

SMOOTHIES & JUICES

(extra protein \$2)

Pulse..... \$14

Peanut Butter, Cacao Nibs, Banana, Vanilla Protein Powder, Vanilla Ice Cream with Almond Milk

Mango Madness..... \$13

Mango, Mango Nectar with Coconut Milk

Tropical..... \$14

Mango, Banana, Passionfruit, Mango Nectar with Coconut Milk

Wake Me Up \$15

Double Espresso, Banana, Cacao Nibs, Almonds, Vanilla Ice Cream, Vanilla Protein Powder with Almond Milk

Berry Me \$13

Mixed Berries, Raspberry Puree, Apple Juice (with Optional Amino Acids +\$3)

Preworkout..... \$14

Banana, Blueberries, Vanilla Protein Powder, Honey, Lemon Juice, Cinnamon with Almond Milk

Viking..... \$14

Banana, Pineapple, Blueberries, Vanilla Protein Powder, Spinach, Cinnamon, Maca with Coconut Water

Snickers Shake..... \$14

Chocolate Whey Protein, Peanut Butter, Cacao Nibs, Banana Almond Milk, Salted Caramel Sauce Topped With Caramel & Hazelnut Sauce And a Snickers Bar!

Breakfast Smoothie..... \$14

Mixed Berries, Oats, Spinach, Cinnamon, Banana, Almonds, Flax Seed, Vanilla Protein Powder with Almond Milk

Kings Acai \$14

Banana, Mixed Berries, Coconut Milk / Water

SUPER FOOD SMOOTHIES

(add protein \$2)

Kim K Slay..... \$16

Strawberry, Raspberry Puree, Avacado Collagen Powder, Chia Seeds, Coconut Yogurt Honey, Almond Milk

Jac Blues..... \$16

Blue Spirulina, Dates, Banana, Collagen, Peanut Butter, Cinnamon, Almond Milk

Green Machine..... \$16

Mango, Banana, Spinach, Spirulina, Almonds Maca Powder, Honey, Passion Fruit , Almond Milk Collegen Powder

Jacs Smash..... \$16

Strawberries, Dragon Fruit Powder, Banana, Collagen, Dates, Coconut Milk

FRESHLY SQUEEZED JUICES

Green Juice..... \$10

Kale, Spinach, Green Apple, Celery and Lemon

Paradise Punch..... \$10

Pineapple, Orange, Watermelon, Strawberries

Immunity Booster..... \$10

Orange, Apple, Carrot, Ginger, Lemon

Blood Booster..... \$10

Beetroot, Apple, Carrot, Lemon, Ginger

Hangover \$10

Turmeric, Ginger, Lemon, Apple, Strawberries & Watermelon

Brain Booster..... \$10

Blueberries, Tomato, Pineapple, Celery & Watermelon

Make Your Own \$10

Ingredients to choose: Apple, Orange, Pineapple, Watermelon, Spinach, Kale, Lemon, Ginger, Strawberry, Carrot, Beetroot, Celery

Kids Juice \$7.50

OJ or Apple (Choice)

HOT DRINKS

Small..... \$4.50

Medium..... \$5.20

Large..... \$6

Prana Loose Leaf Chai / Matcha Latte

Small..... \$5.60

Medium..... \$6.20

Large..... \$6.80

EXTRAS

Syrups..... .50c

Alternative Milk..... .80c

ICED DRINKS

Iced Latte/ Long Black

Small..... \$6

Large..... \$7

Iced Matcha

Small..... \$7

Large..... \$8

TEA

Small..... \$4

Medium..... \$4.60

Large..... \$5.50

FRESH SANDWICHES

(Add Avacado \$2)

(Add Cheese \$1.50)

Grilled Ham & Cheese..... \$12

Swiss Cheese, Muester Cheese, Cheddar Cheese,
Triple Smoked Ham sprinkled with JACS Seasoning on
White Sourdough (Add tomato \$1)

Reuben..... \$16

Pastrami, Sauerkraut, Swiss Cheese, Rocket with JACS
Special Russian Dressing on Sourdough

Chicken Mayo..... \$16

Shredded Poached Chicken, Celery, Spring Onion, Dill,
Spinach, Walnuts, with JACS Special Mayo Sauce on
White Sourdough

Roasted Veggie \$15

Spiced Pumpkin, Olives, Sundried Tomato, Capsicum
Rocket, Feta with Pesto on Multigrain or White Sourdough
(Vegan Option No Feta or Pesto)

Chicken Pesto Sandwich..... \$16

Shredded Chicken, Pesto, Avocado, Swiss Cheese,
Rocket, Sundried Tomato on White Sourdough

Italian Deli..... \$16

Salami, Prosciutto, Rocket, Ricotta Spread,
Buffalo Mozzarella, with Pesto in a Focaccia

Honey Chilli Mortadella \$16

Cottage Cheese, Mortadella, Chilli Flakes, Crushed
Pistachios, Honey, Rocket in a Focaccia

Mushroom Mimi..... \$12

Truffle Thyme Mushroom, Spinach, Swiss
Cheese on Sourdough

BREAKFAST

Egg n Bacon \$8.50

Smashed Avo \$8.50

Smashed Avacado, Tomato, Feta, Pumpkin Seeds on Sourdough

Nutella, Strawberry & Chia Seed Toast \$8.50