

MENU 100% PLANT-BASED









FREE VEGA

All of our menu is made tresh dailu

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

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

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

BLUE MERMAID with spirulina

Mutti (litamin!

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!





small large 250ml 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

71w-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

PLANT SHACK®

SMOOTHIES (500ml)

100% RAW:

GREEN TURBO with wheatgrass Anti inflammatory!

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

Protein Boost! PLANTSHACKER with hemp protein

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 (/itamin!

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

PINK PASSION with pitaya

Liver Boost!

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





breakfast TOASTS

before 12:00!

On wholegrain bread

SMASHED AVOCADO

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

BEET HUMMUS & FETA

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

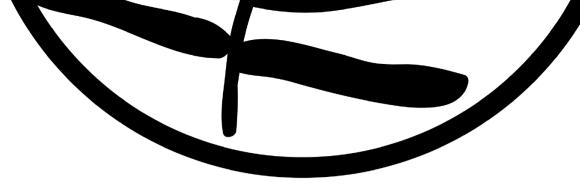


Natural peanut butter topped with banana, and vegan chocolate spread tppped with blueberries & strawberries &

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





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, zuchinni noodle, lime & pickled ginger with a sesame, soy & ginger salsa 🕲 🚱

BBQ JACKFRUIT POKE

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

SPECIALITY COFFEE & DRINKS

ESPRESSO
CORTADO
AMERICANO/LONG BLACK
LATTE
CAPPUCHINO
FLAT WHITE
TRIPLE BYPASS
MATCHA LATTE*
(large/small)
CHAI LATTE
(large/small)
(large/small)



LOCALLY ROASTED BY D.ORIGEN



ICED COFFEE

HOT CHOCOLATE (raw caco)

ICED LATTE* (large/small)

ICED FLAT WHITE FRAPPUCHINO*

DIRTY CHAI

MOCHA

TEAS

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)

