

BOWLS INCLUDING GRANOLA

	Medium Large
PURPLE AÇAI Açai, guarana, banana, strawberry, peanut butter, almond milk	13 15.5
RED AÇAI Açai, guarana, banana, strawberry, blueberry, coconut milk	13 15.5
GREEN AÇAI Açai, guarana, banana, kale, spinach, date, spirulina, almond milk	13 15.5
PINK RAINBOWL Dragonfruit, mango, banana, strawberry, raspberry, coconut milk	13 15.5
VIOLET RAINBOWL Strawberry, blueberry, banana, peanut butter, vanilla, salt, almond milk	13 15.5
YELLOW RAINBOWL Passionfruit, mango, pineapple, banana, flaxseed, coconut milk	13 15.5

	RA'S	
4	CHIA PUDDING MATCHA	2
	CHIA PUDDING CHOCOLATE	1.5
	PEANUT BUTTER	1
	HEMP PROTEIN	1
1	CACAO NIBS	1
	DATE	1

NARM OATS 9.5

Base: oats, almond milk, vanilla, himalayan salt, cinnamon, pumpkin spice

Toppings: fresh figs, banana, fig paste, peanut butter, seed mix (toppings may vary as the seasons change)

SMOOTHIES

GREEN PROTEIN SMOOTHIE Wheatgrass, avocado, spinach, pineapple, mango, broccoli, banana, spirulina, hemp protein, coconut milk	м 7/ L 8.5
BREAKFAST SMOOTHIE Peanut butter, banana, blueberry, date, oats, vanilla, salt, almond milk	M 7/ L 8.5
GINGER COLADA SMOOTHIE Passionfruit, pineapple, ginger, mint, banana, coconut milk	M 7/ L 8.5
CACAO PROTEIN SMOOTHIE Raw chocolate, pea protein, avocado, banana, blueberry, guarana, maca, coffee, peanut, flaxseed, date, vanilla, salt, almond milk	M 7/ L 8.5
IMMUNE BOOSTER SMOOTHIE Mango, orange, lemon, turmeric, ginger, carrot, banana, coconut milk	м 7/ L 8.5
KIDS SMOOTHIE Banana, mango, strawberry, coconut milk	6.5

CHIA PUDDINGS

DRAGONFRUIT LAYERED CHIA Layers of chia (chocolate or matcha +1), pitaya, mango, banana, cacao, coconut yoghurt & more	9.5
AÇAI LAYERED CHIA Layers of chia (chocolate or matcha +1), açai, cacao, banana, coconut yoghurt, fruits & more	9.5
CHOCOLATE CHIA Chocolate chia layered with coconut yoghurt, fruits & more	7.5
MATCHA CHIA Ceremonial grade matcha chia pudding layered with vegan greek yoghurt, coconut, fruits & more	8.5

SWEETS

Bliss ball	3.5
Banana bread	4
Lemon poppy cake	4
Lemon blueberry cake	4
Peanut butter brownie	4
Carrot cake	4.5





COLD PRESSED JUICES

GREEN GOODNESS Spinach, cucumber, celery, apple, lemon, ginger	5.5
LEAN GREEN Celery, spinach, cucumber, fennel, lime	5.5
MORNING GLOW Carrot, orange, turmeric, lemon, ginger	5.5
HEART BEET Beetroot, carrot, apple, lemon, ginger	5.5

HEALTH SHOTS

GINGER & TURMERIC, LEMON 4

COFFEE LOVERS

OAT, ALMOND, SOY, COCONUT (FREE OF CHARGE)

DOUBLE ESPRESSO	3.5
AMERICANO	3.5
CORTADO	4
CAPPUCCINO	4.2
FLAT WHITE	4.8
LATTE	4.5
MOCHA LATTE	4.5
ICED AMERICANO	4.5
ICED LATTE	5

OVE MUGS -

TEA TIME

FRESH MINT TEA	3.5	MATCHA COCO LATTE Made with ceremonial grade matcha
COLD PRESSED GINGER TEA	3.5	
GINGER ORANGE MINT TEA	3.8	ICED MATCHA COCO LA Made with ceremonial grade matcha
MATCHA TEA	4	CHAI LATTE
LEMON THYME	3.5	PINK CHAI LATTE
		DIRTY CHAI LATTE

3.5

REFRESHMENTS

WATER STILL | SPARKLING 3.5 KOMBUCHA 4.5

YOUNG COCONUT WATER 5.75

WIFI: RAINBOWL PASSWORD: FattheRainbow1

MATCHA COCO LATTE Made with ceremonial grade matcha ICED MATCHA COCO LATTE Made with ceremonial grade matcha CHAI LATTE PINK CHAI LATTE DIRTY CHAI LATTE HOT CHOCOLATE GOLDEN MYLK 5 4.5 4.5 4.8

PLEASE ORDER AT THE BAR

