

# NEW BREAKFAST

## BREAKFAST

### SMASHED AVOCADO

KJ1626 P20 F23 C23 (V)

Avocado, miche sourdough, poached eggs, fetta, cherry tomatoes, nut mix, herbs

### CHILLI EGGS

KJ2404 P26 F39 C26 (V)

Scrambled eggs, spinach, halloumi cheese, harissa, tomato salsa, miche sourdough

### TOMATO & ZAATAR

KJ2470 P10 F38 C41 (VE) (DFF)

Miche sourdough, tomato, hummus, tahini dressing, zaatar, herbs

### BREAKFAST BURGER

KJ2266 P34 F32 C31

Bacon, fried eggs, cheddar cheese on a burger bun

### BREKKIE WRAP

KJ2543 P29 F33 C45 (V)

Avocado, spinach, scrambled eggs, halloumi cheese, tomato salsa, wholemeal tortilla

### HEALTHY BENNY

KJ3133 P39 F54 C24

Sourdough, bacon, spinach, free ranged poached eggs, kalenaise Smoked salmon available to replace bacon as an extra

### RICOTTA TOAST

KJ2066 P13 F24 C49 (V)

Whipped ricotta, miche sourdough, honey, fruit & berries

### KETO BOWL

KJ2514 P36 F42 C16

Halloumi cheese, poached eggs, bacon, kale, mushroom, avocado, quinoa

## CREATE YOUR OWN BREAKFAST

**HIGH PROTEIN OR HIGH CARB, THE CHOICE IS YOURS!**

### HAVE YOU TRIED OUR COFFEE?

### COCOA & BANANA OATS

KJ2730 P33 F19 C75 (V)

Chocolate protein oats, banana, blue berries, coconut chips, and cacao

### BIG BREAKY

KJ3936 P54 F59 C46

Eggs, bacon, mushroom, spinach, cherry tomatoes, avocado, halloumi cheese, miche sourdough

### WELLBEING BOWL

KJ2235 P32 F37 C17

Sauteed kale & spinach, mixed quinoa, grilled halloumi cheese, fresh avocado and two poached eggs with a raspberry vinaigrette.

### PROTEIN PANCAKES

KJ2960 P34 F18 C98 (V)

Protein pancakes, mixed berries, banana, nuts and seeds, coconut ice cream & maple syrup

### ACAI BOWL

KJ2413 P10 F23 C83 (V) (DFF)

Acai, mango, berries topped with granola, banana, strawberries, coconut chips and chia seeds Peanut butter can be added

### HONEY NUTTER BOWL - BLUEBERRY

KJ3423 P41 F38 C75 (V)

Nu's famous honey nutter bowl with granola, banana, coconut chips, blueberries

*Gluten Free Quinoa & Charcoal Bread available as extras*

**EGG** KJ234 P6 F4 C0 (V) (GFF) (DFF)

**BACON** KJ1545 P23 F31 C2 (GFF) (DFF)

**SPINACH** KJ27 P1 F0 C0 (VE) (GFF) (DFF)

**BAKED MUSHROOM** (VE) (GFF) (DFF)

**AVOCADO** KJ347 P1 F8 C0 (VE) (GFF) (DFF)

**FETTA**

**HALOUMI CHEESE** KJ544 P9 F11 C0 (V) (GFF)

**SMOKED SALMON** KJ437 P12 F6 C0 (GFF) (DFF)

**MICHE SOURDOUGH** KJ457 P4 F1 C20 (VE) (GFF) (DFF)

**QUINOA & CHARCOAL GLUTEN FREE BREAD (2)** KJ323 P1 F1 C15 (VE) (GFF) (DFF)

**KALE, TOMATO & SPANISH ONION** KJ99 P2 F0 C3 (VE) (GFF) (DFF)

## SHAKES

### PROTEIN SHAKES

REGULAR  
LARGE

### HONEY NUTTER (V) (GFF)

REG KJ2006 P34 F24 C32  
LARGE KJ2314 P45 F25 C36

Chocolate protein powder, peanut butter, honey, chia seeds

### MANGO MADNESS (V) (GFF)

REG KJ1374 P26 F10 C36  
LARGE KJ1682 P37 F11 C40

Vanilla protein powder, mango, honey, almond flakes, chia seeds

### KETO SHAKE (V) (GFF)

REG KJ2477 P37 F41 C18  
LARGE KJ2785 P48 F42 C22

Vanilla protein powder, avocado, peanut butter, walnuts, spinach, cinnamon

### BANANA BLISS (V) (GFF)

REG KJ1780 P27 F19 C39  
LARGE KJ2088 P38 F20 C43

Vanilla protein powder, banana, chia seeds, honey, walnuts, cinnamon

### BERRY SWEET (V) (GFF)

REG KJ975 P24 F6 C19  
LARGE KJ1283 P35 F7 C23

Vanilla protein powder, mixed berries, goji berries, cranberries, coconut

### FOREVER ENERGY (V) (GFF)

REG KJ1371 P26 F10 C33  
LARGE KJ1679 P37 F11 C37

Vanilla protein powder, banana, avocado, dates, almond flakes, chia seeds

### NUTTY BANANA (V) (GFF)

REG KJ2163 P35 F24 C39  
LARGE KJ2471 P46 F25 C43

Vanilla protein powder, banana, peanut butter, honey, chia seeds.

### SHREDDER (V) (GFF)

REG KJ712 P24 F5 C9  
LARGE KJ1020 P35 F6 C13

Your choice of protein powder, L-Carnitine, chia seeds

### BISCOFF OVERLOAD (V)

REG KJ1843 P25 F20 C40  
LARGE KJ2151 P37 F21 C44

Vanilla protein, biscoff spread, chia seeds, banana

### BASE SHAKE (V) (GFF)

REGULAR  
LARGE

REG KJ616 P23 F3 C7  
LARGE KJ923 P34 F4 C11

Chocolate or Vanilla

### VEGAN SMOOTHIES

REGULAR  
LARGE

### ACAI (VE) (GFF) (DFF)

REG KJ879 P3 F5 C38  
LARGE KJ1115 P5 F7 C47

Acai, banana, chia seeds, goji berries, cranberries

### GREEN & LEAN (VE) (GFF) (DFF)

REG KJ485 P3 F2 C19  
LARGE KJ737 P5 F4 C29

Super greens, spinach, apples, passionfruit, banana, chia seeds

### ADD EXTRA TO SHAKE

PROTEIN

COFFEE SHOT

VEGAN PROTEIN

PEANUT BUTTER

CREATINE

L-CARNITINE

GLUTAMINE

## FRUIT CRUSH

### FRUIT CRUSH

REGULAR  
LARGE

### TROPICANA CRUSH

KJ455 P3 F2 C19

### ORANGE OASIS

KJ451 P2 F0 C19

### LYCHEE, PINEAPPLE, PEAR, APPLE

KJ406 P1 F0 C20 (VE) (GFF) (DFF)

### WATERMELON, APPLE & PASSIONFRUIT

KJ348 P1 F0 C17 (VE) (GFF) (DFF)

### CELERY, APPLE, CUCUMBER

KJ190 P1 F0 C9 (VE) (GFF) (DFF)

### ADD EXTRA TO FRUIT CRUSH

GINGER, LEMON, FRUIT



(V) VEGETARIAN (VE) VEGAN (DFF) DAIRY FREE (GFF) GLUTEN FREE

KJ KILOJOULES P PROTEIN F FATS C CARBOHYDRATES



W E E K

# KIDS

## KIDS FOOD

- CHEESE TOASTY
- BOILED EGGS & SOLDIERS
- BACON EGG BURGER
- CHEESE BURGER
- BAKED CHICKEN BITES & CHIPS
- KIDS PANCAKES  
Banana, strawberries

## KIDS SHAKES

- CHOCOLATE
- STRAWBERRY
- VANILLA



# LUNCH

## OG BURGER

KJ2925 P34 F47 C35  
Beef patty, onion, fresh pickles, cheddar cheese, aioli, lettuce, burger bun  
**Add egg, bacon**

## CHICKEN BURGER

KJ2614 P33 F38 C38  
Chicken breast, chilli aioli, tomato, onion, lettuce, burger bun  
**Add cheese, bacon**

## CHICKEN AVOCADO WRAP

KJ3183 P34 F49 C44  
Chipotle chicken, avocado, tomato, spinach, aioli, wholemeal tortilla

## LOADED BEEF WRAP

KJ3142 P40 F46 C44  
Beef, tomato, onion, cucumber, aioli, lettuce, wholemeal tortilla

## FALAFEL WRAP

KJ2656 P22 F23 C82 **V** **DF**  
Herb falafel, charred zucchini, onion & capsicum, hummus, lettuce

## NU TACO

KJ2113 P22 F41 C9 **GFF**  
Toasted corn tortilla, chicken, pickled cabbage, avocado, tomato salsa, chilli aioli, lime

## HEALTHY CAESAR

KJ3072 P53 F51 C16  
Quinoa crusted chicken, Baby cos, kale, bacon, parmesan cheese, egg, Caesar dressing

## CHICKEN AVOCADO SALAD

KJ2777 P32 F51 C19 **GFF**  
Chicken, avocado, sweet potato, spinach, walnuts, avocado herb dressing

## ROAST PUMPKIN SALAD

KJ2254 P17 F26 C53 **VE** **GFF** **DF**  
Cumin roasted Pumpkin, Pickled cabbage, falafel, shaved cucumber, quinoa, avocado, beetroot hummus

## BOWL BAKED SWEET POTATO WEDGES

KJ946 P2 F8 C35 **VE** **DF**

# CREATE YOUR OWN PLATE

## GARLIC HERB CHICKEN BREAST

KJ900 P25 F11 C1 **GFF** .....  
**100g** KJ1799 P49 F23 C7  
**200g**

## QUINOA CRUSTED CHICKEN TENDERS

KJ673 P24 F2 C11  
**100g** .....  
**200g** KJ1345 P48 F4 C22

## CHIPOTLE CHICKEN THIGH

KJ676 P24 F7 C2 **GFF** **DF** .....  
**100g** .....  
**200g** KJ1352 P47 F13 C4

## ATLANTIC SALMON FILLET

KJ1215 P25 F22 C1 **GFF** **DF** .....  
**100g** .....  
**200g** KJ2431 P50 F44 C2

## BARRAMUNDI FILLET

KJ505 P22 F3 C1 **GFF** **DF** .....  
**100g** .....  
**200g** KJ1010 P44 F7 C1

## HERBED FALAFEL

KJ1090 P10 F10 C32 **VE** **GFF** **DF** .....  
**100g** .....  
**200g** KJ2180 P20 F21 C64

## BEEF RUMP

KJ823 P30 F9 C0 **GFF** **DF** .....  
**100g** .....  
**200g** KJ1645 P61 F17 C0

## BEEF MEATBALLS IN NAPOLI SAUCE...

KJ625 P26 F5 C0  
**100g** .....  
**200g** KJ1251 S2 F10 C1

## BAKED SWEET POTATO WEDGES

KJ946 P2 F8 C35 **VE** **DF**

## ROSEMARY BAKED SWEET POTATO

KJ484 P3 F1 C21 **VE** **GFF** **DF**

## ROAST CUMIN PUMPKIN

KJ117 P1 F0 C4 **VE** **GFF** **DF**

## TURMERIC BASMATI RICE

KJ362 P2 F0 C18 **VE** **GFF** **DF**

## BROWN RICE

KJ735 P4 F1 C36 **VE** **DF**

## QUINOA 80G

KJ346 P3 F1 C13 **VE** **GFF** **DF**

## BROCCOLI

KJ100 P3 F0 C1 **VE** **GFF** **DF**

## GREEN BEANS

KJ115 P2 F0 C4 **VE** **GFF** **DF**

## AVOCADO

KJ347 P1 F8 C0 **VE** **GFF** **DF**

## SALAD

KG886 P1 F22 C2 **VE** **GFF** **DF**

## CHARRED VEG

KJ134 P2 F0 C5 **VE** **GFF** **DF**

## CHARRED KALE, TOMATO & ONION

KJ99 P2 F0 C3 **VE** **GFF** **DF**

## BAKED MUSHROOM 100G

KJ401 P4 F8 C2 **VE** **GFF** **DF**

## BOILED EGG

KJ235 P5 F4 C0 **V** **GFF** **DF**

## ADD ON SAUCES

**AIOLI** KJ1140 P1 F30 C1 **V** **GFF**

**CHILLI AIOLI** KJ968 P1 F24 C3 **V** **GFF**

**HARISSA** KJ595 P0 F15 C1 **VE** **GFF** **DF**

**HUMMUS** KJ370 P3 F6 C6 **VE** **GFF** **DF**

**BEETROOT HUMMUS** KJ352 P1 F6 C6 **VE** **GFF** **DF**

**TOMATO SAUCE**

**BBQ SAUCE**

### HAVE YOU TRIED NUMEALS?

### HOW WOULD YOU LIKE YOURS?

**V** VEGETARIAN **VE** VEGAN **DF** DAIRY FREE **GFF** GLUTEN FREE

**KJ** KILOJOULES **P** PROTEIN **F** FATS **C** CARBOHYDRATES

