



**CHARLIE'S**  
**Raw Squeeze**  
Healthy Cafe & Juice Bar

**THE SWEET & SAVOURY SIDE**

//////  
Add vegan cheeze \$2



//////  
Add avocado \$3

- SMASHED AVO ON TOAST** ..... 7.00  
Smashed avocado on sourdough
- AVO & TOMATO ON TOAST** ..... 9.00  
Smashed avocado, diced tomato and mint, on sourdough
- PEANUT BUTTER CHOC TOAST** ..... 9.00  
Peanut butter, banana and choc sauce on sourdough
- CHEEZE & TOMATO TOASTIE** ..... 9.00  
Grilled tomato, vegan cheeze and soy mayonnaise on your choice of sourdough
- MEDITERRANEAN TOASTIE** ..... 11.00  
Grilled pumpkin, zucchini, pesto and spinach on your choice of sourdough
- TRADITIONAL TWO STACK** ..... 6.00  
Two of our fluffy pancakes, rice malt and strawberries.  
Add protein ball \$3    Add coconut gelato \$2  
Add peanut butter \$2    Add chocolate sauce \$1
- SALTED CARAMEL PANCAKES** ..... 10.00  
Two of our fluffy pancakes, date sauce, walnuts, banana and a scoop of our salted caramel bowl blend

**SQUEEZE BOWLS**

- //////  
Add coconut gelato \$2
- 
- //////
- ACAI BOWL** ..... 10.00 14.00  
A unique blend of acai and banana, topped with kiwi, blueberries, raspberries, granola and coconut chips
  - SNICKERS BOWL** ..... 12.00 16.00  
Satisfy yourself with our blend of banana, peanuts, dates, cacao and coconut, topped with salted caramel blend, peanuts, chocolate sauce, banana and granola
  - DRAGON BOWL** ..... 12.00 16.00  
Just like cotton candy, our blend of pitaya, strawberries, goji berries and banana, topped with kiwi, blueberries, granola and coconut chips
  - SALTED CARAMEL BOWL** ..... 12.00 16.00  
Our sweet and salty blend is packed full of dates, banana, walnuts and almonds, topped with banana, granola, coconut yoghurt and raspberries
  - HULK BOWL** ..... 13.00 17.00  
Go green with our blend of banana, spinach, kale, mint, walnut and cinnamon, topped with banana, strawberries, granola and coconut yoghurt
  - MANGO BOWL** ..... 13.00 17.00  
Freshen up with our blend of mango, pineapple and orange, topped with kiwi, strawberries, passionfruit and granola
  - SUPERFOOD ACAI BOWL** ..... 13.00 17.00  
Our super blend of acai, cacao, goji berries and banana, topped with blueberries, raspberries, goji berries, granola and coconut chips

**SMOOTHIES**

- //////  
Add supergreens, protein, or coffee for \$1 ea
- 
- //////
- FUEL YOUR WARRIOR** ..... 8.00 10.00  
Bring out your warrior with maca, peanuts, banana, rice malt syrup and almond mylk
  - CACAO ENERGY BOOSTER** ..... 8.00 10.00  
Kick start your day with a boost of bananas, cacao, dates, maca and almond mylk pulsed to perfection
  - BULK THE HULK** ..... 10.00 12.00  
Get green and bulk like the Hulk with spinach, kale, mint, banana, walnut, cinnamon and coconut
  - VERY BERRY PROTEIN** ..... 10.00 12.00  
Take your workout to the next level with a blend of pitaya, protein, blueberries, strawberries, goji berries and banana
  - NATURES' RAW SALTED CARAMEL** .. 10.00 12.00  
Get a taste natures' sweet caramel with dates, banana, walnut, himalayan salt, gelato and almonds
  - SUPERFOOD DETOX-ACAI** ..... 10.00 12.00  
Detox-acai your day with a combo of acai, cacao, goji berries, banana, almond mylk, dates, and topped with granola
  - GLOW CRAZY** ..... 10.00 12.00  
Glow through the day with mango, orange and pineapple

**JUICES**

- //////  
50c surcharge will apply for more ingredients with no ice
- 
- //////
- WINTER FLU** ..... 7.00 9.00  
Pineapple, orange, ginger, turmeric, lemon & cayenne pepper
  - BOOST YOUR IMMUNITY** ..... 7.00 9.00  
Orange, carrot, ginger, turmeric
  - LEAN GREEN CLEANSING MACHINE** 7.00 9.00  
Spinach, kale, lemon, cucumber, celery & apple
  - VITAMIN SEE** ..... 7.00 9.00  
Lemon, carrot, celery, apple, ginger
  - RED TO REJUVENATE** ..... 7.00 9.00  
Beetroot, carrot, ginger, lemon, pineapple & cayenne pepper
  - SKINNY GOLD** ..... 7.00 9.00  
Lemon, pear, apple, pineapple
  - HIGH ON HYDRATION** ..... 7.00 9.00  
Pineapple, watermelon, strawberries & passionfruit
  - RESTORE, REFRESH, REPAIR** ..... 7.00 9.00  
Kiwi fruit, watermelon, pineapple, mint

TREAT YOURSELF



\*Choice of wafer or (GF) granola

- GELATO & CHOC CUP** ..... 8.50  
Coconut gelato in a cup topped with chocolate sauce
- STRAWBERRY BLISS NICE CREAM** ..... 7.50  
A blissful blend of strawberry, banana and coconut, and topped with chocolate sauce
- CHOCOLATE NICE CREAM** ..... 9.50  
A blend of cacao, coconut and banana, topped with strawberries, wafers\* and chocolate sauce
- SALTED CARAMEL NICE CREAM** ..... 10.00  
Our unique blend of dates, banana, salt, almond mylk and walnuts, topped with wafers\* and date sauce
- PB & C GELATO** ..... 10.00  
Coconut gelato, topped with peanut butter, cookies, wafers\* and choc sauce
- FRUITALICIOUS** ..... 10.00  
Coconut gelato, topped with fresh seasonal fruit
- COOKIES 'n' CREAM NICE CREAM** ..... 10.00  
Our naughty blend of cookies, cacao, coconut and banana, topped with cookies, gelato, wafers\* and choc sauce



For range of milks ask our friendly staff.

COFFEE

	# Shots	SML	RGL	LRG
ESPRESSO		1		
PICCOLO		1		
MACCHIATO		1	2	
LONG BLACK		1	2	3
FLAT WHITE / CAPPUCINO		1	2	3
MOCHA		1	2	3
LATTE / HOT CHOCOLATE		1	2	3
ASSORTED TEA			3.00	
BUBBA CINO			2.00	
ICED LONG BLACK		1	2	
Coffee & ice				
ICED LATTE		1		3
Coffee, mylk & ice				
ICED COFFEE		1		3
Coffee, ice, mylk & gelato				
ICED CHOCOLATE		1		3
Chocolate, ice, mylk & gelato				
ICED MOCHA		1		3
Coffee, chocolate, ice, mylk & gelato				
EXTRA SHOT			0.50	
GELATO			2.00	

Gluten Free options are available.  
Please ask one of our friendly staff for more information.

Check out our cabinet for a wide range of treats  
courtesy of Rawsome and Plant Based Dough Co.

