

PROTEIN SHAKES

PEANUT BUTTER AND HONEY

Chocolate Protein, Peanut Butter, Honey, Chia Seeds

REG - KJ2006 | P34 | F24 | C32 \$11
LARGE - KJ2314 | P45 | F25 | C36 \$13

CRAZY FOR MANGO

Vanilla Protein, Mango, Almond Flakes, Chia Seeds
REG - KJ1374 | P26 | F10 | C36 \$11
LARGE - KJ1682 | P37 | F11 | C40 \$13

KETO SHAKE

Vanilla Protein, Avocado, Peanut Butter, Walnuts, Spinach, Cinnamon
REG - KJ2477 | P37 | F41 | C18 \$11
LARGE - KJ2785 | P48 | F42 | C22 \$13

BANANA BRIGHT

Vanilla Protein, Banana, Chia Seeds, Walnuts, Cinnamon
REG - KJ1780 | P27 | F19 | C39 \$11
LARGE - KJ2088 | P38 | F20 | C43 \$13

FOREVER ENERGY

Vanilla Protein, Date, Banana, Avocado, Almond Flakes
REG - KJ1371 | P26 | F10 | C33 \$11
LGE - KJ1679 | P37 | F11 | C37 \$13

BERRY BLISS

Vanilla Protein, Mixed Berries, Goji Berries, Cranberries, Coconut
REG - KJ975 | P24 | F6 | C19 \$11
LARGE - KJ1283 | P35 | F7 | C23 \$13

NUTS FOR BANANA

Vanilla Protein, Banana, Peanut Butter, Honey, Chia Seeds
REG - KJ2163 | P35 | F24 | C39 \$11
LARGE - KJ2471 | P46 | F25 | C43 \$13

ENERGISER

Your Choice Of Protein Powder, L-Carnitine, Chia Seeds
REG - KJ712 | P24 | F5 | C9 \$11
LARGE - KJ1020 | P35 | F6 | C13 \$13

BISCOFF DRAMA

Vanilla Protein, Biscoff Spread, Chia seeds, banana
REG - KJ1843 | P25 | F20 \$11
LARGE - KJ2151 | P37 | F21 | C44 \$13

BOUNTY

Chocolate protein, Nutella, Banana, Coconut Flakes
REG - KJ1843 | P25 | F20 \$11

BUENO

Vanilla protein, Chocolate protein, Bueno and Almond Flakes
REG - KJ2163 | P35 | F24 | C39 \$11
LGE - KJ2471 | P50 | F25 | C43 \$13

GREEN & LEAN

Super Greens, Spinach, Apples, Passionfruit, Banana, Chia seeds
REG - KJ1485 | P3 | F2 | C19 \$11
LGE - KJ1737 | P5 | F4 | C29 \$13

PISTACHIO SHAKE

Vanilla Protein, Pistachio Paste, Pistachios, Avocado, Honey
REG - KJ2006 | P3 | F5 | C38 \$11
LGE - KJ2314 | P45 | F25 | C36 \$13

STRAWBERRY SPLASH

Strawberry Protein, Banana, Fresh Strawberries, Honey
REG - KJ975 | P24 | F6 | C19 \$11
LGE - KJ1283 | P35 | F7 | C23 \$13

FRUIT CRUSHERS

REGULAR \$11 | LARGE \$13

ACAI SMOOTHIE

Acai, Banana, Chia Seeds, Goji berries, Cranberries

REG - KJ1115 | P3 | F5 | C38
LGE - KJ1879 | P5 | F7 | C47

TROPICANA CRUSH

Pineapple, Orange, Mango, Passionfruit, Chia Seeds
KJ455 | P3 | F2 | C19

ORANGE OASIS

Orange, Green Apple, Passionfruit
KJ451 | P2 | F0 | C19

SUMMER DREAM

Lychee, Pineapple, Watermelon
KJ406 | P1 | F0 | C20

CABANA KIOSK

Watermelon, Apple & Passionfruit
KJ348 | P1 | F0 | C17

Mint Dream

Fresh Mint, lemon, Orange

DETOX

Celery, Apple, Cucumber
KJ190 | P1 | F0 | C9

ENERGY EXPLOSION

YOUR CHOICE OF V OR REDBULL
(SUGAR FREE AVAILABLE)
LEMON, MINT, NERDS

IMMUNITY BUSTER

GINGER, LEMON, HONEY

ORANGE JUICE, APPLE JUICE

(FRESHLY SQUEEZED)
REG \$7 Large \$9

MAKE YOUR OWN

REG \$8 LARGE \$10
LEMON, CELERY, GINGER, CUCUMBER,
APPLE, ORANGE, WATERMELON, PINEAPPLE,
MANGO, PASSIONFRUIT, CARROT

EXTRAS

GINGER \$2 - LEMON \$2 - FRUIT \$2

BASE PROTEIN SHAKES

VANILLA | CHOCOLATE | SALTED CARAMEL PROTEIN

REG - KJ616 | P23 | F3 | C7 \$8
LARGE - KJ923 | P34 | F4 | C11 \$10

EXTRAS

PROTEIN \$3 | COFFEE SHOT \$3 | VEGAN PROTEIN \$1
PEANUT BUTTER \$2 | CREATINE \$1 | L-CARNITINE \$1
GLUTAMINE \$1 | NUTELLA \$2 | BISCOFF \$2
HONEY \$2 | GREENS \$1



NUTRIVERSE

Menu



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10/1 GREGORY HILLS DR,
GLEDSDOOD HILLS

BREAKFAST

AVOCADO SMASH [Ⓥ] \$18

Avocado, Miche Sourdough, Your choice of eggs, Fetta, Cherry Tomatoes and zaatar
KJ1626 | P20 | F23 | C23

FIERY EGGS [Ⓥ] \$19

Scrambled Eggs, Avocado, Halloumi, Cheese, Tomato Salsa, Spinach, Sourdough, Chilli Harissa sauce
KJ2404 | P26 | F39 | C26

PROTEIN MORNING ROLL \$16

Lean sausage pattie, cheddar cheese, scrambled egg & BBQ sauce on a Turkish roll
ADD TURKEY BACON \$4

MORNING BURGER \$15

Turkey Bacon, Fried Eggs, Spinach Cheese, Bbq Sauce on a Burger Bun
KJ2266 | P34 | F32 | C31

MORNING WRAP \$16

Turkey Bacon, Avocado, Spinach, Scrambled eggs, Halloumi Cheese, Tomato Salsa, BBQ Sauce, Wholemeal Tortilla
KJ2543 | P29 | F33 | C45

EGGS BENNY \$19

Sourdough, Spinach, Free Ranged Poached Eggs, hollandaise sauce
ADD SMOKED SALMON OR TURKEY BACON
KJ3133 | P39 | F54 | C24

AUSSIE BREKKIE \$22

Eggs, Turkey Bacon, Mushroom, Spinach, Cherry Tomatoes, Avocado, Halloumi Cheese, Sourdough
KJ3936 | P54 | F59 | C46

HEALTHY BOWL [Ⓥ] \$20

Crispy Kale, Sauteed Spinach, Mixed Quinoa, Grilled Halloumi Cheese, Fresh Avocado & Two Poached Eggs With A Lemon dressing (plant based)
ADD 100G CHICKEN, BEEF OR LAMB \$5
KJ2235 | P32 | F37 | C17

PROTEIN PANCAKES [Ⓥ] [Ⓞ] \$20

A Tower of 3 Protein Pancakes, Mixed Berries, Banana, Nuts & Seeds, Vanilla Ice Cream with a side of Maple Syrup
Add Biscoff or Nutella \$2
KJ2960 | P34 | F18 | C98

BERRY PROTEIN PANCAKES \$20

A Tower of 3 Protein Pancakes, 3 BerryCompote and Vanilla Ice Cream

ACAI BOWL [Ⓥ] BABY \$10 SML \$16 REG \$18

Soft Serve Acai, Seasonal Fruits Topped With Granola, Banana, Strawberries, Coconut Chips & Chia Seeds
CHOOSE FROM NUTELLA, PEANUT BUTTER, BISCOFF, PISTACHIO, HONEY, BUENO, SUGAR FREE GRANOLA, GLUTEN FREE GRANOLA OR GLUTEN FREE MUESLI
KJ2413 | P10 | F23 | C8

FRUIT SALAD \$15

Mixed fruit, Granola, honey and coconut yoghurt

COCO WHIP BABY \$12 SML \$16 REG \$18

Added collagen vanilla protein, with your choice watermelon, mango, passionfruit, banana and strawberries.
CHOOSE FROM NUTELLA, PEANUT BUTTER, BISCOFF, BUENO PISTACHIO OR HONEY

CREATE YOUR OWN BREAKFAST

EGG \$3 [Ⓥ] [Ⓞ] [Ⓞ] [Ⓞ]
(SCRAMBLED, POACHED OR BOILED)
KJ234 | P6 | F4 | C0

2X TURKEY BACON \$6 [Ⓞ] [Ⓞ]
KJ1545 | P23 | F31 | C2

SPINACH \$3 [Ⓞ] [Ⓞ] [Ⓞ] [Ⓞ]
KJ127 | P1 | F0 | C0

BAKED MUSHROOM \$4 [Ⓞ] [Ⓞ] [Ⓞ] [Ⓞ]
KJ86 | P3 | F8 | C6

AVOCADO \$5 [Ⓞ] [Ⓞ] [Ⓞ] [Ⓞ]
KJ347 | P1 | F8 | C0

FETTA \$4
KJ300 | P5 | F5 | C1

HALOUMI CHEESE \$4 [Ⓥ]
KJ544 | P9 | F11 | C0

SMOKED SALMON \$8 [Ⓞ] [Ⓞ]
KJ437 | P12 | F6 | C0

MICHE SOURDOUGH \$3 [Ⓞ] [Ⓞ] [Ⓞ] [Ⓞ]
KJ457 | P4 | F1 | C20

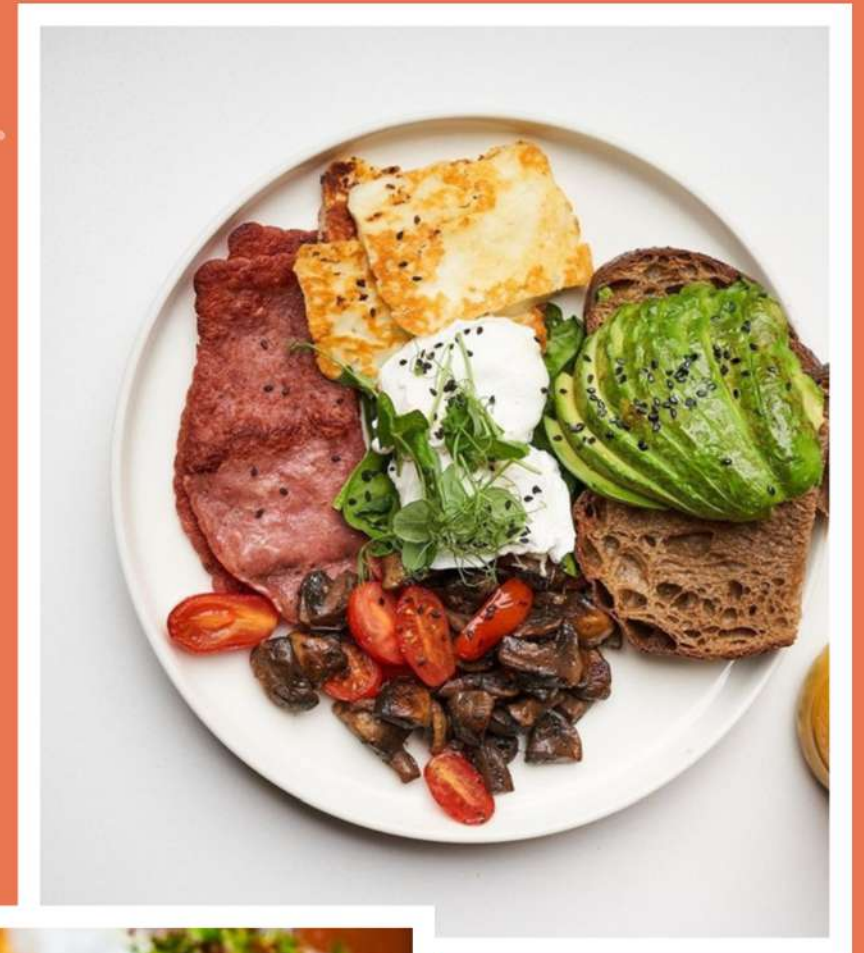
KALE, TOMATO & SPANISH ONION \$5
KJ99 | P2 | F0 | C3
[Ⓞ] [Ⓞ] [Ⓞ] [Ⓞ]

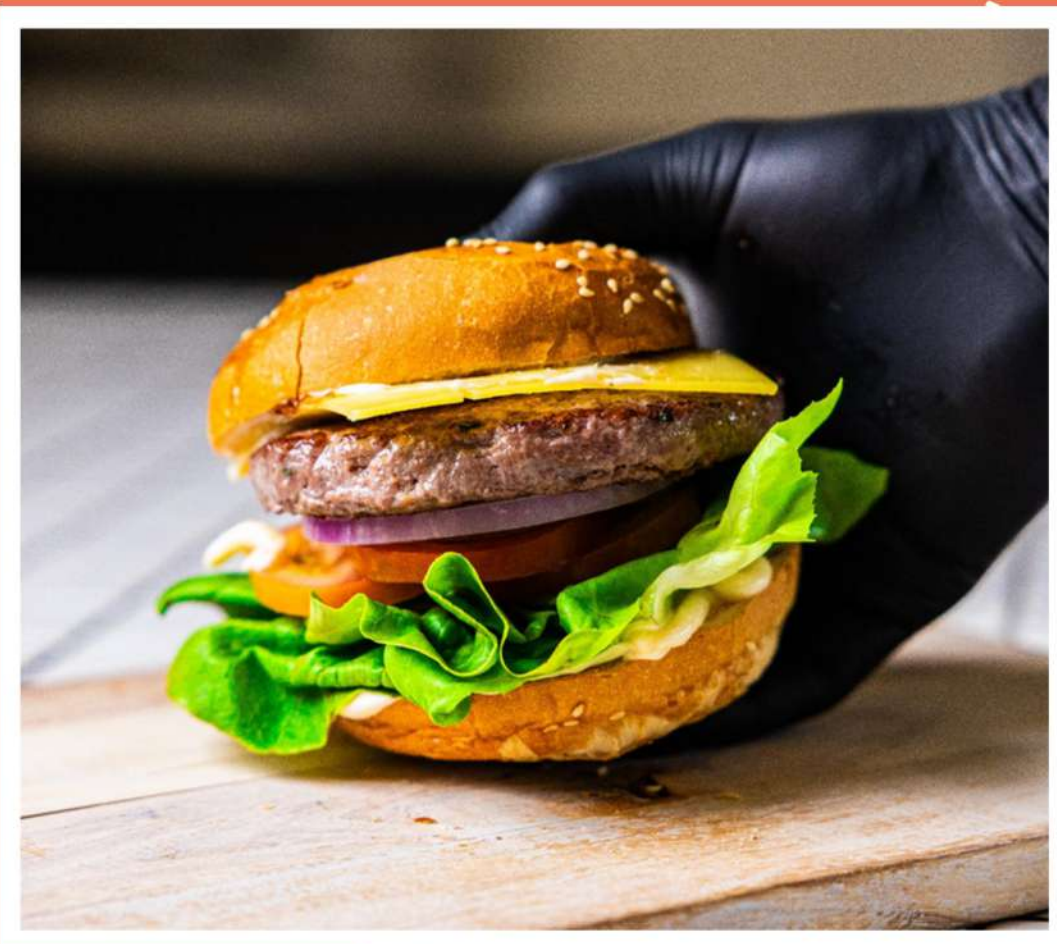
KIDS

CHEESE TOASTY \$8
TURKEY BACON EGG BURGER \$12
BAKED CHICKEN BITES & CHIPS \$14
KIDS PANCAKES \$12
CHEESE BURGER & FRIES OR SWEET POTATO WEDGES \$14

KIDS SHAKES

CHOCOLATE \$8
STRAWBERRY \$8
VANILLA \$8
NUTELLA SHAKE \$10





LUNCH

NUTRIVERSE BURGER Wagyu Beef Patty, Onion With Cheddar Cheese, Aioli, Lettuce, Burger Bun ADD TURKEY BACON \$6 KJ2925 P34 F47 C35	\$16	NUTRIVERSE CAESAR Quinoa Crusted Chicken, Baby Cos, Kale, Turkey Bacon, Parmesan Cheese, Egg, Caesar Dressing KJ3072 P53 F51 C16	\$18
NUTRIVERSE CHICKEN BURGER Marinated Chicken Breast, Chilli Aioli, Cheese, Tomato, Onion, Lettuce, Burger Bun ADD TURKEY BACON \$6 KJ2614 P33 F38 C38	\$16	CHICKEN AVOCADO SALAD Chicken, Avocado, Sweet Potato, Spinach, Walnuts, Avocado Herb Dressing KJ2777 P32 F51 C19	\$20
NUTRIVERSE CHICKEN WRAP Chipotle Chicken, Avocado, Tomato, Spinach, Aioli, Wholemeal Tortilla KJ3183 P34 F49 C44	\$16	ROAST PUMPKIN SALAD Cumin Roasted Pumpkin, Falafel, Cabbage, Shaved Cucumber, Quinoa, Avocado, Beetroot Hummus, Lemon Dressing ADD CHICKEN OR SMOKED SALMON \$5 KJ2254 P17 F26 C53	\$20
NUTRIVERSE BEEF WRAP Beef, Tomato, Cucumber, Aioli, Beetroot Slices Lettuce, Wholemeal Tortilla KJ3142 P40 F46	\$18	Add Extra Side Of Sweet Potato Fries	\$4
		BOWL OF SWEET POTATO WEDGES FRIES	\$10 \$6

CREATE YOUR OWN NUTRIVERSE PLATE

SMALL BULK 1x 100G Protein, 3 sides & sauce	\$25	BIG BULK 1x 200G Protein, 4 sides & sauce	\$35
CHICKEN BREAST GF 100G \$10 200G \$16 Garlic Herb 100G KJ900 P25 F11 C1 200G KJ1799 P49 F23 C7		BASMATI RICE GF DF VE KJ362 P2 F0 C18	\$5
CHICKEN TENDERS 100G \$10 200G \$16 Quinoa Crusted 100G KJ673 P24 F2 C11 200G KJ1345 P48 F4 C22		CHARRED KALE, TOMATO & ONION GF DF VE KJ99 P2 F0 C3	\$5
CHIPOTLE CHICKEN THIGH 100G \$10 200G \$16 100G KJ676 P24 F7 C2 200G KJ1352 P47 F13 C4 GF DF		BAKED MUSHROOM 100G GF DF VE KJ401 P4 F8 C2	\$5
ATLANTIC SALMON FILLET 100G \$14 200G \$22 100G KJ1215 P25 F22 C1 200G KJ2431 P50 F44 C2 GF DF		BROWN RICE KJ735 P4 F1 C36 DF VE	\$4
BARRAMUNDI FILLET GF DF 100G \$12 200G \$18 100G KJ505 P22 F3 C1 200G KJ1010 P44 F7 C1		BROCCOLI KJ100 P3 F0 C1 GF DF VE	\$5
BEEF RUMP GF DF 100G \$12 200G \$20 100G KJ823 P30 F9 C0 200G - KJ1645 P61 F17 C0		GREEN BEANS KJ115 P2 F0 C4 GF DF VE	\$5
LAMB FILLET GF DF 100G \$11 200G \$20 100G KJ823 P30 F9 C0 200G - KJ1645 P61 F17 C0		AVOCADO KJ347 P1 F8 C0 GF DF VE	\$5
BEEF MEATBALLS GF 100G \$10 200G \$18 In Napoli Sauce 100G KJ625 P26 F5 C0 200G - KJ1251 P52 F10 C1		SALAD KJ886 P1 F22 C2 GF DF VE	\$5
BAKED SWEET POTATO WEDGES DF VE KJ946 P2 F8 C35	\$5	CHARRED VEG KJ134 P2 F0 C5 GF DF VE	\$5
ROSEMARY BAKED SWEET POTATO GF DF VE KJ484 P3 F1 C21	\$5	BOILED EGG KJ235 P5 F4 C0 GF DF V	\$3
ROAST CUMIN PUMPKIN GF DF VE KJ117 P1 F0 C4	\$5	POACHED EGG SCRAMBLED	\$3
		ADD SAUCE	
		AIOLI KJ1140 P1 F30 C1 GF V	\$2
		CHILLI AIOLI KJ968 P1 F24 C3 GF V	\$2
		HARISSA KJ595 P0 F15 C3 GF DF VE	\$2
		HUMMUS KJ370 P3 F6 C6 GF DF VE	\$2
		BETROOT HUMMUS KJ352 P1 F6 C6 GF DF VE	\$2
		TOMATO SAUCE	
		BBQ SAUCE	



NUTRIVERSE

STIR FRY DISHES

**YOUR CHOICE OF BROWN OR WHITE RICE |
ALL WITH 100G OF PROTEIN | 200G +\$5**

NUTRIVERSE MONGOLIAN LAMB

**Lamb, Capsicums, Onions, Special Nutriverse
Mongolian Sauce
P40 | F40 | C25 | \$20**

NUTRIVERSE MONGOLIAN CHICKEN

**Chicken Breast, Capsicums, Onions, Special
Nutriverse Mongolian Sauce
P32 | F51 | C25 | \$20**

NUTRIVERSE NASI GORENG

**A mild spicy fried rice dish with chicken breast,
vegetables and a fried egg
P32 | F50 | C35 | \$20**

SANDWICHES

**YOUR CHOICE OF TURKISH OR SOURDOUGH
BREAD | ALL WITH 100G OF PROTEIN**

NUTRIVERSE GRILLED CHICKEN

**Grilled Herb & Garlic Chicken, Lettuce, Avocado,
Cheese, Chilli Aioli
P40 | F51 | C20 | \$18**

NUTRIVERSE STEAK SANDWICH

**Marinated Beef Rump, Grilled Onions, Cheese,
Lettuce, Beetroot, Aioli
P34 | F46 | C44 | \$18**

NUTRIVERSE VEGETARIAN WRAP/SANDWICH

**Falafel, Eggplant, Onions, Mushroom, Cheese,
Beetroot Hummus
P17 | F26 | C55 | \$16**

NUTRIVERSE LAMB SANDWICH

**Lamb, Tzatziki, Lettuce, Red Onion, Tomatoes, Chilli
Harissa Sauce
P40 | F45 | C44 | \$18**