



DAY

MONDAY – SATURDAY 6AM– 8:30PM

Gettin' Wheysted - \$7.00
200 Calories | 15g Protein
Double scoop choc/vanilla protein, mixed berries,
low fat yoghurt, almond milk.

PB Crunch - \$6.50
200 Calories | 15g Protein
Choc/vanilla protein, banana, peanut
butter, almond milk.

Choc Shot - \$6.50
200 Calories | 15g Protein
Choc protein, raw cacao, banana,
avocado, almond milk.

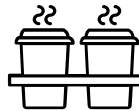


AM HIIT - \$6.50
200 Calories | 15g Protein
Coffee, almond milk, agave, vanilla protein.

Berry Nice - \$6.50
200 Calories | 15g Protein
Raspberries, watermelon, apple, pineapple,
lemon sorbet, low fat yoghurt.

Pina-Covado - \$6.50
200 Calories | 15g Protein
Vanilla protein, kale, pineapple, avocado,
almond milk.

Cheat Day Smoothie - \$10
Available Friday's only, see in store for
flavour of the week.



COMING SOON
R - \$3.70 | L - \$4.20

Espresso, Double Espresso, Machiatto, Ristretto, Piccolo
Cappucino. Latte, Mocha, Flat White, Magic Coffee

NIGHT

FRIDAY 7PM– 10:30PM (MEMBERS ONLY)



Cocktails
Banana Espresso Martini - \$15
Margaritta - \$14
Banutana - \$15
Sour Apple Tequila - \$14
Cardamom Rose - \$15

Beer - \$10
See bar to find out beer of the week.

Fizz & Wine - 175ml/glass
Prosecco / Rosè (served with fairy floss) - \$12
White Wine - \$11
Red Wine - \$11

Spirits & Mixers - 30ml
Old Fashioned (choice of Scotch or Bourbon) - \$13
Vodka Lime and Soda (served with berry ice) - \$10