



HEART & Soul  
PLANT-BASED CAFE

## Drinks

*pick your choice of milk*

### Dairy Milk

full cream milk, skimmed milk

### Plant-Based Milk **GF, V +50c**

soy milk, almond milk, rice milk,  
macadamia milk, oat milk

*a selection of cakes and sweets to  
compliment your drink is available at  
the counter*

### COFFEE

*small cup / 4 large cup / 5*

Short Macchiato

Long Black

Flat White

Cappuccino

Latte

Espresso **3**

Piccolo **4**

Babyccino **1.5**

### SPECIALTY TEAS **5.5**

Heart & Soul Vegan Masala Chai

Sunshine Tea

### TEA POTS **4**

Breakfast Tea

Chamomile

Earl Grey

Peppermint

Lemon Grass

Green Tea

### CAFFEINE ALTERNATIVES

*small cup / 5 large cup / 6*

Dandelion Latte

Matcha Latte

Turmeric Latte

Blue Spirulina Latte

Purple carrot & Lavender Latte

Beetroot & Turmeric Latte

Choc mint Teeccino

Hazelnut Teeccino

Java Teeccino

*small cup / 4 large cup / 5*

Hot Chocolate

Cinnamon Spice Chai Latte

### ICED COFFEE

*small cup / 4 large cup / 5*

Cold Brew Coffee

Iced Coffee **5**

Iced Mocha **6**

### ICED TEA

Iced Chai **5**

Iced Sunshine **6**

### COLD PRESSED JUICES **10**

#### Detox

slow cold pressed apple, kale, cucumber,  
lemon and ginger juice

#### Energize

slow cold pressed orange, pear, mint,  
lemon and ginger juice

More on the otherside

## FRESH JUICES 9

### Fresh Cool down

apple, celery, mint and ginger

### Splice

apple, pineapple, mint and lemon

### Refresh

watermelon, pineapple, pear and mint

### Hot Red

beetroot, carrot, apple and ginger

### Summer Crush

orange, carrot, turmeric and ginger

### Lean Green

kale, celery, cucumber and ginger

## CUSTOMISE YOUR JUICE

### 1 or 2 choices 9

### 3 to 5 Choices 10

*your choice of fruit and vegetables*

apple, orange, pear, pineapple, watermelon, carrot, celery, cucumber, kale, ginger, lemon, mint, turmeric and beetroot

## SMOOTHIES 10

*your choice of smoothie base*

full cream milk, skim milk, coconut water, soy milk +1, almond milk +1, rice milk +1, macadamia milk +1, coconut milk +1

### Purple GF, V

blueberry, banana, flaxseed meal and coconut cream with coconut water

### Tropical GF, V, VA

mango and strawberry blended with coconut water or selected base

### Manana GF, V, VA

mango and banana with selected base

### Strawnana GF, V, VA

strawberry and banana with selected Base Option

### Acai Smoothie GF, V, VA

banana, mango and acai puree with coconut water or Selected Base

### Banana Latte GF, V, VA

banana, ice and a coffee shot with selected milk (see top-front of menu)

## CUSTOMISE YOUR SMOOTHIE 11

### 1 to 3 choices GF, V, VA

with selected milk or coconut water

*your choice of fruit*

banana, mango, strawberry, blueberry, raspberry or pear

## SUPER SMOOTHIES 12

### Protein Up GF, V

your choice of vanilla or espresso vegan protein with almonds, chia seeds, cacao and banana with almond milk

### Green Machine GF, V

green spirulina, kale, avocado, banana with coconut water

### Orange Magic GF, V

orange, carrot, turmeric, ginger, pear, lucuma powder with coconut water

### Muscle Builder GF, V

vanilla protein with dates, chia seed, cacao, maca, sliced almonds, banana, blueberry, coconut yogurt with almond milk

## FRAPPES 10

### Ruby Crush

watermelon and pineapple blended with apple juice

### Sunrise

mango and raspberry blended with apple juice

### Sunset

mango and strawberry blended with apple juice

### Manto

mango and mint with apple juice

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GF = Gluten Free V = Vegan GFA = Gluten Free Options Available  
VA = Vegetarian Options Available