



**JOIN ONE OF SYDNEY'S FASTEST
GROWING SUPERFOOD CAFÉ GROUPS**

bare
naked
bowls



OUR PHILOSOPHY

At Bare Naked Bowls we believe in Eating Well and Doing Good.

Our Mission is to make healthy living effortless and simple.

Bare Naked Bowls is based on the concept that healthy living shouldn't mean depriving yourself.

Our principles are always to use **fresh delicious ingredients** bursting with wholesome nutrients to create plant based foods. We believe in **nourishing your body** with real food; no highly processed foods, no chemicals, no high-fructose corn syrup – just real food combined in creative and delicious ways. We are proud to serve local and mostly organic ingredients that provide you the energy you need to make the most out of your day.

We create our own unique recipes, ensure that we are up to date on the latest superfood trends, source the highest quality ingredients and take pride in every bowl that we serve in our cafes. Bare Naked Bowls has quickly become recognised as a leading Acai bowl location.

We also believe that doing good means that we should also **look after others** and 10% of all profits from Bare Naked Bowls goes directly to our partner charity **International Brothers and Sisters House** who support under privileged children and families in Cambodia, Nepal and Tanzania.

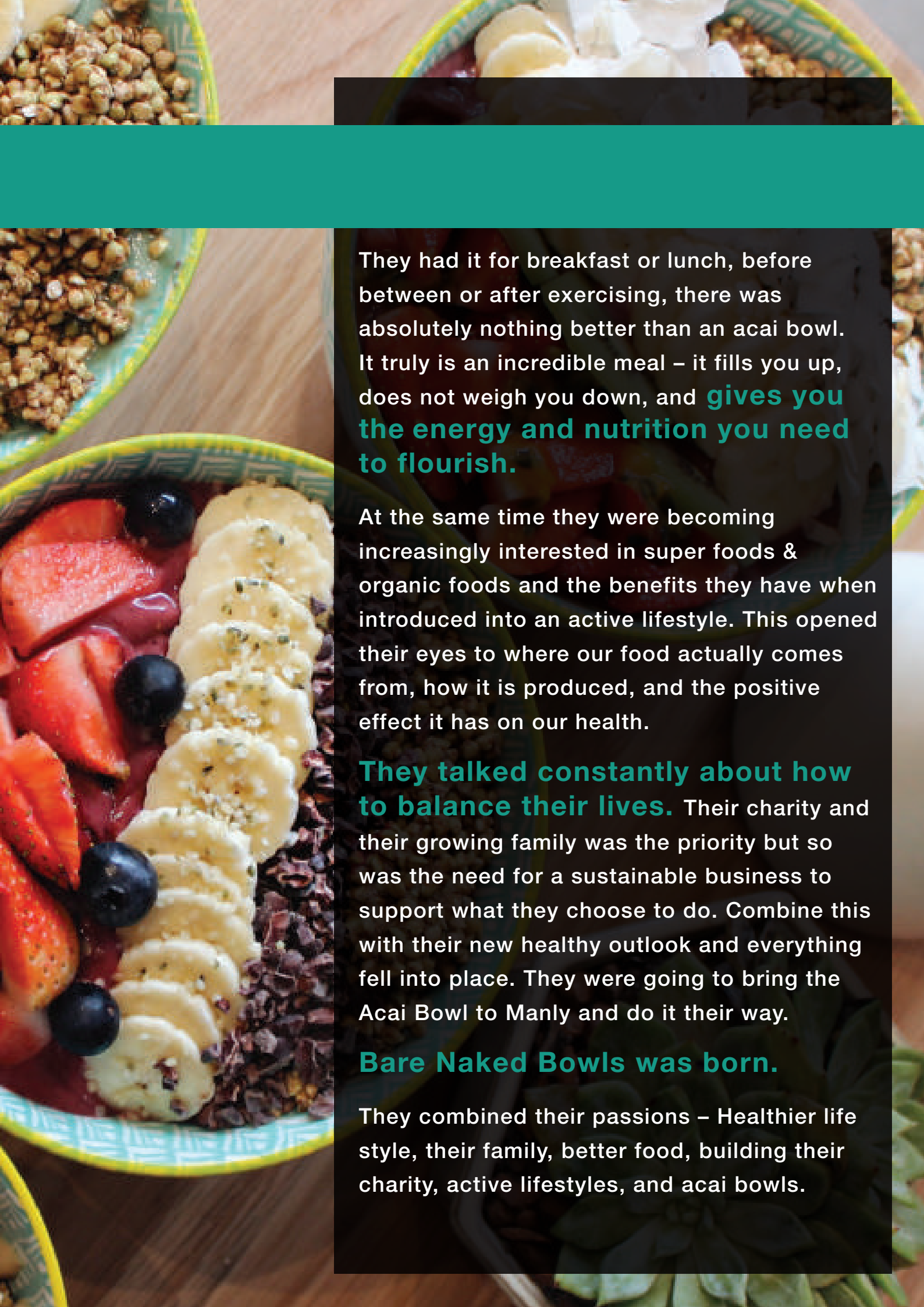




ABOUT

Bare Naked Bowls is the creation of **Josh and Ashley Porteous**. They met volunteering in Arusha, Tanzania in July of 2013. Josh from Sydney, Australia had given up a corporate life to volunteer in some of the poorest countries on this earth for one year and Ashley from Santa Barbara, California had worked hard over her summer break from college to volunteer in Tanzania for one month. As fate would have it, they were sent to the same volunteer house and the rest is history – 2014 was a big year for them – they started a charity together, were married and fell pregnant. However, these times were not without their challenges and in mid 2014 **both Josh and Ashley battled some nasty parasites** whilst volunteering in Nepal. It was during this time that they realised that living in developing nations was not something they could do full time, they needed time back in the first world to focus on their health.

After ridding themselves of the parasites, they went about changing their diet and lifestyle. **They spent one month in Santa Barbara, California where they were introduced to the Acai Bowl.**



They had it for breakfast or lunch, before between or after exercising, there was absolutely nothing better than an acai bowl. It truly is an incredible meal – it fills you up, does not weigh you down, and **gives you the energy and nutrition you need to flourish.**

At the same time they were becoming increasingly interested in super foods & organic foods and the benefits they have when introduced into an active lifestyle. This opened their eyes to where our food actually comes from, how it is produced, and the positive effect it has on our health.

They talked constantly about how to balance their lives. Their charity and their growing family was the priority but so was the need for a sustainable business to support what they choose to do. Combine this with their new healthy outlook and everything fell into place. They were going to bring the Acai Bowl to Manly and do it their way.

Bare Naked Bowls was born.

They combined their passions – Healthier life style, their family, better food, building their charity, active lifestyles, and acai bowls.



**The best acai
bowl in Sydney**

VERONICA DC

**Such an
incredible place!
Acai bowls are delicious
(and huge!) and coffee is
great! Definitely worth a
visit while in Manly.**

REGINA PHALANGE

**BEST PLACE IN
MANLY FOR SMOOTHIES
AND ACAI BOWLS!**

**Bare Naked Bowls is one of my
favourite place in Manly, and even if it
is very busy you can order take away
and enjoy your bowl or smoothie at
the beach, nothing better!! The cacao
acai smoothie was a real surprise for
me, healthy and absolutely delicious!**

Thanks guys

ROXANE BIDOILLEAU



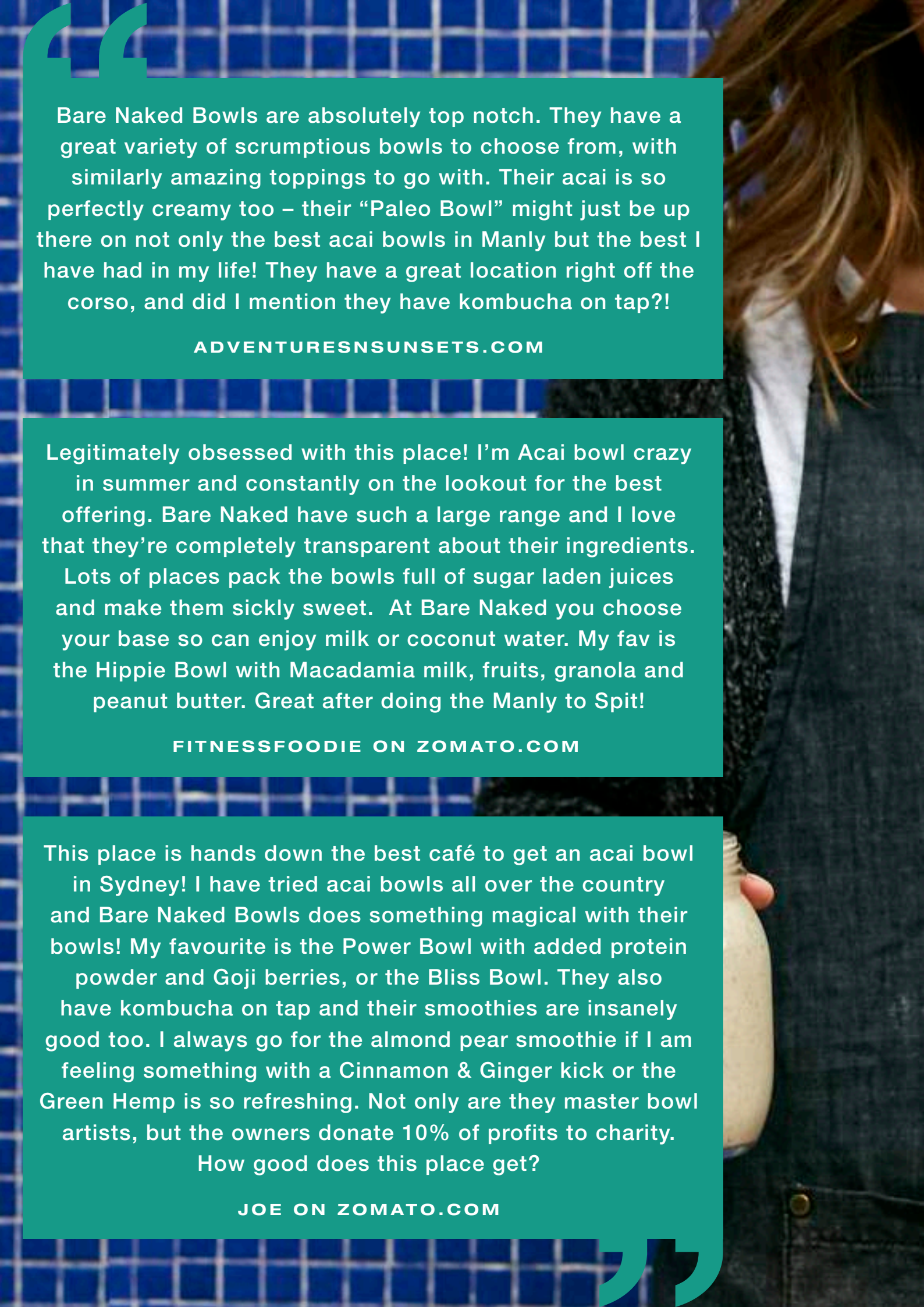
WHAT OUR CUSTOMERS THINK

Review by The Londoner in Sydney – May 2017

Bare Naked Bowls hasn't been around for that long but it's fast becoming an institution for the go to place for Acai in Manly. My second time round to the popular place was absolutely spot on. With many variations to choose from this time round I decided to mix up their options. **I absolutely love my coconut water so I picked the Bliss bowl with the Manly Topping.** They worked really well together and the acai blend was absolutely amazing. A cafe dedicated all to Acai in my favourite part of Manly in the lane ways, also serve up a few vegan dishes which is more brownie points in my mind.

AND AS A NEW ADDITION TO THIS POST (MAY 2017) – Bare Naked Bowls recently opened a very trendy and instagram worthy new cafe in Bronte. Located next to the 3 Blue Ducks, **this has to be the most beautiful acai cafe I've ever seen!**

My Aussie had the Hippie Bowl and said it was THE best he's ever had! It included macadamia milk, something I've not ever seen mixed with acai, and boy did it work. I feel like this company has really stepped up with their combinations and it's somewhere I'll be going back to time and time again. I think the more I go here and try all of their bowls, this could be easily pinching the **top spot of the best acai in Sydney!**



Bare Naked Bowls are absolutely top notch. They have a great variety of scrumptious bowls to choose from, with similarly amazing toppings to go with. Their acai is so perfectly creamy too – their “Paleo Bowl” might just be up there on not only the best acai bowls in Manly but the best I have had in my life! They have a great location right off the corso, and did I mention they have kombucha on tap?!

ADVENTURESINSUNSETS.COM

Legitimately obsessed with this place! I’m Acai bowl crazy in summer and constantly on the lookout for the best offering. Bare Naked have such a large range and I love that they’re completely transparent about their ingredients. Lots of places pack the bowls full of sugar laden juices and make them sickly sweet. At Bare Naked you choose your base so can enjoy milk or coconut water. My fav is the Hippie Bowl with Macadamia milk, fruits, granola and peanut butter. Great after doing the Manly to Spit!

FITNESSFOODIE ON ZOMATO.COM

This place is hands down the best café to get an acai bowl in Sydney! I have tried acai bowls all over the country and Bare Naked Bowls does something magical with their bowls! My favourite is the Power Bowl with added protein powder and Goji berries, or the Bliss Bowl. They also have kombucha on tap and their smoothies are insanely good too. I always go for the almond pear smoothie if I am feeling something with a Cinnamon & Ginger kick or the Green Hemp is so refreshing. Not only are they master bowl artists, but the owners donate 10% of profits to charity.

How good does this place get?

JOE ON ZOMATO.COM

OUR CUSTOMERS

The Bare Naked Bowls customer is:

- Health conscious
- Passionate about quality
- Lifestyle driven
- Love the outdoors
- Driven by friends, fashion and fitness

Whilst we have a wide customer base, the core Bare Naked Bowls customer is female and aged between 18 – 35 years.

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WHAT WE OFFER

The team at **Bare Naked Bowls** are **passionate** about what we do and want to ensure that those who join the Bare Naked Bowls family are equally as committed to our philosophy.

We will work with each franchise team from day one to find the best location for your store, working with our team of designers and builders to ensure your store delivers the unique Bare Naked Bowls look and feel, provide you with all the details to operate your business from staff training, menu, suppliers and marketing. Then our team will continue to support you via our operations and marketing teams.

The Bare Naked Bowls brand is fast becoming recognised as the best destination for Acai Bowls and unique Superfoods. We will continue to drive brand recognition for Bare Naked Bowls through investing in social media, advertising, media exposure and influencer strategies.



THE OPPORTUNITY FOR YOU

Bare Naked Bowls are offering limited number of franchise opportunities in the Greater Sydney area. The opportunity will be limited as we want to ensure that each store has the opportunity to build a solid business in their local area.

Exclusive areas available for franchise opportunities are:

- Sutherland Shire
- Upper Northern Beaches
- Inner West
- Sydney CBD

The franchise package provides not only support during the establishment stage of the franchise, but **ongoing operational and marketing support** to ensure your operation is a success.



FOR MORE DETAILS:

Contact Josh via josh@ibsh.com.au for a confidential discussion and to learn whether a Bare Naked Bowls franchise is right for you.