

CHIA (V) (GF)

CHIA BOI

CHIA + STRAWBS + FROZEN CACAO + COCONUT MILK + BANANA

PUCKER UP

CHIA + FROZEN STRAWBS + COCONUT MILK + BANANA

SWEET ASS

CHIA + FROZEN DRAGON + RASPBERRIES + BANANA

CLUSTER

CHIA + FROZEN BANANA + PEAR + MANGO

BLUEBS

CHIA + FROZEN BANANA + BLUE SPIRULINA + PAPAYA

65

SUPER BOWLS

RAW DEAL (V) (GF)

MIXED SALAD + HERB AIOLI

UP YOUR COOL

TOSSED GREEN SALAD + SALMON + BEET + RAISINS + WALNUTS + FETA + CHILLI

PACK A PUNCH

TOSSED SALAD + FETA + PINEAPPLE + ROSEMARY VEGES + DILL + MAYO GARLIC

TNT

TUNA + TOSSED GREENS + FETA + TEMPE + VINAIGRETTE

CHIK CHIK BOOM

CHEIKEN + HALOUMI SALAD + OLIVE OIL + HONEY MUSTARD

65

TOASTIES

YA BISH

BACON + FRIED EGG SANDWICH

SAMBO

SALAD + CHEIKEN + CHEESE + AIOLI SANDWICH

TLB

TOM + LETTUCE + BACON + AIOLI SANDWICH

HALLO ME

SALAD + SHROOMZ + HALOUMI SANDWICH

BRING IT ON (V) (GF)

SALAD + TORU + PANINI

65

@cratecafe

pw : lifescrate

www.lifescrate.com

SMOOTHIES (V) (GF)

GO FRUIT YSELF

STRAWBS + PINEAPPLE + BANANA

TWO TIMER

DRAGON + KIWI + BANANA

TOO GOOD 4 U

DRAGON + STRAWBS + BANANA

INVIGOR8

STRAWBS + PAPAYA + PINEAPPLE

BIG BOLD BANANA

ORGANIC CACAO + BANANA

HIPPIE HIPPIE SHAKE 50 (DAIRY)

GRANOLA + MUESLI + WHEY PROTEIN + BANANA

40

BRUNCH

IT'S A WRAP (GF)

TOFU + TEMPE + FETA + SALAD

THE MAFIA (GF)

SHROOMZ + SALSA + FETA + ROCKET PIZZA

PERKIE

CHEIKEN + VEGGIES + PESTO

STONER (V)

BURGER

THE PEDRO (V)

NACHOS

WUDDUP (V) (GF)

VEGAN FALAFEL + AVO + CUCUMBER + BEET + LETTUCE + ONION + HUMMUS ON TOAST

GOOD ROOT (V) (GF)

GREENS TOSSED IN GARLIC + QUINOA + AVO + SHROOMZ + TEMPE + CHERRY TOMS + HUMMUS

65

MUNCHIES

CHECK OUR YUMMY CRATE PASTRY COUNTER

35

BREKKIE

FROOT LOOP

FROOT OF THE DAY

BREKKIE PLATE

EGGZ ANY STYLE + TOMS + TOAST + AVO + BACON + ROCKET

SMASHITUP

VEGAN SCRAM TOFU + AVO + CHERRY TOMZ + ONION + TOAST

PEAS PLEASE

PEAS + FETA + TOAST + AVO + POACH EGG + PESTO + WRESS

CALRRITO (GF)

BREKKIE BURRITO

VETO

SMASH AVO + FETA + SALMON + POACH EGG + CHERRY TOMS + TOAST

EGGXLNT

FRIED EGGZ + FRESH SALSA + PARMESAN + TOAST

THE MELVILLE

BRUSCHETTA + AVO + HALOUMI + POACH EGG + TOAST

SHROOMZ

SAUTEED SHROOMZ + AIOLI ON TOAST

65

JUICES (V) (GF)

FAST TRACK

ORANGE

WATERBOY

WATERMELON

SAL

STRAWBS + APPLE + LIME

CAFE RACER

PAPAYA + LIME

CAROLIME

CARROT + ORANGE + LIME

DR ABC

APPLE + BEETROOT + CARROT

GREENIE

KIWI + APPLE + SPINACH

SURFS UP

MANGO + PINEAPPLE + LIME

PASH POP

FRUIT FRAPPE

MIMI LIME

FROZEN LIME

INFUSED DRAGON + LIME

INFUSED CUCUMBER + KIWI

ICE CHOCOCO

SHARE

ICE LATTE

COCONUTZ

40

50 (V) (GF)

50 (DAIRY)

20

BARISTA

ESPRESSO

MACCHIATO

PICCOLO

LONG BLACK

FLAT WHITE

LATTE

CAPPUCCINO

MOCHA

MATCHA

TEA

DIRTY CHAI

CRATE COLD BREW

KOMBUCHA

JAMU

SOY / OAT / ALMOND / DECAF ADD 10

30

40

SMOOTHIE BOWLS (V)

HIPSTAR

ACAI + FROZEN BANANA + CHIA + DRAGON + STRAWBS + SHRED COCONUTZ + NUTS

WHY SO CEREAL

FROZEN BANANA + CACAO + PEANUT BUTTER + CHOC GRANOLA

BLACKOUT

FROZEN BANANA + BERRIES + MUESLI + GRAPES + COCONUTZ MILK + SHRED COCONUTZ

BOWLARAMA

FROZEN BANANA + DRAGON + GRANOLA + WATERMELON + SHRED COCONUTZ

BREKKIE2GOGO

FROZEN BANANA + DRAGON + NUTS + GRANOLA + MUESLI + SHRED COCONUTZ + STRAWBS

MANGOLICIOUS

FROZEN BANANA + MANGO + LIME + ROAST CASHEW + PUMPKIN SEEDS + PAPAYA + SHRED COCONUTZ

NOM NOM (V)

VEGAN BERCHER MUESLI

MIX UP (DAIRY)

YOGHURT + GRANOLA + MUESLI + STRAWBS + WMELON + HONEY

65