

BREAKFAST BOWLS

UNTIL 11:00

TOASTED BANANA BREAD

toasted banana bread, coconut yoghurt, compote, maple syrup, banana + toasted almonds

7.5

**gluten free, vegan
contains: almonds**

HOLY GRANOLA

our homemade house granola, coconut yoghurt, compote, banana, blueberries, toasted coconut

7.5

**gluten free, vegan
contains: almonds, oats**

PBJ PORRIDGE

peanut butter oats, maple, raspberry jam, fresh raspberries, banana + toasted peanuts

7

**gluten free, vegan
contains: peanuts, oats**

BANANA PANCAKES

pancakes, coconut yoghurt, blueberry compote, caramelised banana + toasted flaked almonds

9.95

**gluten free, vegan
contains: almonds**

POTATO ROSTI

spiced potato rosti, miso mayo, avocado, pickled shiitake mushroom + soft boiled egg

11.95

**gluten free, vegan
contains: egg, soy, sesame, sulphites**

JAPANESE PANCAKE

japanese green cabbage pancake, okonomiyaki sauce, mayo, pickled mushroom + spring onions + fried egg

10.95

**gluten free, vegan
contains: egg, soy, sesame, sulphites**

ADD ONS

peanut butter 1.5, almond butter 2, avocado 2

SMOOTHIE BOWLS

ALL DAY

BERRY ACAI

acai,
blackberries, banana thick
smoothie topped with
berries, banana, coconut
+ house granola

9.95

**gluten free, vegan
contains: almonds, oats**

CACAO ACAI

acai, cacao,
banana, sea salt thick
smoothie topped with
berries, banana, cacao nibs,
coconut + house granola

9.95

**gluten free, vegan
contains: almonds, oats**

SALTED CARAMEL

tahini, dates, maca, banana,
sea salt oat milk, topped
with berries, banana
coconut, cacao nibs
+ house granola

9.95

**gluten free, vegan
contains: sesame, almonds, oats**

HI BARBIE

pink pitaya (dragonfruit)
raspberries, banana
topped with berries,
banana, coconut
+ house granola

9.95

**gluten free, vegan
contains: almonds, oats**

ADD ONS

peanut butter 1.5, almond butter 2

vegan hemp protein 2.5

POKE BOWLS

11:30-15:30

SASHIMI SALMON POKE

salmon, shoyu sauce, spring onions, edamame, broccoli, kimchi + pickled ginger

brown rice, spinach, mayo and nori + sesame

12.95

gluten free, dairy free
contains: fish, sesame, soy, sulphites

STICKY SESAME TOFU

sticky ginger + soy sesame tofu, edamame, corn salsa, sweet potato

+ pickled shiitake
citrus kale, brown rice, mayo and nori + sesame

10.95

gluten free, vegan
contains: soy, sesame, sulphites

BANG BANG CHICKEN

bang bang chicken, rainbow slaw broccoli, corn salsa + pickled red onion
brown rice, spinach, bang bang sauce + spicy peanuts

11.95

gluten free, dairy free
contains: peanuts, soy, sesame

MISO AUBERGINE

aubergine, broccoli, sweet potato rainbow slaw + pickled cucumber
citrus kale, brown rice noodles, tahini dressing + savoury seeds

10.95

gluten free, dairy free
contains: soy, sesame

TERIYAKI CHICKEN

teriyaki chicken, edamame, rainbow slaw, broccoli, + pickled cucumber
brown rice noodles, spinach, teriyaki mayo + nori sesame

11.95

gluten free, dairy free
contains: sesame, soy, sulphites

TERIYAKI BAKED SALMON

teriyaki salmon, edamame, broccoli, kimchi + pickled ginger
brown rice noodles, spinach, teriyaki mayo + nori sesame

12.95

gluten free, dairy free
contains: fish, soy, sesame, sulphites

ADD ONS

avocado 2, seaweed salad (sesame) 3

COLD PRESS JUICE

made by nook

ORANGE

carrot
orange
lemon
fennel
ginger

5.5

GREEN

apple
cucumber
mint
ginger
celery
lemon
spinach

5.5

RED

beetroot
apple
cucumber
ginger
lime

5.5

YELLOW

pear
apple
lemon
ginger
thyme

5.5

GINGER SHOT

apple ginger lemon
2.5

**WE ALSO HAVE OTHER
COLD DRINKS - ICED COFFEE,
ICED CHAI, ICED SUPERBLENDS**

**CHECK OUT OUR
HOT DRINKS MENU**

DRINKS

BLENDSMITHS BLENDS

HOT - 4

ICED - 4.5

our blendsmiths blends are served on oat milk

BEETROOT + GINGER

beetroot powder, ginger, cinnamon, coconut sugar, black pepper

JAPANESE MATCHA

ceremonial japanese matcha green tea, cinnamon, coconut sugar

TURMERIC + CINNAMON

turmeric, cinnamon, ginger, star anise, black pepper, coconut sugar

PUMPKIN SPICE

pumpkin spice, cinnamon, ginger, black pepper, coconut sugar

CHAI BY MIRA

HOT - 4

ICED - 4.5

our chai is served on oat milk

CLASSIC

ginger, cardamom, cinnamon, nutmeg, clove, coconut sugar

GINGERBREAD

ginger, cinnamon, nutmeg, clove, coconut sugar

COCONUT

desiccated coconut, ginger, cardamom, cinnamon, pepper, nutmeg, clove, coconut sugar

CACAO

cocoa powder, ginger, cardamom, cinnamon, pepper, nutmeg, clove, coconut sugar

RIVER ROASTERS COFFEE

espresso, americano, macchiato

2.5

flat white, cortado

3

cappuccino, latte

3.5

blendsmiths hot chocolate

4

blendsmiths mocha

4.5

all served as double espresso

flavour syrup

.5

BREW TEA CO

english breakfast

earl grey

lemon + ginger

moroccan mint

green tea

decaffeinated

3

ICED COFFEE

iced americano

3

iced latte

4

iced chocolate

4.5

iced mocha

5

SUPERFOOD SMOOTHIES

8.50 EACH

ACAI BANG

acai, blackberries, banana,
oat milk

acai - high in antioxidants,
benefits include skin health, brain
health and immune health

BANOFFEE PIE

tahini, dates, maca,
banana, oat milk

maca - contains 8 essential amino
acids, boosts energy + endurance,
hormone balancing
contains: sesame

BLUEBERRY PROTEIN PIE

blueberry compote, protein,
banana, toasted coconut, oat milk

protein - amino acids, high in
protein, Supports muscle growth,
maintenance and repair

DO YOU EVEN LIFT BRO?

vanilla protein powder, banana,
cinnamon, dates, oat milk

protein - amino acids, high in
protein, Supports muscle growth,
maintenance and repair

MAD ABOUT MANGO

mango, maca, toasted coconut,
banana, oat milk

maca - contains 8 essential amino
acids, boosts energy + endurance,
hormone balancing

MATCHA MOON

matcha, vanilla syrup, toasted
coconut, banana, oat milk

matcha - high in nutrients, anti
inflammatory, rich in vitamin b12
contains: caffeine

NUTTY CHOCOLATE

cacao, almond butter, banana,
maple syrup, oat milk, sea salt

cacao - high in antioxidants
+ iron, mood boosting
contains: almonds

50 SHADES OF GREEN

spinach, avocado, mango, banana,
spirulina, oat milk

spirulina - high in nutrients, anti
inflammatory, rich in vitamin b1

BROTH BOWLS

11:30-15:30

OUR MISO BROTH

MISO, SHIITAKE MUSHROOMS, BUTTERNUT SQUASH, GARLIC, ONIONS, PAPRIKA, COCONUT

MUG OF MISO BROTH

nori + sesame sprinkle, spring onions

4.5

MISO SESAME AUBERGINE

miso sesame aubergine, broccoli, carrot ribbons, kale, spring onions

brown rice noodles, miso broth, pickled shiitake mushrooms

10.95

gluten free, vegan
contains: sesame, soy, sulphites

TERIYAKI BAKED SALMON

teriyaki baked salmon, broccoli, carrot ribbons, kale, spring onions

brown rice noodles, miso broth, pickled cucumbers

11.95

gluten free
contains: fish, sesame, soy, sulphites

ADD ONS

seaweed salad (sesame) 3, kimchi 2.5

edamame beans 2, spicy peanuts 1.5, pickled ginger 1

**HELLO,
WELCOME
TO NOOK.**