

PLANT SHACKTM

MENU



100% PLANT-BASED



NATURAL

We use Natural Ingredients



GLUTEN FREE

Options available



VEGAN

VEGAN

Vegan & Plant Based Menu

*All of our menu is
made fresh daily
using natural
ingredients*

BOWLS

JUICE

SMOOTHIES

TOASTS

SANDWICHES & POKE

COFFEE & COLD DRINKS

ORDER FOR PICK UP (WHATSAPP)

ALTEA/CALPE: 665 329 996

PALMA: 698 948 853





superfood BOWLS

THE ULTIMATE **30G PROTEIN - 100% RAW** *Detox Power!*

Green Spirulina, chlorella, pea/hemp protein, avocado, apple juice, mango, spinach - topped with fruit, walnuts, chia, pumpkin seeds

BLUE MERMAID **with spirulina** *Multi Vitamin!*

Blue Spirulina, mango, banana, coconut mylk, coconut flakes, chia

ACAI **with guarana** *Anti-ageing!*

Organic acai with guarana, strawberry, banana, almond mylk, chia granola*

PINK DRAGON **with pitaya** *Liver Cleanse!*

Dragon fruit, mango, strawberry, banana, coconut mylk, chia coconut flakes

SNICKERS **with raw cacao** *Re-fuel!*

Natural peanut butter, banana,, raw cacao nibs, agave, chia, almond mylk, walnuts, granola*



GREEN POWER **with matcha** *Energise!*

Matcha, spinach, kiwi, banana, mango, oat mylk, coconut flakes, chia

SUNSHINE **with maca** *Mood Booster!*

Maca, mango, banana, pineapple, almond mylk, coconut flakes, chia

FRUIT, YOGURT & GRANOLA **with chia, flax & pumpkin seeds**

Fresh fruit, coconut yoghurt, coconut flakes, granola*, agave, mixed seeds, chia

Omega 3s!



* ask for *Gluten Free Granola!*





raw
JUICE
power



detox
SHOTS
(60ml)



small
250ml

large
500ml

GREEN DETOX *Anti-inflammatory!*

Apple, spinach, cucumber, celery, lime

HAPPY HEART *Circulation!*

Pineapple, apple, beetroot, carrot, mint

GINGER ZINGER *Energizer!*

Carrot, apple, ginger, lemon

SKIN BOOSTER *Refresher!*

Pear, cucumber, apple, parsnip, lime, mint

PURE GREENS *Alkaliser!*

Cucumber, spinach, celery, lime, ginger

IMMUNE BOOSTER *Flu-fighter!*

Orange, carrot, ginger, turmeric, black pepper

CELERY FLUSH *Deep Cleanse!*

100% Pure celery juice

VITAMIN B12 *with chlorella*

Ginger, apple, chlorella, lime

INMUNE *with turmeric*

Ginger, apple, turmeric, black pepper, lemon

CARDIO *with beetroot*

Ginger, beetroot, lemon

ANTIOXIDANT *with blue spirulina*

Ginger, apple, blue spirulina, lime

DEEP DETOX *with activated charcoal*

Ginger, apple, activated charcoal, lemon

superfood SMOOTHIES

(500ml)



100% RAW:

GREEN TURBO with wheatgrass *Anti-inflammatory!*

Juiced pineapple, apple, spinach, cucumber, celery, lime with avocado & wheatgrass

PLANTSHACKER with hemp protein *Protein Boost!*

Juiced pineapple, apple, beetroot, carrot celery, lemon, with avocado, banana & hemp protein

with PLANT-BASED MYLKS:

POST WORK-OUT ashwagandha & maca *30g Protein!*

Almond mylk, pea protein, ashwagandha, camu camu, maca, banana, almond butter, agave

ACAI BERRILICIOUS with guarana *Anti-oxidants!*

Almond mylk, organic acai with guarana, strawberry, banana, agave

CHOCOLATE PROTEIN with raw cacao *Refuel!*

Almond mylk, natural peanut butter, raw cacao, gluten free oats, banana, agave

BLUE TROPICANA with spirulina *Multi Vitamin!*

Coconut mylk, banana, mango, pineapple, lime, blue spirulina

PINK PASSION with pitaya *Liver Boost!*

Coconut mylk, dragon fruit, mango, strawberry, banana, agave



add Plant
PROTEIN!


breakfast **TOASTS** *before 12:00!*

 On wholegrain bread

SMASHED AVOCADO

Smashed avocado, rocket, tomato, alfalfa sprouts, mixed seeds, olive oil

BEET HUMMUS & FETA

Beetroot hummus, vegan feta cheese, radish sprouts, avocado, walnuts, chia seeds 

CALIFORNIA RAINBOW

Natural peanut butter topped with banana, and vegan chocolate spread topped with blueberries & strawberries 

TOASTED SANDWICHES

Ask for any of our sandwiches to be toasted!



from the FRIDGE

Eat In or Grab & Go!

SANDWICHES

on wholegrain bread



POKE BOWLS



Toast Me!



Gluten Free!



AVOCADO, CHEESE & PESTO

Avocado, vegan mozzarella cheese, pesto, rocket, tomato, cucumber, alfalfa sprouts, olive oil



BBQ JACKFRUIT

Home-made BBQ Jackfruit, coleslaw, avocado, tomato, rocket


BEET HUMMUS & FALAFEL

Beetroot hummus, organic falafel, avocado, rocket, coleslaw, cucumber

ASIAN EDAMAME POKE with sesame & ginger

Edamame beans, brown rice & quinoa, Asian ´slaw, baby spinach, zucchini noodle, lime & pickled ginger with a sesame, soy & ginger salsa  

BBQ JACKFRUIT POKE

Home-made BBQ Jackfruit, brown rice & quinoa with soy sauce, coleslaw, baby spinach, rocket, avocado, tomato, lemon 

SPECIALITY COFFEE & DRINKS



*We use only
Oatly Barista
Milk!*

ESPRESSO (double/single)
CORTADO
AMERICANO/LONG BLACK
LATTE (large/small)
CAPPUCHINO (large/small)
FLAT WHITE
TRIPLE BYPASS
MATCHA LATTE* (large/small)
CHAI LATTE (large/small)
DIRTY CHAI
MOCHA
HOT CHOCOLATE (raw cacao)
TEAS

ICED COFFEE

ICED LATTE* (large/small)
ICED FLAT WHITE
FRAPPUCHINO*
ICED MATCHA LATTE* (large/small)
MATCHA FRAPPUCHINO*
ICED CHAI LATTE (large/small)
ICED DIRTY CHAI

*SYRUPS (EXTRA) - caramel, vanilla, chocolate

COLD DRINKS

KE WATER / KOMBUCHA
WHOLE EARTH
WATER (large/small)

**LOCALLY ROASTED
BY D.ORIGEN**



PLANT SHACK®