

Smoothies

Classics

Tank Mango gf v

mango juice, banana, orange, yoghurt

Caribbean gf v

pineapple, mango juice, banana, coconut cream, yoghurt

All Berry Tank gf v

mixed berries, apple juice, banana, yoghurt

Tropical Tank gf v

strawberries, mango juice, pineapple, banana, yoghurt

Mango Zest gf df v ve

mango juice, pineapple, kiwifruit, passionfruit, orange sorbet

Strawberry Lush gf v

strawberries, banana, apple juice, yoghurt

Feijoa Funk gf ve

feijoa, banana, apple, yoghurt

Tropical Raspberry gf ve

mango, passionfruit, raspberries, banana, strawberry yoghurt

Peach Me gf ve

peach, banana, strawberries, passionfruit, yoghurt

Mini \$6.00 | Half \$7.50 | Full \$8.00

Super Charged

Start Me Up gf df v ve

peach juice, orange, passionfruit, banana, raspberries, orange sorbet, energy shot

Fitness Fix gf v

banana, passionfruit, apple, kiwifruit, apple juice, yoghurt, slimmers shot

Tank Up gf v

peach juice, orange, banana, strawberries, yoghurt, multi-vitamin shot

Half \$7.50 | Full \$8.00

Super Greens

Mega Greens gf v

kale, avocado, apple juice, kiwifruit, mint, banana, yoghurt, supergreens shot

Gorilla Greens gf v

banana, spinach, kale, mango juice, blueberries, yoghurt, supergreens shot

Half \$8.50 | Full \$9.00

ADD extra fruit/veg + \$0.50

Raw Plant-based

Rawsome Greens gf df v ve

spinach, kale, mango, coconut milk, organic agave, banana, supergreens shot

Berry Hipster gf df v ve

strawberries, blueberries, raspberries, goji berries, coconut water, vanilla, organic agave, chia seeds, banana

Smooth Havana gf df v ve p

coconut milk, mango, pineapple, organic agave, banana

Tropical Turmeric gf df v ve p

mango, passionfruit, orange, turmeric, coconut milk, sunflower seeds, organic agave, banana

Health Nut Protein gf df v ve p

cacao nibs, cacao powder, ground almonds, vanilla pea protein, cinnamon, almond milk, organic agave, chia seeds, banana

Power Plant gf df v ve p

almond milk, cacao nibs, organic maca, ground almonds, vanilla pea protein, cinnamon, blueberries, banana

Half \$8.50 | Full \$9.00

Super Foods

Goji Berry gf v

goji berries, mango juice, banana, strawberries, yoghurt

Pomegranate Purity gf v

pomegranate juice, banana, raspberries, orange sorbet, yoghurt

Acai Super Berry gf df v ve p

apple juice, organic acai berries, mixed berries, guarana, banana

Half \$8.50 | Full \$9.00

Protein

Life Force Protein v

almond milk, oats, chia seeds, banana, ground almonds, whey protein, yoghurt

Tropical Warrior gf v

coconut water, banana, coconut cream, kale, spinach, whey protein, yoghurt

Gym Junkie gf v

banana, lite milk, whey protein, yoghurt

Half \$9.00 | Full \$9.50

Raw Juices

Classics

Tank C gf df v ve p

pineapple, lemon, orange

Up Beet Tank gf df v ve p

beetroot, ginger, carrot, apple

Strawberry Fields gf df v ve p

strawberries, apple, orange

Citrus Blast gf df v ve p

lemon, ginger, orange

Pineapple Paradise gf df v ve p

pineapple, strawberries, apple

Mini \$6.00 | Half \$7.50 | Full \$8.00

Vege Plus

Mother Earth gf df v ve p

spinach, beetroot, carrot, ginger, apple

The Kale Ale gf df v ve p

kale, avocado, spinach, mint, apple

Turmeric Glow gf df v ve p

turmeric, ginger, pineapple, lemon, carrot

Vegetable Kingdom gf df v ve p

ginger, kale, cucumber, spinach, apple, carrot

Half \$8.50 | Full \$9.00

Super Charged

Kick Start gf df v ve

pineapple, strawberries, apple, energy shot

Protein Punch gf v

pineapple, strawberries, banana, apple, whey protein shot

Xtreme C gf df v ve p

pineapple, ginger, strawberries, orange, xtreme C shot

Spring Clean gf df v ve

beetroot, ginger, carrot, apple, detox shot

The Guardian gf df v ve

peach juice, ginger, strawberries, orange, immunity shot

Half \$7.50 | Full \$8.00

Create Your Own

Start with your base

apple, carrot or orange

Add fruit & veg

up to 4 standard ingredients

Mini \$6.50 | Half \$8.50 | Full \$9.00

ADD extra fruit/veg + \$0.50

All-day Breakfast

Smoothie Bowls

Matcha Greens Bowl gf v

spinach, avocado, banana, strawberries, goji berries, coconut milk, whey protein, matcha, kale, toasted maple nut mix, organic agave

Mango-Maca Bowl gf df v ve p

banana, mango, coconut cream, coconut, maca, mango juice, organic agave, pineapple

Dragon Berry Bowl gf df v ve p

pitaya, coconut water, raspberries, strawberries, banana, toasted maple nut mix

Organic Acai Bowl gf df v ve p

organic acai berries, blueberries, banana, toasted maple nut mix, guarana

\$10.90 | Acai Bowl \$12.90

Smoothies

Nutra Blast v

blueberries, banana, oats, lite milk, ground almonds, yoghurt

Tank Mocha v

coffee beans, cacao powder, banana, oats, vanilla, lite milk, yoghurt

Spiced Apple Sunrise gf df v ve p

almond milk, apple, organic agave, cinnamon, banana

Vanilla Coconut Latte gf v

coconut milk, coffee beans, cashews, vanilla whey protein, yoghurt

Half \$7.50 | Full \$8.00



Salads & Wraps



Classic Caesar

free-range poached chicken, bacon, free-range egg, parmesan, croutons, field greens, *dressing - freshpress caesar*

Modern Caesar gf

free-range poached chicken, free-range egg, parmesan crisps, red cabbage, black rice, quinoa, field greens, *dressing - freshpress caesar*

Quinoa Chicken Goji gf

free-range poached chicken, quinoa, pickled onion, dried cranberries, goji berries, feta, field greens, *dressing - freshpress pomegranate + orange*

Guacamole Greens gf df

free-range poached chicken, tortilla chips, avocado (*seasonal*), charred corn, black beans, coriander, red onion, field greens, *dressing - freshpress chipotle*

Vietnamese df

free-range poached chicken, cashews, mint, cucumber, coriander, vermicelli noodles, bean sprouts, field greens, *dressing - freshpress vietnamese*

Tank Tokyo gf df

free-range poached chicken, edamame beans, black sesame seeds, cucumber, bean sprouts, black rice, coriander, red cabbage, field greens, *dressing - freshpress sesame ginger miso*

Thai Chicken/Beef df

free-range poached chicken or grass-fed beef, carrot, red onion, crispy noodles, field greens, *dressing - freshpress thai*

Lemon Herb Chicken gf

free-range poached chicken, steamed potatoes, parmesan, lemon zest, pine nuts, coriander, field greens, *dressing - freshpress pesto*

Create Your Own

choose your protein (*beef or chicken*)
add 4 salad ingredients (*vegetarian salads can select 2 extra ingredients*)
choose your dressing

Vegetarian

Paleo Active Greens gf df v p

free-range egg, shredded beetroot, carrot, toasted maple nut mix, avocado (*seasonal*), red cabbage, cucumber, field greens, *dressing - freshpress balsamic*

Raw Lean'n Green gf v

carrot, charred corn, shredded beetroot, red cabbage, orange zest, toasted maple nut mix, black sesame seeds, feta, field greens, *dressing - freshpress pomegranate + orange*

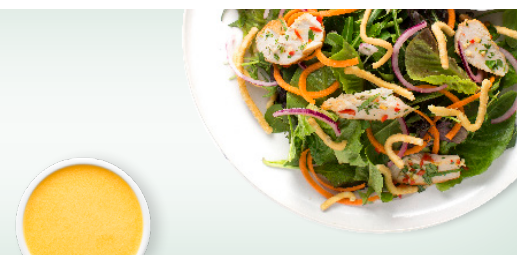
Wrap \$11.50 | Salad \$13.50

extra filling +\$1.00 | extra meat +\$3.50
extra avocado, dairy or egg +\$2.00

MAKE IT A COMBO

any salad/wrap + classic juice/classic smoothie

Mini +\$3.00 | Half +\$4.00 | Full +\$5.00



Kids' Smoothies & Juices

Funky Monkey Smoothie gf v

lite milk, banana, yoghurt

Rainbow Party Smoothie gf v

peach juice, strawberries, coconut cream, banana, yoghurt

Mini \$6.00 | Half \$7.50 | Full \$8.00

Giggle Juice gf df v ve p

pineapple, orange, carrot

Pinkalicious Juice gf df v ve p

strawberries, pineapple, beetroot, apple

Mini \$6.00 | Half \$7.50 | Full \$8.00