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NATURALLY LOCAL

BOWLS

THE ORIGINAL \$13.00
ACAI, BANANA, APPLE JUICE, SEASONAL FRUIT, TOASTED GRANOLA, COCONUT

HEALTHY BUZZ \$15.00
ACAI, BANANA, ESPRESSO SHOT, BELGIAN COCOA, DATES, COCONUT WATER, SEASONAL FRUIT, TOASTED GRANOLA

PROTEIN BOWL \$15.00
ACAI, BANANA, DATES, PROTEIN POWDER, COCONUT WATER, PEANUT BUTTER, SEASONAL FRUIT, TOASTED GRANOLA

DRAGON BOWL \$15.00
DRAGON FRUIT, MANGO, STRAWBERRY, PINEAPPLE, PASSIONFRUIT, COCONUT WATER, COCONUT, SEASONAL FRUIT

PEACE BOWL \$15.00
BANANA, MANGO, AVOCADO, SPINACH, COCONUT WATER, SEASONAL FRUITS

KIDS ACAI \$8.00
ACAI, BANANA, APPLE JUICE, APPLE, STRAWBERRY, BLUEBERRY, COCONUT, TOASTED GRANOLA

EXTRAS \$1.50 each
PROTEIN, VITAMIN C, MACCA, CHIA SEEDS, CACAO NIBS, SPIRULINA, TOASTED GRANOLA, GLUTEN FREE GRANOLA, PEANUT BUTTER, NUTELLA, CARAMEL SAUCE

COFFEE

LATTE, FLAT WHITE, CAPPUCINO, CHAI LATTE
SMALL \$4.50 MEDIUM \$5.50 LARGE \$7.50

LONG BLACK
SMALL \$4.00 MEDIUM \$5.00

ESPRESSO, MACCHIATO, PICCOLO \$4.00

BUTTER COFFEE \$7.50

HOT CHOCOLATE \$5.50

ICED LATTE \$6.50

ICED LONG BLACK \$5.50

ICED MOCHA \$7.00

ALTERNATIVE MILK 80c each
ALMOND, SOY, OAT, COCONUT, MACADAMIA, LACTOSE FREE

SYRUPS 50c each
VANILLA, CARAMEL, HAZELNUT, HONEY

TEA

CHAI, GREEN, EARL GREY, ENGLISH BREAKFAST \$5.00

JUICES

SMALL \$8.00 LARGE \$10.00 XLARGE \$13.00

SUNSHINE
ORANGE, APPLE, PINEAPPLE, LEMON

QUENCHER
WATERMELON, PINEAPPLE, APPLE, LEMON

SOULSHINE
ORANGE, APPLE, PINEAPPLE, WATERMELON, MINT

GRATITUDE
APPLE, CELERY, CUCUMBER, KALE, PINEAPPLE, LEMON, GINGER

THE LOCAL
CARROT, APPLE, BEETROOT, GINGER

LIVELY UP YOURSELF
CARROT, BEETROOT, CELERY, GINGER, LEMON

WAKE UP AND LIVE
APPLE, CARROT, CELERY, GINGER, LEMON

GET UP STAND UP \$6.50
GINGER, TURMERIC, LEMON SHOT

EXTRAS \$1.50 each
SPIRULINA, PROTEIN, VITAMINC, MACCA, CACAO
NIBS, YOGHURT, CHIA SEEDS, RICE MALT SYRUP

SMOOTHIES

SMALL \$8.00 LARGE \$10.00 XLARGE \$13.00

MANGO MAGIC

MANGO, BANANA, ICECREAM, MANGO JUICE

REFRESHER

PINEAPPLE, MANGO, LEMON SORBET,
MANGO JUICE

BERRY BLAST

MIXED BERRIES, ICECREAM, GRAPE JUICE

FROOTILICIOUS

PINEAPPLE, BANANA, STRAWBERRY, PASSIONFRUIT,
MANGO, ICECREAM, MANGO JUICE

PINA COLADA

PINEAPPLE, BANANA, COCONUT, ICECREAM,
PINEAPPLE JUICE

PINE LIME SPLICE

PINEAPPLE, ICE, COCONUT ICECREAM, LIME,
PINEAPPLE JUICE

TROPICAL COOLER

PINEAPPLE, PASSIONFRUIT, MINT, LEMON
SORBET, WATERMELON JUICE, ICE

FRUIT TINGLE

MANGO, STRAWBERRY, PINEAPPLE,
PASSIONFRUIT, LEMON SORBET, GRAPE JUICE

PLAIN BANANA or MANGO

FRUIT, ICECREAM, HONEY, CINNAMON, MILK

ALTERNATIVE MILK \$1.50 each
ALMOND, SOY, OAT, COCONUT, MACADAMIA,
LACTOSE FREE

HEALTH SMOOTHIES \$10.00

FINGAL CLASSIC

ACAI, BANANA, APPLE JUICE

JUNGLEBERRY

ACAI, BANANA, STRAWBERRY, GRAPE JUICE

COCO LOCO

BANANA, BELGIAN COCOA, HONEY, ALMOND
MILK, ICE

ACAI ESPRESSO

ACAI, BANANA, ESPRESSO SHOT, DATES,
PROTEIN POWDER, ALMOND MILK, HONEY

BREKKY ON THE RUN

MIXED BERRIES, BANANA, TOASTED GRANOLA,
YOGHURT, APPLE JUICE, MILK, HONEY

PINK FLAMINGO

DRAGON FRUIT, STRAWBERRY, MANGO,
PASSIONFRUIT, COCONUT WATER, COCONUT

THE BOSS

BANANA, OATS, PEANUT BUTTER, HONEY,
PROTEIN POWDER, YOGHURT, MILK, ICE

BLACK MAGIC

ACAI, BANANA, DATES, SPINACH, PROTEIN,
BELGIAN COCOA, ALMOND MILK, HONEY

YODA'S PROMISE

PINEAPPLE, GREENS, BANANA, GREEN APPLE

THE HULK

CELERY, GREENS, LEMON, GREEN APPLE,
BANANA

PEACEFUL WARRIOR

MANGO, LEMON, GINGER, TURMERIC,
GREENS, COCONUT WATER

GREEN GODDESS

AVOCADO, PINEAPPLE, GREENS, CUCUMBER,
LEMON, COCONUT WATER

FRAPPES \$8.50

ESPRESSO, CARAMEL, CHOCOLATE,
COCONUT, BANANA, VANILLA, CHAI

DAIRY FREE

MANGO, PASSIONFRUIT or STRAWBERRY

ALTERNATIVE MILK \$1.50 each
ALMOND, SOY, OAT, COCONUT, MACADAMIA,
LACTOSE FREE or COCONUT WATER

THICKSHAKES \$9.50

CARAMEL, CHOCOLATE, STRAWBERRY,
ESPRESSO, BANANA, CHAI, COCONUT,
MILO, VANILLA
EXTRA CREAM or MALT 50c

MILKSHAKES

SMALL \$6.00 LARGE \$8.00

CARAMEL, CHOCOLATE, STRAWBERRY,
ESPRESSO, BANANA, CHAI, COCONUT,
MILO, VANILLA

EXTRA CREAM or MALT 50c

ICED COFFEE \$8.50

with icecream + cream

MOCHA, CHAI, CARAMEL, COCONUT, VANILLA

ALTERNATIVE MILK \$1.50 each
ALMOND, SOY, OAT, COCONUT, MACADAMIA,
LACTOSE FREE

ICECREAM

ICECREAM + GELATO

KIDS SCOOP	\$3.00
1 SCOOP	\$5.00
2 SCOOP	\$7.00
3 SCOOP	\$9.00
WAFFLE or SPRINKLE CONE	50c

VEGAN WHIP

SMALL \$7.00 LARGE \$9.00

FROZEN YOGHURT

SMALL \$6.00 LARGE \$8.00

ADD INS

BANANA, STRAWBERRY, PASSIONFRUIT, MANGO,
RASPBERRY, BELGIAN COCOA


NATURALLY LOCAL

OPENING HOURS

7 DAYS

7am - 1pm

ADDRESS

9 PRINCE STREET
FINGAL HEAD NSW 2487

* 10% SUNDAY SURCHARGE + 15% PUBLIC HOLIDAY SURCHARGE

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