

# Açaí Bowls \$17.90

ALL BOWLS CAN BE MADE VEGAN/GLUTEN FREE ON REQUEST

## O.G \*the crowd favourite

BLENDED w/ organic açai, strawberries & apple juice  
TOPPED w/ banana, strawberries, blueberries, goji berries, bee pollen, passionfruit, nut granola & honey  
— TRY WITH PEANUT BUTTER DRIZZLE!

## Paradise

BLENDED w/ organic açai, pineapple, mango & coconut water  
TOPPED w/ banana, strawberries, coconut yoghurt, passionfruit, nut granola & honey

## Luna GF

BLENDED w/ organic açai, strawberries, peanut butter & activated almond mylk  
TOPPED w/ banana, strawberries, blueberries, hemp seeds, cacao buckinis & honey

## Sol GF

BLENDED w/ organic açai, mango, raspberries, & coconut water  
TOPPED w/ strawberries, kiwi, chia pudding, coconut flakes, passionfruit, caramelised buckinis & honey

# Mini Açaí Cups \$13.50

## Mini Brazil

BLENDED w/ organic açai, banana, blueberries & coconut water  
TOPPED w/ banana, strawberries, blueberries, cacao nibs, nut granola, honey & peanut butter drizzle

# Add Ons

Add these to any bowl, cup or smoothie

## Toppings +\$2

Strawberries ~ Blueberries ~ Banana ~ Kiwi ~ Goji berries ~ Bee Pollen ~ Nut granola ~ Vegan nut granola ~ Caramelised buckinis (GF) ~ Cacao buckinis (GF) ~ Cacao nibs ~ Coconut flakes ~ PB Dollop ~ PB Drizzle ~ Almond butter dollop ~ Natural yoghurt ~ Coconut Yoghurt ~ Chia pudding

# Salad Bowls \$17

ALL BOWLS CAN BE MADE VEGAN | FROM 11AM - 3PM

## Mez

Mixed leaf greens, tri-colour quinoa & brown rice, falafel, feta, cucumber, corn, red capsicum, beetroot sauerkraut, avo smash dollop & za'atar sprinkle w/ housemade tahini drizzle

## Harvest

Mixed leaf greens, tri-colour quinoa & brown rice, grilled halloumi, marinated chickpeas, goji berries, tomatoes, cucumber, creamy hummus dollop & hemp seed sprinkle w/ housemade green goddess drizzle

# Wellness Tonics

	HOT	ICED		HOT	ICED
Turmeric Latte	\$5.50	\$6.50	Hot Choc	\$4	\$5
Matcha Latte	\$5.50	\$6.50	Chai Latte	\$5	\$6
Adaptogenic Hot Choc	\$5.50	\$6.50	Sticky Chai	\$6	

## Palmo \*the classic

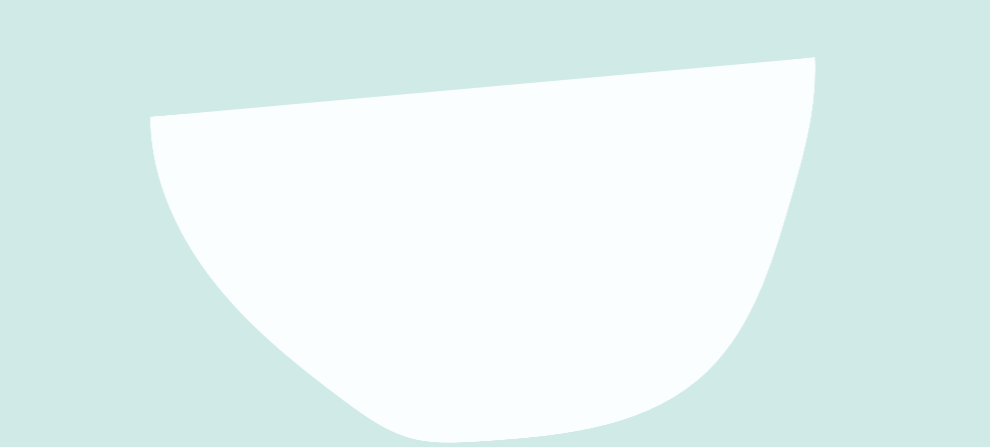
BLENDED w/ organic açai, banana & coconut water  
TOPPED w/ banana, strawberries, cacao nibs, coconut flakes, hemp seeds, nut granola & peanut butter drizzle  
— TRY WITH A PROTEIN POWDER BOOST!

## Nomad

BLENDED w/ organic açai, blueberries, hemp protein (v) & macadamia mylk  
TOPPED w/ banana, strawberries, blueberries, cacao nibs, coconut flakes, cacao buckinis & peanut butter drizzle

## Aura GF

BLENDED w/ organic açai, strawberries, vanilla protein (v) & coconut water  
TOPPED w/ strawberries, coconut yoghurt, cacao nibs, coconut flakes, cacao buckinis, honey & peanut butter drizzle



## Mini Tropic

BLENDED w/ organic açai, banana, blueberries & coconut water  
TOPPED w/ banana, strawberries, kiwi, passionfruit, nut granola & honey

## Toppings +\$1

Chia seeds ~ Hemp seeds ~ Mango puree ~ Passionfruit

## Blend Boosters +\$2

Cacao protein (v) ~ Vanilla protein (v) ~ Hemp protein (v) ~ Collagen ~ Prebiotic greens powder ~ Maca ~ Masons mushrooms ~ Blue spirulina ~ Raw cacao ~ Spinach ~ Açai

### SALAD ADD ONS

\$3 EACH	GRILLED HALOUMI FALAFEL
\$2 EACH	HUMMUS AVOCADO

# Superfood Smoothies \$12

## Sunset Bliss GF V

Coconut water, strawberry, mango, mint, lime & passionfruit

## Green Guru GF V

Coconut water, spinach, mango, pineapple, mint, lime, prebiotic greens, hemp protein (v) & hemp seed sprinkle

## Açaí Boost GF V

Coconut mylk, banana, cacao protein (v), organic açai & cacao nibs sprinkle

## Peanut Berry GF

Macadamia mylk, banana, blueberries, peanut butter, hemp protein (v), hemp seeds & honey

## Blue Dream GF V

Macadamia mylk, banana, mint, vanilla protein (v), maca & blue spirulina

# Smoothie Bowls \$17.90

## Aqua Breeze

BLENDED w/ pineapple, banana, mint, blue spirulina & coconut mylk

TOPPED w/ banana, strawberries, kiwi, coconut flakes, chia seeds, passionfruit, nut granola & honey drizzle

# Yoghurt Bowls \$14

DF & V OPTION | ADD COCONUT YOGHURT +\$2

## Mango Tropic

Organic natural yoghurt, mango puree, chia pudding, strawberries, banana, kiwi, coconut flakes, nut granola & honey

## Berry Blast

Organic natural yoghurt, mixed berry jam, chia pudding, strawberries, blueberries, goji berries, nut granola & honey

# Superfood Toasts \$15

## Avo, Chilli & Tomato

Smash'd avocado topped w/ fresh cherry tomatoes, fermented chilli and our super sprinkle mix on sourdough

## Peanut Butter Crunch

Natural peanut butter, housemade mixed berry jam, banana, cacao nibs & honey drizzle on sourdough

# Specialty Teas \$4.50

WE ARE PROUDLY SERVING LOOSE LEAF ORGANIC TEA

## ViridiTEA

Sencha & jasmine green tea

## ZesTEA

Ginger, lemongrass, lemonpeel & turmeric

## ImmuniTEA

Echinacea, spearmint, elderflower, ginger root, elderberry & lemongrass

## HonesTEA

English breakfast

# Coffee

\$3.90	Espresso, Macchiato	ADD ONS
\$4.30	Piccolo, Flat White, Latte, Mocha, Cappuccino, Long Black	70C EACH ALTERNATIVE MYLK LARGE STRONG
\$6	Iced Latte, Iced Mocha, Iced Long Black, Greek Frappe	50C EACH DECAF

# PALMÓ

ALLERGIES? PLEASE LET US KNOW AT THE TIME OF ORDERING

V = VEGAN DF = DAIRY FREE GF = GLUTEN FREE

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