

SMOOTHIES \$10

SUMMER BREEZE

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

GREEN HEMP

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

BLUE-NANA

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

CACAO AÇAÍ

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

NAKED BERRY

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 served with agave, cinnamon & milk over ice

WARM TONICS

WITH YOUR CHOICE OF MILK (+50¢)

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

TURMERIC LATTÉ \$5

NAKED BLUE LATTÉ \$5

MATCHA GREEN TEA LATTÉ \$5

JING HOT CHOC \$5

NATURAL CHAI LATTÉ \$5.50

STICKY CHAI POT \$5.50

COFFEE

LATTÉ \$4 ESPRESSO \$3.80

LONG BLACK \$4 PICCOLO \$3.80

FLAT WHITE \$4 MACCHIATO \$3.80

CAPPUCCINO \$4 BABYCHINO ON US!

MOCHA \$4

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

GOT YOUR OWN CUP?

You're awesome! Enjoy 50c off your coffee every time with us

TEAS \$4.50

We are proudly serving 

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

SUPERFOOD TOAST

SMASHED AVO, FETA & CHIMICHURRI SAUCE \$12

Avocado, feta & housemade chimichurri sauce

SMASHED AVO & CALI BLEND \$12

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

PB & J \$12

Housemade natural peanut butter, housemade berry chia jam, banana, cacao nibs & bush honey (optional)

TOAST YOUR WAY! \$8

2 slices of toast with your choice of up to two toppings

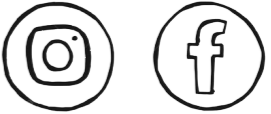


ADD EXTRAS TO YOUR TOAST +\$2 EACH

Gluten free toast Crumbled feta Free range egg Marinated chickpeas Cherry tomatoes

bare
naked
bowls

eat good. feel good



follow us and share your bowls
@barenakedbowlsnorthmead

scan the QR code to sign up to our mailing list & more!



www.barenakedbowls.com.au

5% surcharge applies on Sundays and 12.5% surcharge applies on Public Holidays

AÇAÍ BOWLS



PALEO BOWL \$16 GF DF V

Blend : Organic açai, avocado, raspberries, blueberries & raw coconut water
Topping : Almonds, coconut chips, goji berries, caramelised buckinis & cacao nibs



ISLAND BOWL \$16 GF DF NF

Blend : Organic açai, pineapple, mango, banana & organic coconut milk
Topping : Banana, strawberries, passionfruit, coconut yoghurt, cacao nibs & bush honey



RIO BOWL \$16 DF

Blend : Organic açai, banana & raw coconut water
Topping : Nut granola, banana, strawberries, blueberries, hemp seeds, cacao nibs & housemade natural peanut butter drizzle



MANLY BOWL \$16.50 DF

Blend : Organic açai, banana, strawberry & apple juice
Topping : Nut granola, banana, strawberries, goji berries, blueberries, bee pollen & bush honey



BEACH BOWL \$16.50 DF

Blend : Organic açai, banana, pineapple & organic coconut milk
Topping : Nut granola, banana, strawberries, kiwi, coconut chips, passionfruit & bush honey



BLISS BOWL \$16.50 GF DF NF

Blend : Organic açai, banana, mango & raw coconut water
Topping : Banana, strawberries, passionfruit, coconut chips, coconut chia pudding, caramelised buckinis & bush honey



POWER BOWL \$17 GF DF

Blend : Organic açai, banana, strawberries, housemade natural peanut butter & activated almond milk
Topping : Banana, blueberries, hemp seeds, almonds, cacao buckinis & bush honey



HIPPIE BOWL \$17 DF

Blend : Organic açai, banana, blueberries, organic hemp protein & macadamia milk.
Topping : Nut granola, banana, strawberries, goji berries, blueberries, hemp seeds & housemade natural peanut butter drizzle



GLOW BOWL \$17 GF DF

Blend : Organic açai, banana, mango, collagen coffee blend & macadamia milk.
Topping : Cacao buckinis, banana, cacao nibs, coconut yoghurt & strawberries

ADD EXTRAS

BLEND BOOSTERS +\$2 EACH

- Housemade natural peanut butter
- Almond butter
- ABC hemp butter
- Avocado
- Spinach
- Extra organic açai
- Vegan vanilla protein
- Vegan cacao & coconut protein
- Organic hemp protein
- Naked blue spirulina
- Jing
- Mason's Mushrooms
- Prebiotic greens powder
- Maca powder
- Raw cacao
- Cold pressed coconut oil
- Collagen coffee blend

ADD SOMETHING EXTRA TO YOUR BOWL!

TOPPINGS +\$2 EACH

- Irrewarra nut granola
- Irrewarra vegan granola
- Loving Earth cacao buckinis
- Loving Earth activated caramelised buckinis
- Housemade natural peanut butter drizzle
- Housemade berry chia jam
- Organic coconut yoghurt
- Coconut chia pudding
- Blueberries
- Strawberries

TOPPINGS +\$1 EACH

- Natural yoghurt
- Banana
- Kiwi
- Almonds
- Cacao nibs
- Goji berries
- Coconut chips
- Matcha green powder
- Passionfruit
- Hemp seeds
- Bee pollen
- Chia seeds
- Bush honey
- Agave

TOP IT YOUR WAY

SMOOTHIE BOWLS



GREEN BOWL \$16 GF DF RSF

Blend : Mango, avocado, banana, mint, spinach & macadamia milk
Topping : Banana, strawberries, coconut chips, matcha green powder, caramelised buckinis, passionfruit & bush honey



PITAYA BOWL \$16 DF RSF

Blend : Organic pink pitaya, mango, banana & activated almond milk
Topping : Nut granola, banana, blueberries, strawberries, chia seeds, coconut chips & bush honey



OCEAN BOWL \$16 DF RSF

Blend : Banana, pineapple, naked blue spirulina, mint & organic coconut milk
Topping : Nut granola, banana, strawberries, blueberries, passionfruit, coconut chips & bush honey

ADD NUT BUTTER TO YOUR SMOOTHIE BOWL +\$2 EACH
Almond butter Housemade natural peanut butter ABC hemp butter

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

NUTRITIONAL KEY

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

YOGHURT BOWLS

TRY THESE WITH A PROTEIN POWDER HIT — ASK US HOW!



BERRY SUNRISE \$11 GF

Organic natural yoghurt, housemade berry chia jam, coconut chia pudding, caramelised buckinis, strawberries, kiwi, cacao nibs & bush honey
TRY IT WITH : Organic coconut yoghurt +\$2



CHIA LOVE \$11 RSF

Organic natural yoghurt, passionfruit, coconut chia pudding, nut granola, cacao nibs, strawberries, blueberries & bush honey
TRY IT WITH : Peanut butter drizzle +\$2



MANGO BOMB \$11 RSF

Organic natural yoghurt, mango purée, coconut chia pudding, nut granola, coconut chips, strawberries, kiwi & bush honey
TRY IT WITH : Caramelised buckinis +\$2



CALIFORNIA DREAM \$12 GF

Organic natural yoghurt, housemade berry chia jam, cacao buckinis, strawberries, banana, blueberries & housemade natural peanut butter drizzle
TRY IT WITH : Cacao & coconut protein +\$2

DAIRY FREE & VEGAN OPTION – ORGANIC COCONUT YOGHURT +\$2

NOURISH BOWLS



NAKED BOWL \$14 GF V RSF

Leafy greens, brown rice, red capsicum, almonds, goji berries, marinated chickpeas, zesty carrot, superkraut, creamy hummus and a sprinkle of chia seeds. Served with our homemade tangy tahini and turmeric dressing



TJ BOWL \$16 GF V RSF DF

Leafy greens, brown rice, marinated chickpeas, black beans, tender jack BBQ pulled jackfruit, red capsicum, smashed avocado and a sprinkle of hemp seeds. Served with our housemade chipotle dressing



LIFE BOWL \$16 GF RSF

Leafy greens, marinated chickpeas, goji berries, cucumber, cherry tomatoes, grilled haloumi, beetroot hummus and a sprinkle of chia seeds. Served with our housemade tangy tahini and turmeric dressing



CALIFORNIA BOWL \$14 NF GF

Leafy greens, brown rice, black beans, cherry tomatoes, feta, corn kernels, superkraut, smashed avocado and a sprinkle of hemp seeds. Served with our housemade chipotle dressing

ADD EXTRAS TO YOUR NOURISH BOWL

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|-------------|---------|-----------------|-----------------|----------------|
| +\$3 EACH : | Tofu | Grilled haloumi | Jackfruit | Falafel |
| +\$2 EACH : | Avocado | Hummus | Beetroot hummus | Free range egg |