



PT41

hot drinks.

espresso	2
americano	2.50
flat White	2.50
latte	2.80
cappuccino	2.80
mocha	3
turmeric latte	3
match latte	3

cold drinks.

iced Coffee	3
iced Latte	3
protein shake	3.50
energy drink	2
water	1
pre workout	1.50
protein shake	4
herbal tea	2

SOY ALMOND MILK COCONUT MILK DECAF EXTRA SHOT	0.30
SYRUPS (ask for all options)	0.30

shakes

positivity juice	
blueberry pie	
choc PB banana	
green goodness	
pina colada	
ginger spice	5

MORE OPTIONS AVAILABLE 5

hot porridge.

peanut butter and jam	
banana & nutella	
pick your own	3.50

pancakes.

banana & nutella	
maple, yogurt and berries	
any toppings	6.50

on the go

overnight oats	3.50
loaded toast	3.50
banana & pb	
smashed avocado	
eggs any which way	4.50
weekly special	6.50

snacks

protein balls	2
protein treats	3
yogurt, granola & fresh fruit	3



shakes

positivity juice

spinach, banana, matcha powder, unsweetened almond milk, almond butter and vanilla whey protein

blueberry pie

blueberries, bananas, peanut butter, cinnamon, vanilla whey protein and unsweetened almond milk

choc PB banana

bananas, peanut butter, chocolate whey protein, unsweetened almond milk

green goodness

spinach, avocado, chia seeds, unsweetened almond milk or coconut milk and vanilla whey protein

berry lust

mixed berries, chia seeds, unsweetened almond milk or coconut milk and strawberry whey protein

the mancgo

mango, banana, coconut and vanilla whey protein

pina colada

pineapple, banana, coconut milk and vanilla whey protein

ginger spice

banana, ginger, honey, unsweetened almond milk, cinnamon and vanilla whey protein

the clean recovery

coconut water, two scoops of your chosen whey protein, and plenty of ice to cool you down after class.