



BOWLS

INCLUDING GRANOLA, COCONUT FLAKES & FRUIT TOPPINGS

Medium / Large

PURPLE AÇAÍ

Açaí, guarana, banana, strawberry, peanut butter, almond milk

14 | 17

RED AÇAÍ

Açaí, guarana, banana, strawberry, blueberry, coconut milk

14 | 17

GREEN AÇAÍ

Açaí, guarana, banana, kale, spinach, date, spirulina, almond milk

14 | 17

PINK RAINBOW

Dragonfruit, mango, banana, strawberry, raspberry, coconut milk

14 | 17

VIOLET RAINBOW

Strawberry, blueberry, banana, peanut butter, vanilla, salt, almond milk

14 | 17

YELLOW RAINBOW

Passionfruit, mango, pineapple, banana, flaxseed, coconut milk

14 | 17

EXTRA'S

CHIA PUDDING CHOCOLATE	1.5
PEANUT BUTTER	1
HEMP PROTEIN	1
CACAO NIBS	1
DATE	1

WARM 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

M 8 / L 9.5

Wheatgrass, avocado, spinach, pineapple, mango, broccoli, banana, spirulina, hemp protein, coconut milk

BREAKFAST SMOOTHIE

M 8 / L 9.5

Peanut butter, banana, blueberry, date, oats, vanilla, salt, almond milk

GINGER COLADA SMOOTHIE

M 8 / L 9.5

Passionfruit, pineapple, ginger, mint, banana, coconut milk

CACAO PROTEIN SMOOTHIE

M 8 / L 9.5

Raw chocolate, pea protein, avocado, banana, blueberry, guarana, maca, coffee, peanut, flaxseed, date, vanilla, salt, almond milk

IMMUNE BOOSTER SMOOTHIE

M 8 / L 9.5

Mango, orange, lemon, turmeric, ginger, carrot, banana, coconut milk

KIDS SMOOTHIE

7.5

Banana, mango, strawberry, coconut milk

CHIA PUDDINGS

DRAGONFRUIT LAYERED CHIA

10.50

Layers of chia, pitaya, mango, banana, cacao, coconut yoghurt & more

AÇAÍ LAYERED CHIA

10.50

Layers of chia, açaí, cacao, banana, coconut yoghurt, fruits & more

CHOCOLATE CHIA

8

Chocolate chia layered with coconut yoghurt, fruits & more

SWEETS

Bliss ball	3.5
Banana bread	4
Lemon poppy cake	4
Lemon blueberry cake	4
Carrot bananabread	4
Chocolate chip bananabread	4



If you have any allergies please let us know



COLD PRESSED JUICES

GREEN GOODNESS Spinach, cucumber, celery, apple, lemon, ginger	6
MORNING GLOW Carrot, orange, turmeric, lemon, ginger	6
HEART BEET Beetroot, carrot, apple, lemon, ginger	6

HEALTH SHOTS

GINGER	3.5
GINGER & TURMERIC, LEMON	4

TEA TIME

FRESH MINT TEA	4
COLD PRESSED GINGER TEA	4
GINGER ORANGE MINT TEA	4

REFRESHMENTS

WATER STILL SPARKLING	3.5
KOMBUCHA	4.5
YOUNG COCONUT WATER	6.5

WIFI: RAINBOWL PASSWORD: EattheRainbow1

COFFEE LOVERS

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

DOUBLE ESPRESSO	3.5
AMERICANO	3.5
CORTADO	4.3
CAPPUCCINO	4.6
FLAT WHITE	4.8
LATTE	4.8
MOCHA LATTE	4.8
ICED AMERICANO	4.5
ICED LATTE	5

LOVE MUGS

COCONUT WATER ICED MATCHA	6
MATCHA COCO LATTE Made with ceremonial grade matcha	6
ICED MATCHA COCO LATTE Made with ceremonial grade matcha	6
CHAI LATTE	4.5
PINK CHAI LATTE	4.8
DIRTY CHAI LATTE	4.8
HOT CHOCOLATE	4.5



PLEASE ORDER AT THE BAR



If you have any allergies please let us know