

CRIMSON BEAR

-3016-

TAKE AWAY MENU

PLACE YOUR ORDER THROUGH REWARDLE APP
PICK EITHER INSIDE OR SIDE WINDOW

MACRO BOWL \$11.00

Build your own Healthy Bowl

CARBOHYDRATES - CHOOSE ONE

- Quinoa, brown rice or sweet potato

GREENS - CHOOSE ONE

- Spinach • Kale

DRESSING

- Tumeric Hommus • Honey Mustard
• Lemon & Herb

VEGETABLES - CHOOSE UP TO 3

- Carrots • Green Beans • Broccoli
• Cauliflower • Pumpkin

FERMENTED FOODS / FATS - CHOOSE ONE

- Sauerkraut • Almonds • Avocado

PROTEIN

- Chickpeas \$3.00
• Oven Roasted Chicken Breast \$5.00
• Grass Fed Pulled Beef \$6.00
• 2x Hard Boiled Eggs \$4.00
• Smoked Salmon \$6.00 • Falafels \$5.00

ACAI BOWL (PRONOUNCED AH-SAH-EE) \$13.50

Acai sorbet blended with banana and peanut butter. Topped with our house made coconut quinoa hazelnut granola, fresh seasonal fruit, coconut flakes, chia seeds and goji berries

Optional: Gluten Free Muesli (Vegan)

SUPERFOOD SMOOTHIES \$8.00

MANGO ACAI

Acai, mango, banana

MINT CHIP

Almond milk, cacao nibs, mint, spinach,
banana, vanilla

TROPICAL SUNRISE

Coconut flakes, pineapple, mango,
banana, berries

ORANGE GOJI

Goji berries, orange, lemon juice,
banana

CHOCOLATE KALE

Almond milk, kale, cacao,
banana

FUNCTIONAL HEALTH SMOOTHIES \$8.50

DETOX

Kale, spinach, celery, mint, apple, mango, banana, cucumber, chia seeds, lemon juice

OPTIONAL : Ginger \$0.50

ENERGY

Almond milk, spinach, honey, banana, matcha green tea powder

DIGESTION

Dandelion tea, banana, apple, mango, probiotic supplement

IMMUNITY

Orange, lemon juice, carrot, banana, beetroot, ginger

COMPLEXION

Dandelion tea, avocado, coconut, strawberries, blueberries, raspberries, blackberries, banana, honey

PROTEIN SMOOTHIES \$8.50

SUBSTITUTE ANY WHEY PROTEIN FOR VEGAN PROTEIN \$2.50

PROTEIN COLADA

Coconut milk, vanilla whey protein, pineapple, banana

GREEN PROTEIN

Almond milk, vanilla whey protein, spinach, celery, peanut butter

CHOC-NUT PROTEIN

Almond milk, chocolate whey protein, peanut butter, cacao, banana

MOCHA PROTEIN

Skim milk, chocolate whey protein, coffee, cacao

BREAKFAST BLEND PROTEIN

Skim milk, vanilla whey protein, oats, banana, honey

BERRY BLEND PROTEIN

Skim milk, strawberry whey protein, strawberries, blueberries, raspberries and blackberries

SPECIALTY HOT DRINKS

HOT APPLE CIDER \$5.50

FRESH CHAI LATTE \$4.50

Calmer Sutra Chai, made with leaves & Indian Spices

MATCHA LATTE \$4.50

SPICED CACAO \$5.00

A blend of organic cacao, infused with orange zest and spices

GOLDEN GRIND \$5.00

Tumeric, ginger, cinnamon and black pepper with Pure Harvest Coconut Milk

SMOOTHIE ADD INS:

Spirulina, Probiotic, Matcha \$2.50

Whey Protein \$1.50 Vegan Protein \$2.50

KIDS SMOOTHIES \$5

Banana, Chocolate, Strawberry

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www.crimsonbear.com.au

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