

Acai

Protein Bowl

Amazonia Acai, banana, almond milk, protein (raw vanilla isolate) coconut yoghurt, toppings- seasonal fruit, paleo hero and crushed almonds. 13

Be Fresh Bowl

Amazonia Acai, banana, mixed berries, mango coconut water, paleo hero, toppings - seasonal fruit coconut flakes. 12

Bounty Bowl

Amazonia Acai, banana, cacao powder, coconut flakes, pitted dates, coconut milk, toppings- seasonal fruits, cacao nibs, coconut yoghurt, coconut flakes. 14

Peanut Butter Bowl

Amazonia Unsweetened Acai, peanut butter, cacao, banana, mixed berries, almond milk, toppings- seasonal fruit, paleo hero, coconut yoghurt, banana chips. 14

(only available at Be Bold Nundah)

Vegan and Gluten-Free Sweet Treats

House Made Protein Balls 3.0 or 2 for 4.0 (Peanut Butter, Choc, Strawberry)

Home Made Bliss Sweets (an array of raw, vegan, gluten free, dairy free sweets that are continually changed depending on the week)