



# PINEAPPLE<sup>TM</sup>

## express

SUPERFOOD CAFE



### COFFEE & TEA

FROM  
3

Espresso	Chai Latte	
Long Black	Turmeric Latte	
Macchiato	Matcha Latte	
Piccolo	Iced Long Black	English Breakfast
Latte	Iced Latte	Earl Grey
Flat White	Iced Mocha	Sencha
Cappuccino	Iced Chocolate	Lemongrass & Ginger
Mocha	Iced Chai Latte	Peppermint
Hot Chocolate	Babyccino 1.5	Chamomile

### SMOOTHIE 9.5

Kids Size 5

#### Açaí Anti Blast Smoothie

coconut water blended with açai, banana, mixed berries, pineapple, coconut oil & garnished with fresh stawberry

#### Activated Smoothie

coconut water blended with activated charcoal, açai, mango, banana & garnished with diced mango

#### Endless Summer Smoothie

coconut water blended with fresh mint, mango, strawberry, watermelon, pineapple & garnished with fresh strawberry

#### Green & Clean Smoothie

coconut water blended with banana, pineapple, fresh kale, spinach, mint, cucumber, lime juice & garnished with fresh mint

#### King Kong Smoothie

coconut water blended with banana, cinnamon, chia seeds, coconut ice cream & honey

#### Mango Muscles Smoothie

coconut water blended with mango, coconut ice cream, organic protein powder, chia seeds & drizzled with passionfruit pulp

#### Peanut Butter & Chocolate Smoothie

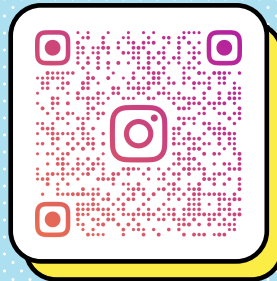
almond milk blended with banana, peanut butter, cocoa, coconut ice cream, drizzled with chocolate sauce & sprinkled with crushed peanuts & cacao nibs

#### Pina Colada Smoothie

coconut milk blended with pineapple, mint, honey, lime juice & garnished with fresh mint & pineapple

#### The Titanic Smoothie

coconut water blended with mixed berries, mango, coconut oil & drizzled with passionfruit pulp



### MILK ALTERNATIVES .50

- Almond
- Coconut
- Lactose Free
- Macadamia
- Soy
- Oat

### EXTRAS

- 2 Coyo Coconut Ice Cream
- 2 Coyo Coconut Yoghurt
- 1.5 Raw Pre-Probiotic (5g)
- 1.5 Raw Organic Protein Powder (15g)
- .50 Honey
- 1 Double Espresso

### FRAPPE 8

#### Coffee Frappe

almond milk, double espresso, coconut ice cream & date

#### Golden Turmeric Frappe

coconut milk, turmeric, chai, honey & ginger

#### Matcha Frappe

coconut milk, matcha powder, spinach, cinnamon & honey

#### Watermelon Frappe

coconut water, fresh watermelon, mint & lime juice

#### Probiotic Coconut Frappe

coconut milk, Raw pre-probiotic powder, coconut ice cream & double espresso

### WELLNESS SHOT 4

#### Gut Cleanser

organic supergrass, celery, cucumber & spinach

#### Flu Fighter

papaya superfood concentrate, lemon, ginger & turmeric

#### Papaya Plus

papaya superfood concentrate & coconut water

### FRESH JUICE 8.5

Kids Size 5

#### Pineapple Sunshine

pineapple, apple, orange & lemon

#### Cold Killer

apple, celery, lemon, beetroot, ginger & turmeric

#### Ginger Ninja

apple, celery, lemon, carrot & ginger

#### Mean & Green

apple, cucumber, celery, spinach & Mint

#### MYO (maximum 4 items)

apple, beetroot, carrot, celery, cucumber, ginger, kale, lemon, mint, orange, spinach, turmeric, watermelon



# ALL DAY MEAL

## Pineapple Board

24

your choice of **PULLED PORK** / **BACON** / **SMOKED SALMON** served with free range poached egg, garlic mushrooms, smashed avo, grilled halloumi, cabbage slaw, fresh cherry tomatoes, beetroot hummus and toasted pumpkin & pepita sourdough

## Express Plate

18

free range poached eggs, bacon, halloumi and chargrilled seasonal greens, served with toasted pumpkin & pepita sourdough and tomato relish

## Smashed Avo

12.9

classic smashed avo on one toasted pumpkin & pepita sourdough, served with fresh cherry tomatoes, feta, fresh rocket and red onion, garnished with dukkah and sesame seeds

## Eggs Benny Your Way

14

free range eggs, toasted pumpkin & pepita sourdough, wilted baby spinach, hollandaise sauce

served with your choice of **GARLIC MUSHROOMS (+5)** / **BACON (+5)** / **SMOKED SALMON (+6)**

## Breakfast Burger

19

Angus beef pattie with crispy bacon, free range egg, tasty cheddar, fresh rocket, sriracha mayo, toasted brioche bun, served with sweet potato chips and aioli sauce

## Vegetarian Burger

18.5

your choice of **BEEF-LESS** / **CHICKEN-LESS** pattie with fresh tomatoes, fresh rocket, dairy free cheese, gherkin, mustard sauce, toasted brioche bun, served with sweet potato chips and aioli sauce

## Fish Taco

15

3 soft tacos with crumbed whiting, cabbage slaw, aioli, tartare sauce, tomato salsa, and jalapeño

## Nachos Your Way

18.5

your choice of **PULLED PORK** / **BBQ JACKFRUIT**

served with corn chips, smashed avo, sour cream, mexican bean mix, tomato salsa, shredded tasty cheddar, jalapeño, and sriracha mayo (cashew sour cream and vegan shredded mozzarella for vegan selection)

## Sweet Potato Fries

8

served with aioli sauce

## Salmon Bagel

13.9

dill cream cheese, capers, fresh rocket, red onions and Norwegian smoked salmon

## Bacon & Eggs Wholemeal Wrap

12

wholemeal tortilla with crispy bacon, scrambled eggs, tasty cheddar, baby spinach and BBQ sauce

## Avocado & Chicken Spinach Wrap

12

spinach tortilla with poached chicken, smashed avocado, tasty cheddar, baby spinach and aioli sauce

## Falafel & Quinoa Tomato Wrap

12

tomato tortilla with falafel, quinoa, tomato, red onion, vegan shredded mozzarella, baby spinach and dill mayo

10

# KIDS MEAL

**Bacon & Eggs on Toast**  
**Angus Beef Sliders & Chips**

**Avo on Toast**  
**Fish & Chips**

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# SMOOTHIE BOWL

16

All smoothie bowls are served with honey granola with quinoa, almonds & pistachios (gluten free granola available)

## Acai Nutter

almond milk blended with açai berries, banana, peanut butter and cocoa, served with fresh banana, cacao nibs, crushed peanuts, drizzled with chocolate sauce and peanut butter

## Apple Crunch

coconut water blended with fresh green apples, banana, açai berries, grounded cinnamon and a hint of maple syrup, served with coconut yoghurt, fresh apples, blueberries and apple sauce

## Black Bowl

coconut water blended with açai berries, activated charcoal, banana, mango and organic plant-based protein powder, served with coconut yoghurt, goji berries, coconut flakes and seasonal fruits

## Breakfast Bowl

coconut water blended with açai berries, strawberries, blueberries, raspberries, blackberries, banana and spinach, served with coconut flakes and seasonal fruits

## Gym Junkie

coconut water blended with açai berries, banana, mango and organic plant-based protein powder, served with coconut flakes and seasonal fruits

## Mango Passion

coconut water and coconut milk blended with mango, pineapple, banana and passionfruit, served with coconut flakes, fresh passionfruit and other seasonal fruits

## Strawberries & Cream

coconut milk blended with strawberries and banana, served with fresh strawberries, coconut yoghurt and berry coulis

2 Coyo Coconut Ice Cream

2 Coyo Coconut Yoghurt

1.5 Raw Pre-Probiotic (5g)

1.5 Raw Organic Protein Powder (15g)

.50 Honey / Chocolate Sauce

4 Fresh Fruits

3 Honey Granola / GF Granola

1 Peanut Butter / Activated Charcoal

1 Chia Seeds / Goji Berries

# ADD ON

4 Toast with butter

Sourdough (2pc) / Gluten Free Bread (2pc) / Bagel (1pc)

5 Free Range Eggs (2pc)

5 Bacon (2pc)

6 Smoked Salmon

5 Pulled Pork

4 BBQ Jackfruit

5 Halloumi (2pc)

4 Hash Brown (2pc)

4 Smashed Avocado

5 Garlic Mushrooms

5 Chargrilled Seasonal Greens

3 Wilted Spinach

2 Fresh Cherry Tomatoes

1 Fresh Rocket / Spinach

A surcharge of 15% applies on public holidays.

Allergy statement: Menu items may contain or come into contact with WHEAT, EGGS, PEANUTS, TREE NUTS, and MILK. We are unable to guarantee that any menu item can be completely free of allergens. If you have a food allergy, please notify your server. For more information, please speak with a manager.