

# ☺ Nourish ☺

AT PEACE

## Smoothies ☺

PURA VIDA

Coconut - Pineapple - Banana

MONTEVERDE

Mango - Pineapple - Spinach - Ginger

MONTEZUMA

Chocolate - Peanut Butter - Banana

**\$6**

## Snacks

CHIPS & GUAC ☺ ☺

Homemade guacamole served with fresh tortilla chips and salsa - all made in house

FRUIT BOWL ☺ ☺

A fresh selection of in-season fruit served with a crunchy nut topping

HUMMUS BREAD ☺

Homemade bread with hummus, served with grilled veggies & fresh salad

AVOCADO TOAST ☺

Fresh avocado and tomato on delicious homemade bread, topped with cilantro

**\$8**

## Drinks

Fresh Coconut Water **\$3**

Cold Brew Coffee **\$6**

Kombucha **\$6**

Beer **\$4**

Wine **\$7**

## Mains

OM WRAP ☺

Selection of fresh roasted veggies, beetroot hummus, tahini-lime dressing

BUDDHA BOWL ☺ ☺

Quinoa, raw veggies, beet hummus, avocado, smoky peanut dressing

FALAFEL SALAD ☺

Homemade falafel on fresh salad, served with hummus & pita bread

**\$12**

## Dessert

ICE-CREAM CUP **\$5**

Chocolate - Vanilla - Strawberry - Oreo - Mocha - Root Beer - Cinnamon - Brownie - Mint Chocolate Chip - Dulce de Leche - Peanut Butter

VEGAN ICE-CREAM CUP **\$5**

Chocolate - Lime - Strawberry - Oreo - Mango - Raspberry Swirl

ICE-CREAM SANDWICH **\$6**

Chocolate Chip Cookie (Vanilla, Chocolate, Peanut) - Chocolate Cookie with Mint

VEGAN ICE-CREAM SANDWICH **\$6**

Oatmeal Cookie (Raspberry Swirl or Coconut-Lime)



Gluten Free



Vegan