

THERAPY™

From Science to Self-Care

WHOLE FOOD - LOCALLY SOURCED - SEED-OIL FREE - SCIENCE BACKED TECHNOLOGY

SPECIALITY COFFEE BY

St. ALi

01 - ESPRESSO BAR

Coffee & Espresso

ESPRESSO / LONG BLACK \$4.50

DOUBLE ESPRESSO \$5.50

SHORT MACCHIATO \$4.50

LONG MACCHIATO \$5.50

PICCOLO \$4.50

LATTE
S \$5.50 L \$6.00

FLAT WHITE
S \$5.50 L \$6.00

CAPPUCCINO
S \$5.50 L \$6.00

HOT STICKY CHAI
S \$5.50 L \$6.50

HOT CHOCOLATE
S \$4.50 L \$5.50

BABYCCINO \$2.50

MILKLAB Range + \$1.00
St. ALi Decaf +\$0.50
Functional Add On +\$1.50

02 - ICED RITUALS

Iced Collection

ICED MATCHA \$6.50

ICED MATCHA BERRY \$7.00
HOUSE MADE COMPOTE - +\$1 Coconut water

ICED MOCHA \$7.00

ICED LATTE \$6.00

ICED LONG BLACK \$5.50

ICED STICKY CHAI \$7.00

FROZEN COYO SWIRL +\$3.00

03 - LOVE TEA

ORAGANIC & ETHICALLY SOURCED

BASICS \$5.00

ENGLISH BREAKFAST, GREEN TEA, PEPPERMINT, ORIGINAL CHAI, FRENCH EARL GREY

SPECIALTY \$5.50

DETOX, CALMING, DIGESTIVE, SKIN GLOW

FOR YOUR FURRY FRIENDS
PUP CUPS \$6.00

Infused with omega 3, 6 & 9 · coat, skin & health

ORGANIC TREATS \$4.00

All natural, all organic



04 - PRESSED DAILY

Fresh Pressed Juice

GREEN RESET \$12

Apple, celery, mint, spinach
1g protein · 1g fibre

PINK GLOW \$14

Watermelon, strawberries, blueberries, collagen glow
1.1g protein · 1g fibre

PINK CLARITY \$13

Apple, beetroot, ginger
1.5g protein · 1g fibre

THE DETOX \$14

Celery, lemon, chlorophyll
1g protein · 1g fibre

GLOW LEMONADE \$13

Lemon, apple, chlorophyll
1g protein · 1g fibre

EVOO SHOT \$6

High-polyphenol EVOO with citrus & botanicals

Smoothies

Regular \$19 · Kids Size \$9

GLOW

Banana, mango, pineapple, spirulina, maple, coconut yoghurt, coconut water, reishi
12g protein · 6g fibre

CLEANSE

Mango, pineapple, gut primer, coconut water, coconut yoghurt, honey
10g protein · 5g fibre

VITALITY

Dragon fruit, kiwi, coconut yoghurt, almond milk, protein, honey, lion's mane
15g protein · 7g fibre

BALANCE

Mixed berries, hemp seeds, honey, maple, coconut yogurt, coconut water, reishi, creatine & electrolyte blend
14g protein · 8g fibre · 1.5g creatine

CALM

Dark chocolate, banana, dates, cinnamon, choc protein, Coconut yogurt, coconut water, peanut butter, lion's mane
22g protein · 9g fibre

BODY ELECTRIC \$11

A refreshing strawberry blend to help your body hydrate, replenish, and perform to its fullest. Packed with electrolytes, protein, and creatine
10g protein | 3g Creatine

For individuals under the age of 15 or those who are pregnant/breastfeeding, we recommend requesting the removal of the functional ingredient, unless you have confirmed it is safe for you.

Probiotic - Nourish - Rise

Indulgence and wellness in every spoonful

01 - WELLNESS BOWLS

Acai/Coyo & Protein Bites

VANILLA PROTEIN CHIA

STRAWBERRY - BLUEBERRY - MANGO

Flavoured chia pudding blended with coconut milk and vanilla protein, layered with compote, topped with toasted coconut.

32.3g protein - 13.7g fibre \$12

CUSTOM VANILLA PROTEIN PORRIDGE

Made with creamy coconut milk, our protein porridge is completely dairy-free — warm, nourishing, and designed to fuel your morning. Wheat free slow-release oats, fully customisable your way. Try it with honey and cinnamon, any of our açai toppings, or our house-made compote.

27g protein - 6g fibre \$14



\$16

ACAÍ

Silky premium açai · antioxidants, essential fatty acids & dietary fibre

FROZEN COCONUT YOGURT

Plant-based coyo with collagen peptides · fermented probiotics

\$18

ACAÍ & COYO BLEND

UNLIMITED TOPPINGS

Fresh fruit · Chia seeds · Hemp seeds · Almonds · GF Granola (Almond Coconut, Coffee Caramel, Dark Choc) · Dates · Raw Cacao Nibs · Caramelised Buckini · Bee Pollen · Toasted Coconut · Goji Berries

DRIZZLE

Hazelnut Spread · Pistachio Papi · Peanut Butter · Honey · Maple Syrup

02 - LITTLE ONES

LITTLE ONES

CHEESE TOASTIE \$10

Fresh sourdough, house cheese

FRESH PRESSED APPLE JUICE \$8

Cold pressed, no added sugar

03 - FUNCTIONAL MELTS

Toasties

All served on sourdough

TRUFFLE GROVE MELT \$18

Mushrooms, truffle olive oil, spinach, aged cheddar, cottage cheese, caramelised onion
19g protein · 6g fibre

FARMHOUSE ENERGY STACK \$18

Bun, egg, bacon, spinach, aged cheddar, tomato relish
28g protein · 5g fibre

CAPRESE \$16

Tomato, bocconcini, pesto, basil
16g protein · 5g fibre

CHICKEN PESTO MELT \$18

Chicken, diced vegetables, pesto, spinach, aged cheddar
38g protein · 5g fibre

TUNA MELT \$18

Tuna, aged cheddar, corn, vegan aioli
37g protein · 5g fibre

04 - RISE

Breakfast

EGGS YOUR WAY \$12

Scrambled or 2 poached eggs accompanied by 1 piece of sourdough. Pair with any add-ons
15g protein · 2g fibre

AVO TOAST \$24

Sourdough, Sliced Avocado, Cherry tomatoes, Sea salt, Basil pesto, Goats cheese, Pumpkin seeds, Paprika. Add one egg for \$2
15g protein · 9g fibre

EGGS BENNY \$26

Sourdough, two poached eggs, Miso salmon, hollandaise.
38g protein · 3g fibre

BREAKFAST BOWL \$24

One piece of sourdough, scrambled eggs, avocado, sauerkraut, and wilted spinach.
20g protein · 10g fibre

ADD-ONS

- Chicken - \$6
- Tuna - \$6
- Miso salmon - \$6
- Mozzarella - \$6
- Truffle mushroom - \$6
- Gluten-free bread - \$4
- Bacon - \$4
- Tomato - \$4
- Avocado - \$4
- Tomato relish - \$3
- Aged cheddar - \$3
- Vegan cheese - \$3
- Egg (poached) - \$3
- Wilted spinach - \$3
- Caramelised onion - \$3

05 - NOURISH BOWLS

Signature Bowls

Available from 11am

MISO SALMON \$21
CLARITY

Seared salmon, red cabbage, carrots, daikon, spinach, cucumber, soft herbs, sesame dressing
28g protein · 8g fibre

BRISKET POWER \$19
BOWL

Slow-cooked brisket, broccoli, kale, spinach, cucumber, edamame, furikake, creamy miso mayo
32g protein · 9g fibre

LAMB VITALITY \$19
BOWL

Tender lamb, cos lettuce, cherry tomatoes, red onion, cucumber, pumpkin seeds, coconut yoghurt, fresh mint
30g protein · 7g fibre

CHICKEN BALANCE \$19
BOWL

Chicken, broccoli, kale, spinach, edamame, macadamias, green goddess dressing
35g protein · 10g fibre

TURMERIC GLOW \$17
BOWL

Golden turmeric cauliflower, red cabbage, carrots, daikon, spinach, broccoli, cucumber, furikake, sesame dressing
12g protein · 11g fibre

BUILD YOUR OWN

From \$13

BASE

- Sushi rice
- Quinoa
- Brown rice +\$2
- Soba noodles +\$2

PROTEIN +\$6

- Brisket · Lamb
- Chicken · Miso Salmon
- Turmeric Cauliflower

UNLIMITED ADD-ONS

- Broccoli · Kale · Spinach · Cos Lettuce · Red Cabbage · Carrots · Daikon · Cucumber · Cherry Tomatoes · Red Onion · Edamame · Macadamias · Pumpkin Seeds · Furikake · Soft Herbs

Dressing

- Sesame · Miso Mayo · Coconut Yoghurt · Green Goddess

Functional Insights

Science backed supplementation

*Insight into Therapy's
Functional menu*

+\$1.50 to any coffee, smoothie, or juice

KAKADU PLUM

One of the richest natural sources of Vitamin C, supporting collagen production, skin brightness and immune health. Potent antioxidants protect from oxidative stress.

CORDYCEPS+

Enhances natural energy, stamina and oxygen uptake. Supports physical performance and stress resilience without caffeine — ideal for active lifestyles.

REISHI

Calming adaptogen for the nervous system. Promotes relaxation, improves sleep quality and strengthens immune function for deep, restorative balance.

LIONS MANE

Natural nootropic supporting focus, memory and mental clarity. Nourishes the brain, helps regulate mood and enhances cognitive performance.

ON BLEND

Lion's Mane + Cordyceps + Chaga
Three powerhouse mushrooms for balanced energy, sharper focus and stronger immune support — cognition, stamina and antioxidant protection in one.

GLOW

Probiotic Inner Beauty Powder
Probiotic-rich formula for gut health, skin radiance and digestive balance. Antioxidants, wholefoods and prebiotics nourish the skin from within.

BLUE MATCHA

Rich in natural antioxidants supporting calm energy and mental clarity. Bright blue butterfly pea flower — beauty and brain benefits in one.

BODY PROTEIN

Vanilla & Chocolate
Clean multi-source protein with prebiotics to support gut health, lean muscle maintenance and sustained energy. Ideal for smoothies, meals and recovery.

CREATINE MONOHYDRATE

Supports strength, endurance and athletic performance by helping muscles work harder and recover faster. Perfect for training, strength and energy.

ORGANIC SPIRULINA

Deeply nourishing superfood known for energising, immune-boosting and alkalising benefits. Provides plant protein and chlorophyll for everyday wellness.

BEAUTY CHEF BODY ELECTRIC

Multi-functional blend combining bio-fermented probiotics, electrolytes, creatine and protein. Supports hydration, gut health, muscle recovery and energy.

COLLAGEN BOOST

Plant-based collagen-support formula rich in Vitamin C and antioxidants. Helps the body naturally form collagen for firmer, smoother, hydrated skin.

BIO HACK RANGE

A curated collection of functional supplements designed to support overall wellbeing, energy, focus, and recovery. Grounded in biohacking principles, each blend works to optimise how your body performs—helping you feel balanced, resilient, and operating at your best.

STOCKING THE WHOLE WANDERLUST /
BIO HACK SUPPLEMENTS

Ask our
staff about
purchasing
our Beauty
chef or Bio
hack range



Benefits are based on emerging science and traditional use. Nutrition values are approximate and provided for guidance only. Please inform our staff of any allergies and we will do our best to accommodate you.



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