

CHOC BERRY Banana, berries, raw chocolate sauce & vanilla bean nice cream.

APPLE CARAMEL Apple, pecans, maple, raw caramel sauce & vanilla bean nice cream.

SNICKERS Banana, caramel, peanut butter, raw choc sauce & vanilla bean nice cream.

SAVOURY Pesto, avocado, zucchini, beetroot, micro greens & cashew cheese.

ICE CREAM MAY BE SWAPPED FOR COCONUT YOGURT.

AVOCADO SMASH 16

GF hemp sourdough, pesto, lemon, salt, pepper, smashed avo topped w/ micro greens.

Served with a garden salad, a light olive oil dressing & sprinkled in activated nuts and seeds.

WARRIOR PORRIDGE 15

Warm chai spiced quinoa coconut porridge, with ginger & turmeric, topped with home made tahini caramel, pro-biotic coconut yoghurt, grated apple, sliced banana and wild blueberries.

SMOOTHIE BOWLS 15

ACAI Blend of acai, maqui, wild blueberries, banana, mango & coconut, topped with seasonal fruit & cranberry rose activated granola.

SNICKERS Banana, coconut, peanut butter, chia seeds, protein powder, topped w/ banana, berries, activated chocolate granola, raw caramel & raw choc sauce.

ORGANIC

RAW

PLANT BASED

GLUTEN FREE

DAIRY FREE

SUGAR FREE

CRUELTY FREE

NO NASTIES

VEGAN

PALEO

LET THY

FOOD BE THY

MEDICINE

& THY MEDICINE

BE THY FOOD

+

ADD

AVOCADO 4

MUSHROOMS 5

SAUERKRAUT 4

TEMPEH 4

MACADAMIA FETA 5

PEANUT BUTTER 2

CHOCOLATE SAUCE 2

CARAMEL SAUCE 2

WILD BLUEBERRIES 4

COCONUT YOGHURT 2

COCONUT ICE CREAM 5

GARDEN SALAD 4

WRAPS 18

MEXICAN Walnut meat, avo, cashew cheeze, coconut sour cream & chilli sauce.

TEMPEH Roast tempeh, avo, sweet and spicy chilli sauce & cashew cheeze.

Home made, veggie wraps with greens, carrot, beetroot, zucchini, tomato & cucumber.

TOWER OF POWER BURGER 20

Toasted GF hemp sourdough bun, sweet chilli, sauerkraut, carrot, tempeh, aioli, cucumber, greens & cashew cheeze.

RAW NACHOS 20

Seasoned walnut & mushroom meat, carrot & greens with spicy tomato-chilli salsa, guac, coconut sour cream, cashew cheeze and home made chia & sunflower chips.

MASALA CURRY BOWL 18

A delicious, coconut veggie masala curry served with rice, topped with pro-biotic coconut yoghurt, home made chutney and activated nut, seed & bean sprinkles.

NOURISHING SALADS Sml 14 Lrg 18

Check the cabinet for our delicious daily salad specials.

NEW EARTH

KITCHEN CLOSSES AT 1.30



DRINKS

JUICES, SMOOTHIES & KEFIRS 500ml 12

Check our drinks fridge for daily, fresh, super food blends!

COLD-PRESSED JUICES - Norwalk juicers are the best juice machines in the world - using mastication and a 1 ton press, they deliver 40% more nutrients to the body than any other juice machine.

SMOOTHIES - Packed with super foods, our smoothies are made with a Vitamix to create thick and creamy elixirs of love.

KEFIR - Fermented pro-biotic coconut kefir for ultimate gut health.

FRAPPES 500ml 9

Choc / Choc Mint / Choc Orange / Choc Chai / Choc Chilli Coffee / Mocha / Chai / Chai Turmeric / Turmeric / Matcha

BLENDED ON YOUR CHOICE OF MYLK &
TOPPED WITH VANILLA BEAN COCONUT ICE CREAM

CHAKRA TEAS 4

HOT or ICED

Organic, local, high frequency herbal blends.

ROOT - *Life force & Creation*

Jasmin, elderberries, dandelion, ginger, apple, fennel and hibiscus.

SACRAL - *Balance & Harmony*

Chamomile, calendula, nettle, horsetail, hibiscus and rooibos.

SOLAR PLEXUS - *Trust & Let go*

Fennel, cinnamon, hibiscus, rooibos and peppermint.

HEART - *Radical Self Love & Oneness*

Calendula, elderberries, rose, hawthorn, tulsi, jasmin and cinnamon.

THROAT - *Activation & Expression*

Lemongrass, lemon peel, elderberries, ginger, echinacea and peppermint.

THIRD EYE - *Awakening & Presence*

Rosemary, lemon peel, lemon balm, tulsi, jasmine, butterfly pea and green tea.

CROWN - *Highest Potential & Clarity*

Rosemary, lavender, butterfly pea, palo santo, tulsi and chamomile.

MYLKS

HOUSE BLEND

Cashew / Cashew Coconut
Almond / Almond Coconut

OR

BonSoy / Oat / Coconut

+

ADD

MEDICINAL MUSHROOMS 1

CHAGA / JING / MASONS / CORDYCEPS

LIONS MANE / REISHI / ASHWAGANDA

EXTRA SHOT .50

VANILLA .50

CARAMEL .50

HONEY 1

MAPLE 1

CEREMONIAL CACAO 50g dose 8

With spices and lions mane, made on coconut milk.

MEDICINAL MUSHROOM HOT CHOC

Sml 6 Med 7 Lrg 7.5

REISHI *De-stress.*

Heart health, liver support, immunity, beauty, longevity & vitality, mums & bubs.

LIONS MANE *Brain power.*

Memory, cognition, inflammation, digestive tract, immunity, gut health.

CHAGA *Immune support.*

Anti-fungal, anti-viral & anti-bacterial. Anti-ageing, melanin & DNA protection.

JING *Core energy.*

Kidney & adrenal support, liver protection, stress relief, physical health & wellness.

MASONS *Unify.*

Build foundational health and upgrade the bodies core communication channels.

SUPERFOOD LATTES

Sml 5.5 Med 6 Lrg 7

Dandelion / Matcha / Turmeric / Chai Turmeric / Chai / Chai Chilli
Choc Chai / Choc Ginger / Choc Mint / Choc Jaffa / Carob

COFFEE

Sml 1 shot 5.5 Med 2 shots 6 Lrg 3 shots 7

Long Black 2 shots 3.5