

# DRINKS MENU



## COFFEE

★★★★★

SMALL / LARGE

|            |            |
|------------|------------|
| ESPRESSO   | 4.0        |
| PICCOLO    | 4.0        |
| MACCHIATO  | 4.0        |
| FLAT WHITE | 4.5 / 5.0  |
| CAPPUCCINO | 4.5 / 5.0  |
| LATTE      | 4.5 / 5.0  |
| MOCHA      | 5.0 / 5.50 |
| DIRTY CHAI | 5.0 / 5.50 |

## HOT DRINKS

|               |           |
|---------------|-----------|
| CHAI LATTE    | 4.5 / 5.0 |
| MATCHA        | 4.5 / 5.0 |
| HOT CHOCOLATE | 4.5 / 5.0 |
| GOLDEN LATTE  | 4.5 / 5.0 |

## TEA

|                   |           |
|-------------------|-----------|
| HONEY DEW GREEN   | 4.5 / 5.0 |
| PEPPERMINT        | 4.5 / 5.0 |
| LEMONGRASS GINGER | 4.5 / 5.0 |
| ENGLISH BREAKFAST | 4.5 / 5.0 |
| STICKY CHAI       | 4.5 / 5.0 |

|                                   |     |
|-----------------------------------|-----|
| EXTRAS                            | 0.5 |
| EXTRA SHOT, DECAF,<br>SYRUPS      |     |
| MILK                              | 0.5 |
| SOY, ALMOND, OAT,<br>LACTOSE FREE |     |

## COLD DRINK

★★★★★

SMALL / LARGE

|                     |            |
|---------------------|------------|
| ICED LONG BLACK     | 6.0 / 6.5  |
| ICED LATTE          | 6.5 / 7.5  |
| ICED MATCHA         | 6.5 / 7.5  |
| ICED MOCHA          | 7.0 / 8.0  |
| THAI MILK TEA       | 7.5 / 8.50 |
| THAI LEMON ICED TEA | 7.5 / 8.50 |
| COFFEE FRAPPE       | 7.5 / 8.50 |
| CHOCOLATE FRAPPE    | 7.5 / 8.50 |
| MATCHA FRAPPE       | 7.5 / 8.50 |

## MILKSHAKES

REGULAR

|                                                     |      |
|-----------------------------------------------------|------|
| CHOOSE ONE                                          | 8.50 |
| NUTELLA, BISCOFF, CHOCOLATE,<br>STRAWBERRY, VANILLA |      |
| ADDITIONAL OPTION                                   | 2.5  |

## SMOOTHIE

REGULAR

|                                         |     |
|-----------------------------------------|-----|
| CHOOSE ONE                              | 10  |
| STRAWBERRY, BLUEBERRY,<br>BANANA, MANGO |     |
| ADDITIONAL FRUIT                        | 2.5 |

## ACAI SMOOTHIE

REGULAR

|                                            |    |
|--------------------------------------------|----|
| ACAI, BANANA, ROLLED OATS<br>COCONUT WATER | 12 |
|--------------------------------------------|----|

|                                   |     |
|-----------------------------------|-----|
| EXTRAS                            | 0.5 |
| EXTRA SHOT, DECAF,<br>SYRUPS      |     |
| MILK                              | 1.0 |
| SOY, ALMOND, OAT,<br>LACTOSE FREE |     |

# FOOD MENU



## ALL DAY FOOD



### TOAST

8.50

SOURDOUGH SERVED WITH  
YOUR CHOICE OF BUTTER,  
JAM, VEGEMITE, HONEY,  
NUTELLA

### EGGS ON TOAST

12.50

POACHED, SCRAMBLED OR  
FRIED EGGS ON  
SOURDOUGH TOAST

### CRISPY BACON & EGG ROLL

14

CHOICE OF BBQ OR  
TOMATO SAUCE ON WHITE  
OR CHARCOAL BUN

### BREAKFAST WRAP

15

CRISPY BACON, EGG, AVOCADO,  
CHEESE, W/BBQ SAUCE

### 200G WAGYU RUMP STEAK

22

COOKED MEDIUM

ADD 2 EGGS

5

ADD SALAD

5

ADD VEGGIES

5

### 200G CHICKEN BREAST

16

CRUMBED OR GRILLED

ADD 2 EGGS

5

ADD SALAD

5

ADD VEGGIES

5

### EXTRAS

SOURDOUGH, EGG, CHEESE, ONION

2.5

HAM, TOMATO, SALAMI

3

BACON, AVOCADO, MUSHROOMS, HALLUMI

4

### EGGS BENEDICT

15

SERVED ON SOUGHDOUGH  
WITH SPINACH AND  
HOLANDAISE SAUCE  
ADD BACON

4

### ACAI BOWLS

16

FRESH STRAWBERRIES, BANANA,  
BLUEBERRIES, GRANOLA, HONEY  
& CHOICE OF PEANUT BUTTER,  
NUTELLA OR BISCOFF

### BREAKFAST BOWL

12

COCONUT YOGHURT, GRANOLA  
& FRESH FRUIT

### TOASTIES

HAM, CHEESE, TOMATO

12.5

SALAMI, CHEESE, TOMATO

12.5

### BEEF BURGER

16

BEEF MINCE, CHEESE, LETTUCE, TOMATO,  
ONION AND SAUCE ON WHITE OR CHARCOAL  
BUN

### CHICKEN BURGER

16

CHICKEN SCHNITZEL, LETTUCE, TOMATO,  
ONION AND SAUCE ON WHITE OR CHARCOAL  
BUN

### CHICKEN SCHNITZEL WRAP

16

CHICKEN SCHNITZEL, LETTUCE, TOMATO  
ONION, SAUCE

### CREAMY CHICKEN PESTO WRAP

16

CHICKEN SCHNITZEL, LETTUCE, TOMATO  
ONION, PESTO SAUCE



# PROTEIN SHAKES



## Pick Shake

### Protein

- Choc Peanut butter Shake** **\$12**  
46g Chocolate Whey Isolate, Peanut Butter, Banana, Rolled Oats - 495 calories
- Blueberry Boost**  
41g Vanilla Whey Isolate, Blueberries, Caramel Syrup, Rolled Oats - 350 Calories
- Vanilla and Banana**  
41g Vanilla Whey Isolate, Banana, Rolled Oats - 401 Calories
- Mixed Berry Bomb**  
42g Vanilla Whey Isolate, Mixed Berries, Caramel Syrup, Rolled Oats - 359 Calories
- Coco Pops**  
30g Chocolate Whey Isolate, Coconut Water, Rolled Oats - 320 Calories
- Biscoff Buzz**  
41g Vanilla Whey Isolate, Biscoff, Rolled Oats - 383 Calories
- Super Shake 100** **\$16**  
100g Chocolate Whey Isolate, Protein Peanut Butter, Banana, Rolled Oats - 676 Calories

## Pick type of Milk

- ☐ Full Cream/Skim **\$0**
- ☐ Almond **\$2**
- ☐ Oat **\$2**
- ☐ Soy **\$2**
- ☐ Coconut Water **\$1.5**
- ☐ Lactose Free **\$1**



## Extras

**EXTRA SCOOP PROTEIN \$2**

**CREATINE \$2**

**EAA \$2**

**BCAA \$2**

**PURE CARBS \$2**

## Enjoy

Massive Gains to Follow



@darkside\_gym\_cafe



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# PRE-WORKOUT



## Pick Pre-Workout

### **Pre-Workout Shot \$5**

Mixed with cold water in a small 6oz cup

### **Pre-Workout Slushy \$6.5**

Slushy with a buzz

### **Pre-Workout Super Mix Slushy \$8.5**

Pre-workout, EAA and Creatine - Best Value



## Add

**CREATINE \$2**

**EAA \$2**

**BCAA \$2**

**PURE CARBS \$2**

# 100% FRESH JUICE



## Pick or make your own

### **Original OG**

Nothing but Oranges and Ice

### **Tropical Juice**

Apple, Orange, Pineapple, Ginger, Ice

### **Vitality Boost**

Celery, Beetroot, Apple, Orange, Ginger, Ice

**Or make your own!**

**SMALL  
8.50**

**LARGE  
10**