

SMOOTHIES

SUMMER BREEZE \$10

Pineapple, mango, lime, raw coconut water, mint, passionfruit & raw bee pollen.

GREEN HEMP \$10

Pineapple, banana, kale, prebiotic greens powder, spinach, mint, coconut oil, lime, raw coconut water & organic hemp seeds.

BLUE-NANA \$10

Banana, naked blue spirulina, vegan vanilla protein powder, cinnamon & organic coconut milk.

CACAO AÇAÍ \$10

Organic açai berry, banana, vegan cacao & coconut protein powder & organic coconut milk.

NAKED BERRY \$10

Blueberry, housemade natural peanut butter, banana, organic hemp protein, macadamia milk & bush honey.



Enjoy any of our smoothies with a reusable bamboo straw for only \$12

COLD DRINKS

WITH YOUR CHOICE OF MILK (+50¢)

Soy milk Activated almond milk Oat milk
Organic coconut milk Macadamia milk

ICED GOJI & HIBISCUS TEA \$5

Cold brew infusion of organic teas served over ice.

ICED LATTÉ \$6

Double shot espresso poured over ice and milk.

ICED CHAI \$6

Organic chai spices infused with milk over ice.

ICED MATCHA \$6.50

Matcha green tea powder served with agave, cinnamon and milk over ice.



SHORT ON TIME? ORDER IN ADVANCE!

Search the App store and Google Play for "Bare Naked Bowls" and download our app to order & pay in advance!

COFFEE

LATTÉ \$4 ESPRESSO \$3.80

LONG BLACK \$4 PICCOLO \$3.50

FLAT WHITE \$4 MACCHIATO \$3.50

CAPPUCCINO \$4 BABYCHINO \$1

MOCHA \$4

Your choice of milk +50¢ Large +50¢ Strong +50¢

GOT YOUR OWN CUP?

You're awesome. Enjoy 50¢ off your coffee, every time with us.

WARM TONICS

WITH YOUR CHOICE OF MILK (+50¢)

Soy milk Activated almond milk Oat milk
Organic coconut milk Macadamia milk

TURMERIC LATTÉ \$5

MATCHA GREEN TEA LATTÉ \$5

CACAO, MUSHROOM & JING HOT CHOC \$5

NATURAL CHAI LATTÉ \$5.50

STICKY CHAI POT \$5.50

TEAS

We are proudly serving **bodhi** ORGANIC TEA \$4.50

ViriTEA

Sencha and Jasmine green tea.

ZesTEA

Ginger, lemongrass, lemonpeel & turmeric.

HonesTEA

English breakfast.

ImmuniTEA

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

LongeviTEA

Hibiscus, rosehip, white tea & goji berries.

DID YOU KNOW...

1%

OF EVERY PURCHASE HELPS PEOPLE IN NEED.

At Bare Naked Bowls, we believe in eating good — and doing good. Our superfod cafés were born out of our strong desire to maintain a healthy lifestyle, whilst also helping others. By purchasing from our café today, you have made a contribution to the International Brothers & Sisters House (IBSH) charity, who provide housing, education and medical support for underprivileged children and families in third world countries. Visit www.ibsh.com.au to read more about our initiative.

THANK YOU FOR YOUR SUPPORT.

**bare
naked
bowls**

eat good. do good

WWW.BARENAKEDBOWLS.COM.AU



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BNBBOWLS



@BARENAKEDBOWLS



ONE PERCENT OF ALL SALES GOES TO IBSH
www.ibsh.com.au

AÇAÍ BOWLS



MANLY BOWL \$16 DF

Blend ; Organic açai berry, banana, strawberry & organic apple juice.

Topping ; Irrewarra nut granola, banana, strawberries, goji berries, blueberry, raw bee pollen & bush honey.



POWER BOWL \$16 GF DF

Blend ; Organic açai berry, banana, strawberries, house made natural peanut butter & activated almond milk.

Topping ; Banana, blueberries, organic hemp seeds, raw almonds, Loving Earth activated cacao buckinis & bush honey.



RIO BOWL \$16 DF

Blend ; Organic açai berry, banana & raw coconut water.

Topping ; Irrewarra nut granola, banana, strawberries, blueberries, organic hemp seeds, raw cacao nibs & house made natural peanut butter drizzle.



HIPPIE BOWL \$16 DF

Blend ; Organic açai berry, banana, blueberries, organic hemp protein & macadamia milk.

Topping ; Irrewarra nut granola, banana, strawberries, goji berries, blueberries, organic hemp seeds & housemade natural peanut butter drizzle.



ISLAND BOWL \$16 GF DF NF

Blend ; Organic açai berry, pineapple, mango, banana, organic coconut milk.

Topping ; Banana, strawberries, passionfruit, organic coconut yoghurt, raw cacao nibs & bush honey.



BLISS BOWL \$16 GF DF NF

Blend ; Organic açai berry, banana, mango & raw coconut water.

Topping ; Banana, strawberries, passionfruit, organic coconut chips, coconut chia pudding, Loving Earth activated caramelised buckinis & bush honey.



PALEO BOWL \$16 GF DF V

Blend ; Organic açai berry, avocado, raspberries, blueberries & raw coconut water.

Topping ; Raw almonds, organic coconut chips, goji berries, Loving Earth activated caramelised buckinis & raw cacao nibs.



BEACH BOWL \$16 DF

Blend ; Organic açai berry, banana, pineapple & organic coconut milk.

Topping ; Irrewarra nut granola, banana, strawberries, kiwi, organic coconut chips, passionfruit & bush honey.

ADD EXTRAS \$2 EACH

BLEND BOOSTERS

House made natural peanut butter
Natural almond butter
Avocado
Spinach
Extra açai
Vegan vanilla protein
Vegan cacao & coconut protein
Organic hemp protein
Naked blue spirulina
Jing
Mason mushroom blend
Prebiotic greens powder
Maca powder
Raw cacao
Cold pressed coconut oil

TOPPING

Irrewarra nut granola
Loving Earth activated cacao buckinis
Loving Earth activated caramelised buckinis
House made natural peanut butter drizzle
Organic coconut yoghurt
Coconut chia pudding
ABC hemp butter
Blueberries
Strawberries
Natural yoghurt
Banana
Kiwi
Raw almonds
Organic cacao nibs
Goji berries
Coconut chips
Matcha powder
Passionfruit
Organic hemp seeds
Raw bee pollen
Organic chia seeds
Bush honey
Agave

NUTRITIONAL KEY

- V VEGAN
- GF GLUTEN FREE
- DF DAIRY FREE
- NF NUT FREE
- RSF REFINED SUGAR FREE

ALLERGIES? PLEASE LET US KNOW AT THE TIME OF ORDERING.

ADD SOMETHING EXTRA TO YOUR AÇAÍ BOWL!

YOGHURT BOWLS



BERRY SUNRISE \$11 GF

Organic natural yogurt, homemade berry chia jam, coconut chia pudding, Loving Earth activated caramelised buckinis, strawberry, kiwi, organic cacao nibs & bush honey.
TRY IT WITH : Raw brownie slice +\$2



CHIA LOVE \$11 RSF

Organic natural yogurt, passionfruit, coconut chia pudding, Irrewarra nut granola, organic cacao nibs, strawberry, blueberry & bush honey.
TRY IT WITH : Loving earth activated cacao buckinis +\$2



MANGO BOMB \$11 RSF

Organic natural yogurt, mango purée, coconut chia pudding, Irrewarra nut granola, organic coconut chips, strawberry, kiwi & bush honey.
TRY IT WITH : Loving earth activated caramelised buckinis +\$2



CALIFORNIA DREAM \$12 GF

Organic natural yogurt, homemade berry chia jam, Loving Earth activated cacao buckinis, strawberry, banana, blueberry & housemade natural peanut butter drizzle.
TRY IT WITH : Raw peanut butter slice +\$2

SMOOTHIE BOWLS



GREEN BOWL \$16 GF DF RSF

Blend ; Mango, avocado, banana, mint, spinach & macadamia milk.

Topping ; Banana, strawberry, organic coconut chips, matcha green powder, Loving Earth activated caramelised buckinis, passionfruit & bush honey.



PITAYA BOWL \$16 DF RSF

Blend ; Organic pitaya, mango, banana & activated almond milk.

Topping ; Irrewarra nut granola, banana, blueberries, strawberry, organic chia seeds, organic coconut chips & bush honey.

NOURISH BOWLS

NAKED BOWL \$12 GF V RSF

Leafy spinach & kale greens, seasoned rain fed biodynamic brown rice, red bell pepper, marinated chickpeas, shredded carrot, goji berries, garden herbs, superkraut, raw almonds, creamy hummus with a sprinkle of chia seeds. Served with our housemade tangy tahini and turmeric dressing.



CALIFORNIA BOWL \$12 NF

Leafy spinach & kale greens, seasoned rain fed biodynamic brown rice, feta, black beans, cherry tomatoes, corn kernals, garden herb, superkraut, smashed avocado with a sprinkle of hemp seeds. Served with our housemade secret chipotle dressing.



T.J BOWL \$15 GF V RSF

Leafy spinach & kale greens, seasoned rain fed bio dynamic brown rice, marinated chickpeas, black beans, tender jack BBQ pulled jackfruit, red bell peppers, garden herbs. Seved with house made secret chipotle dressing.



SUPERFOOD TOAST \$12

SMASHED AVO, FETA & CHIMICHURRI SAUCE RSF NF

Avocado, feta & housemade chimichurri sauce.

SMASHED AVO & CALI BLEND V DF RSF

Avocado and our special blend of garlic, onion, salt, hemp, sesame & chia seeds.

EXTRAS \$2 EACH

Gluten free toast Crumbled feta
Marinated chickpeas Cherry tomatoes

