

# SULA

## JUICES / \$7.5 | \$9



### ISLAND FEVER

ORANGE, PINEAPPLE,  
WATERMELON

### GREENFIELDS

APPLE, CELERY, SPINACH,  
CUCUMBER

### GOLDEN HOUR

ORANGE, PINEAPPLE,  
LEMON, GINGER

### THE DETOX

ORANGE, CARROT,  
LEMON, GINGER

### THE BUZZ

APPLE, PINEAPPLE, CELERY &  
GINGER

### DR ABC

APPLE, BEETROOT, CARROT

### RUBY RED

WATERMELON, MINT, APPLE

## BUILD YOUR OWN JUICE

### STEP 1 -

CHOOSE YOUR BASE  
WATERMELON, APPLE, PINEAPPLE  
OR ORANGE

### STEP 2 -

ADD YOUR OTHER FRUITS  
(MAX 3)

WATERMELON, ORANGE, PINEAPPLE,  
APPLE, CELERY, SPINACH,  
CUCUMBER, GINGER, LEMON, MINT,  
BEETROOT, CARROT,

### HEALTH SHOT \$5

ORANGE, LEMON, GINGER,  
CAYENNE PEPPER & HONEY

## SMOOTHIES / \$10

### SUMMER GLOW

Mango, pineapple, chia seeds,  
spinach, passionfruit pulp and  
coconut milk



### SULA SIGNATURE

Banana, vegan vanilla protein powder,  
cinnamon, maple syrup, activated  
almond milk

### BOUNTY

Banana, raw cacao, dates, coconut  
flesh, and coconut milk

### PINKY

Pink pitaya, banana, mango,  
passionfruit pulp and coconut milk

### MONKEY BUSINESS

Banana, peanut butter, raw cacao  
powder, raw peanuts and activated  
almond milk

### LA LUNA

Mango, pineapple, coconut flesh,  
passionfruit pulp and organic coconut  
water

### ESPRESSO YOURSELF

**\$11**

Double espresso shot, banana, dates,  
peanut butter and activated almond  
milk

## SHAKES/ \$7 | \$8.5

CHOCOLATE, VANILLA,  
STRAWBERRY, CARAMEL,  
BANANA, COOKIES



## SUPERSHAKES/ \$12.5

MALTEASER SUPERSHAKE  
GOLDEN GAYTIME  
SUPERSHAKE

**10% SURCHARGE APPLIES ON SUNDAYS**

# SULA

## COFFEE /



SM \$4.5

MED \$5.

LRG \$6.

### EXTRAS

- ALT MILKS \$0.7 / \$1.0
- SYRUPS \$0.5 / \$0.7
- DECAF \$0.5

## DRINKS/

LOOSE LEAF TEA \$5

CHAI / MATCHA/ TURMERIC LATTE \$5

ICED CHAI/LATTE/LONG BLACK \$5.5

ICED MOCHA \$6

ICED COFFEE / ICED CHOCOLATE

(CREAM & ICE CREAM) \$6.5

BOTTLED WATER/SPARKLING \$3

## ACAI BOWLS /



### BUILD YOUR OWN ACAI BOWL

**STEP 1** - START WITH BASE BOWL  
(PURE ACAI ONLY) **\$13.50**

**STEP 2** - ADD YOUR FAVOURITE TOPPINGS

GRANOLA | \$1.5

COCONUT YOGHURT | \$1.5

NUTELLA | \$1.5

BANANA | \$1.5

STRAWBERRIES | \$1.5

FRESH MANGO | \$2.

PEANUT BUTTER | \$1.

SEASONAL FRUITS (APPLE, ORANGE,  
WATERMELON OR KIWI FRUIT) | \$1. EACH

BUSH HONEY | \$0.7

RAW CACAO DRIZZLE | \$0.5

PASSIONFRUIT PULP | \$0.5

DATES | \$0.5

CHIA SEEDS | \$0.5

COCONUT | \$0.3

PEANUTS | \$0.3

### KIDDIES BOWL | \$9.5

SMALL SERVE ACAI, BANANA, COCONUT &  
STRAWBERRIES

## EATS /



### TOAST W CONDIMENTS | \$7

SOURDOUGH WITH CHOICE OF  
CONDIMENTS ~ VEGEMITE, JAM OR  
PEANUT BUTTER

### AVOCADO TOAST | \$16

AVOCADO ON SOURDOUGH TOAST,  
ROCKET, CRUMBLLED HERB FETA,  
LEMON, BEETROOT RELISH, OLIVE  
OIL & CHILLI

ADD HALLOUMI \$4.5

### PUMPKIN PATCH | \$13

CHARGRILLED PUMPKIN & HOMOUMS  
ON SOURDOUGH TOAST WITH  
DUKKAH AND ROCKET

### TOMMY TOAST | \$12

FRESH SLICED TOMATO AND BASIL  
PESTO ON SOURDOUGH TOAST WITH  
BALSAMIC GLAZE

### HONEY BEE | \$11.5

FRESH SLICED BANANA, PEANUT  
BUTTER, HONEY AND CINNAMON ON  
SOURDOUGH

### ADD ONS

- HALLOUMI \$4.5
- HERB FETA \$2.0
- AVOCADO \$4
- SLICED TOMATO \$2.5
- GLUTEN FREE BREAD \$1.5

**CHECK OUT OUR CABINET  
FOR MORE TASY OPTIONS**

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