



CAFE MENU

COFFEE

	Small: \$4.00
Latte, Cappuccino, Flat White, Long black	Large: \$4.50
Short Black, Macchiato, Piccolo	\$3.50
Soy, Almond, Mocha & Flavouring	Extra 50c
Extra Coffee Shot	Extra 50c
Tea	\$4.00
Milkshake - Chocolate or Strawberry	\$4.00
Iced Coffee, Iced Chocolate, Iced Mocha	\$4.00

SMOOTHIES

<u>CHOC BANANA SMOOTHIE</u>	\$9.00
Banana, peanut butter, chocolate protein powder & choice of milk	
<u>BERRY SMOOTHIE</u>	\$9.00
Mixed berries, muesli, strawberry yoghurt, honey & choice of milk	
<u>VIVA PROTEIN SMOOTHIE</u>	\$9.50
Banana, spinach, dates, peanut butter, vanilla protein powder & almond milk	
<u>MMTA SMOOTHIE</u>	\$9.50
Mixed berries, banana, vanilla protein powder, dates, peanut butter & almond milk	
<u>THE BANANA SHREDDER</u>	\$9.50
Banana, walnuts, peanut butter, honey, vanilla protein powder & choice of water or milk	



CAFE MENU

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FRESHLY SQUEEZED JUICES

Choice of up to 3 fruits **\$7.50**
Apple, Orange, Celery, Pineapple, Lemon,
Carrot & Ginger

FOOD

Chicken Schnitzel Wrap **\$8.50**
Chicken Schnitzel **\$4.00**
Lasagna **\$8.00**
Zucchini Slice **\$5.50**
Banana Bread **\$3.50**
Muffins - Blueberry or Mixed Berry..... **\$3.50**
Yoghurt & Muesli Cup **\$6.50**
Protein Balls - Date & Walnut or Peanut Butter..... **\$3.50**
Ice Cream Bowl - Vanilla **\$4.00**
Choc Chip Cookies **\$1.00**

MUSCLE MEALS

View the display window for our range of muscle meals **\$9.95**

Can be heated up for dine in or can be taken to heat and eat at home

PLEASE ADVISE OF ANY ALLERGIES