

COFFEE

R. \$4 L. \$4.5

EXTRA SHOT +0.50

SOY +0.50

ALMOND, OAT,
LACTOSE FREE +\$1

ICED COFFEE \$5.50

ICED CHOCOLATE \$6.00

BATCH BREW \$5

SIGNATURE ICED
COFFEE \$7.90

SIGNATURE ICED
CHOCOLATE \$7.90

ORGANIC TEA BAR \$4.50

PRANA CHAI \$4.50

MATCHA GREEN TEA \$4.50

GOLDEN LATTE \$4.50

HOT CHOC \$4.50

CHILI SPICED CACAO \$4.50



SMOOTHIES

R. \$9.90 L. +\$2

POWERED
BY
PLANTS

PASSION CRUSH
mango, banana, CoYo, passion
fruit, organic coconut milk,
cold pressed oj

BERRIES & CREAM
mixed seasonal berries, banana,
CoYo, chia seeds, dates, almond
milk

GREENS TO GO
mango, banana, spinach, kale,
lemon, cold pressed apple juice,
coconut water, alkalaising
blend

NUT CASE
banana, house-made peanut
butter, dates, cinnamon, almond
milk

PINK DRAGON
organic pitaya, mango,
raspberries, coconut water,
apple juice, coco flakes

JUICES

R. \$8.90 L. +\$2

SUNRISE
orange, carrot, lemon, ginger,
organic turmeric blend

LOVE YOUR LIVER
beetroot, carrot, celery, apple,
ginger, lemon

GREEN POWER
kale, cucumber, celery, lemon,
green apple

MORNING BREEZE
watermelon, pineapple, apple,
mint

SUMMER VIBES
orange, apple, pineapple,
chia seeds

PINEAPPLE PUNCH
pineapple, apple, cucumber,
lemon, mint

PLAIN JUICES

R. \$6.90 L. +\$2

ORANGE
APPLE
WATERMELON

PROTEIN SHAKES

R. \$10.90 L. +\$2

HEALTHY GREEN
mango, banana, spinach, kale,
green apple, almond butter,
protein powder, coconut water

PEANUT AND BERRY
mixed berries, banana, CoYo,
choc protein powder, peanut
butter, cinnamon, almond milk

SNICKERS SUPERSHAKE
banana, choc protein powder,
raw cacao powder, peanut
butter, dates, himalayan pink
salt, almond milk

CHOCOLATE SUPERSHAKE
banana, choc protein powder,
almond butter, CoYo,
cacao nibs, raw cacao,
almond milk

KIDS MENU

MILKSHAKES \$6.90
banana, vanilla,
strawberries

SMOOTHIES \$6.90
mixed berries
banana
choc banana

JUICES \$6.90
orange
apple
watermelon

KIDS ACAI BOWL
(acai Base w/fresh fruit)
\$9.90
add: PB, Choc sauce, COYo
+\$2

VEGEMITE ON TOAST
\$4
add: avo +\$3



FOR TAKE AWAY
ORDERS CALL

(03) 9569 9973

1.1% SURCHARGE ON ALL EFTPOS
TRANSACTIONS
15% SURCHARGE ON PUBLIC HOLIDAYS



ACAI BOWLS

served with toasted buckwheat and almond granola (GF, DF, VG)

TRADITIONAL / \$13.90

organic acai base, banana, strawberries, blueberries, hemp seeds

CROWD PLEASER / \$14.90

organic acai base, banana, strawberries, peanut butter, crushed peanuts, hemp seeds

CHOCO LOCO / \$14.90

organic acai base, banana, strawberries, choc coated goji berries, dark choc sauce, cacao nibs, coconut flakes

NOTTELLA / \$15.90

organic acai base, banana, strawberries, raw Nutella, sliced almonds, cacao nibs, coconut flakes

TROPICAL VIBES / \$15.90

organic acai base, banana, mango, kiwi, passionfruit, CoYo yoghurt, coconut flakes

ADD ONS

+ \$1

chia seeds, cacao nibs, coconut flakes

+ \$2

peanut butter, protein powder, choice of fruit, CoYo yoghurt, chocolate sauce

+ \$3

twix bar, almond butter, choc goji, berries, almond buckwheat granola, dairy-free nutella,

SUPER TOASTIES

served on organic sourdough
GF option +\$2
VG cheese +\$2

EAT YOUR GREENS / \$11.90

Avocado, tomato, spinach, dairy-free pesto & mozzarella

BBQ JACKFRUIT / \$11.90

organic BBQ pulled jackfruit, spinach, tomato, three cheese melt

MUSHROOM / \$10.90

hummus, spinach, dukkah, mushrooms, almond feta

CLASSIC CHEESE / \$9.90

three cheese melt, tomato, spinach

OTHER BOWLS

served with toasted buckwheat and almond granola (GF, DF, VG)

PEANUT BUTTER DREAM BOWL / \$14.90

blended banana, dates, peanut butter and organic coconut milk, top: banana, strawberries, cinnamon, crushed peanuts, cacao nibs, coconut flakes

MAQUI BERRIES / \$16.90

scoopable organic maqui berries, top: strawberries, blueberries, coconut flakes, passionfruit

SIGNATURE OCEAN BOWL / \$16.90

blended banana, blue spirulina powder, organic coconut milk, top: blueberries, CoYo ice-cream, coco flakes, chia seeds

SUPER FOOD

SMASH AVO / \$16.90

HALF SERVE / \$11.90

smashed avo on organic sourdough w/ almond feta, chili flakes, dukkah, sunflower seeds, lemon wedge

BRUNCH COMBO / \$20.90

+mini acai bowl topped w/ fresh fruit

+smashed avo on toast w/ almond feta and chili flakes
+choice of cold-pressed juice (apple or orange)



Instagram

GROUSE__

CATERING
INQUIRIES

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grousecarnegie@gmail.com

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