



revive.:

orange, pineapple & mint

strappleberry squeeze.:

orange, pineapple & strawberry

rejuice.:

pineapple, raspberries & watermelon

berry skinny.:

apple, blueberries, pineapple, raspberries & strawberries

lucid squeezes 

orange squeeze.:

orange, strawberry & banana

ultimate squeeze.:

apple, beetroot, carrot & celery

cleanse.:

apple, beetroot & carrot

ginger spice.:

apple, carrot, ginger & orange

\$3.50 sml.:
\$4.50 lrg.:



Freestyle 

combine and individualise your juice.:

apple, banana, beetroot, blueberries, carrot, celery, ginger, lemon, mango, mint, orange, passion fruit, pineapple, raspberries, strawberries, watermelon and wheatgrass

shakes & dairy smoothies 

shakes.:

chocolate, caramel, strawberry or vanilla

creamy banana blitz.:

nutmeg, low fat milk or soy, low fat frozen yoghurt or ice-cream

supreme chocolate.:

rich chocolate, banana, low fat milk or soy, low fat frozen yoghurt or ice-cream

milky magic.:

banana, strawberry milk, low fat frozen yoghurt or ice-cream

supplements.:
.55c each.:



slim line.:

citrine

enrich.:

multi-vitamins, minerals & amino acids

fighting fit.:

vitamins a, c, e & green tea

anger management.:

chamomile, passionflower & ginko biloba

supercharge.:

ginseng, gurana & vitamin e

warrior.:

echinacea, vitamin c & zinc


body builder.:

soy & whey protein

JUICES 



fruit smoothies

\$4.95 sml.: 
\$5.50 lrg.:

snappleberry.:

raspberries, strawberries, banana, 100% apple juice,
strawberry low fat yoghurt or ice-cream

sunrise.:

banana, honey, toasted muesli, low fat milk or soy, vanilla yoghurt or ice-cream

strawberry heaven.:

strawberries, banana, low fat milk or soy & vanilla yoghurt or ice-cream

tropical twist.:

mango, banana, 100% tropical juice, mango low fat frozen yoghurt or ice-cream

strawberry tease.:

strawberries, banana, 100% apple juice, strawberry low fat yoghurt or ice-cream

berry, berry nice.:

blueberries, raspberries, strawberries, 100% apple juice,
strawberry low fat yoghurt or ice-cream

passion frenzy.:

passion fruit, 100% tropical juice, strawberry low fat yoghurt or ice-cream


mango madness.:

banana, mango nectar, vanilla low fat yoghurt or ice-cream

raspberry delight.:

raspberries, banana, mango nectar, vanilla yoghurt or ice-cream

Frappes

\$4.45 sml.: 
\$5.00 lrg.:

lemon freeze.:

100% orange & lemon juice, fat free sorbet & ice

raspberry freeze.:

raspberries, 100% apple juice, fat free sorbet & ice

watermelon freeze.:

watermelon, 100% tropical juice, fat free sorbet & ice

mint freeze.:

mint, 100% pineapple juice, fat free sorbet & ice

tropical freeze.:

mango, banana, 100% tropical juice, fat free sorbet & ice

SMOOTHIES



cold bottled drinks

san pelligrino 500 ml.: \$3.95.:
limonata, rossa or manderino

fiji water 500 ml.: \$2.95.:

tiro's.: \$3.30.:
pink grapefruit, blood red orange or passion fruit

mt franklin 500 ml.: \$4.00.:
lightly sparkling

lipton ice tea.: \$3.00.:
lemon, peach or green tea

angostura lemon, lime & bitters.: \$3.20.:

diet coke, coke, sprite, lift or fanta.: \$3.30.:

Tea

earl grey, english breakfast, irish breakfast, chamomile, jasmine, lemon, peppermint or orange pekoe.: \$3.30.:

Coffee

ristretto.: \$2.50.:

expresso or macchiato.: \$2.80.:

long black.: \$2.90.:

doppio, afagato or vienna.: \$3.00.:

flat white, cappucino or café latte.: \$3.30.:

iced coffee or iced chocolate.: \$3.50.:

hot chocolate with marshmallows.: \$3.70.:

mocha or mochaccino.: \$3.90.:

DRINKS 



seasonal fruit salad... \$9.5.:
enriched with vanilla flavours

assorted toast... \$6.5.:
with homemade jam & butter

lightly toasted croissant... \$11.0.:
one side topped with ham, avocado & brie
the other topped with ham, cheese & tomato



vegetarian breakfast... \$14.0.:
served with grilled tomato, mushroom, country style potato,
spinach, baked beans & eggs of your choice

caramelised french toast... \$10.5.:
with grilled fresh seasonal fruit

buttermilk pancakes... \$10.0.:
accompanied by the traditional toppings

eggs benedict... \$11.5.:

with spinach or ham

with smoked salmon **\$12.5.:**

fresh omelette... \$12.5.:

with the choice of any three of the following ingredients

ham - cheese - tomato - onion - spinach - mushroom

accompanied by thick toast

savoury mince... \$12.5.:

on buttered toast and topped with a fried egg

lucid breakfast... \$15.9.:

eggs of your choice, bacon, mushroom, sausage, grilled tomato,
saute mushrooms, homemade baked beans, country style potato
& thick buttered toast. **includes tea, coffee or small orange juice**



BREAKFAST  **ALL DAY**



bowl of chips... \$6.5.:

hand cut and twice cooked accompanied by creamy aioli

lightly toasted bread... \$7.5.:

served with a duo of dips, olive oil & balsamic



lightly grilled smoked salmon... \$13.5.:

served on a bed of spinach, rocket, cherry tomatoes and dressed with a lemon pepper vinaigrette, topped with a poached egg

steak sandwich... \$16.0.:

served on turkish bread, lettuce, tomato & sauteed onion with a beef jus sauce comes with chips

caesar salad... \$13.5.:

topped with your choice of marinated baby octopus or grilled chicken

grilled halumi... \$12.5.:

on a greek style salad

chicken souvlaki... \$12.5.:

made up of rocket, tomato, onion, carrot, capsicum, cucumber & dressed with garlic mayonnaise & bbq sauce

sandwiches... P.O.A.:

made to order. toasted or non toasted



LUNCH



starters.:

- brusetta...** \$7.5.:
lightly grilled turkish bread
- garlic bread...** \$6.5.:
- roasted vegetables...** \$9.0.:
in fresh herds
- chilli prawns...** e \$14.0.:
m \$20.0.:
tossed in garlic & chilli tomato concasse on a bed of jasmine rice
- fresh seafood risotto...** e \$14.0.:
m \$21.5.:
topped by scallops, prawns, fish of the week & moreton bay bugs

mains.:

- Stir-fried chicken or beef...** m \$16.0.:
with asian vegetables with vermicelli or hokkien noodles
- spaghetti bolognese...** m \$16.5.:
topped with shaved parmesan, served with side salad
- tandori chicken...** m \$19.0.:
with rice & cucumber raita served in a papadum shell
- grilled chicken...** m \$19.5.:
on wok tossed greens drizzled with coconut, chilli & lime dressing
- crispy skinned salmon...** m \$21.0.:
wilted julienne asian vegetables, bok choy & finished with a chilli, lime & soya sauce
- ocean & earth...** m \$26.5.:
200g eye fillet served with moreton bay bug cooked in a creamy garlic & white wine sauce with a serve of chips & salad
- fish of the week...** market price.:
wait staff to advise



DINNER