



EXPRESS ORDERS

SMS your order to **0498 645 849**

Members can order on the **GymMaster App** 

24 Wakaden St Griffith | fuel@livefit247.com

SMOOTHIES

| | SML | REG | LRG |
|--|-----|-----|------|
| BERRY BLISS Mixed Berries, Yoghurt, Milk, Maple Syrup, Chia Seeds, Vanilla Essence | \$7 | \$8 | \$9 |
| PEANUT BUTTER Banana, Milk, Yoghurt, Peanut Butter, Ice, Maple Syrup | \$7 | \$8 | \$9 |
| MANGO Coconut Water, Mango Chunks, Tropical Juice | \$7 | \$8 | \$9 |
| MOCHA PROTEIN Coffee, Banana, Chocolate Protein, Hemp Seeds, Cashew Butter in Water | \$8 | \$9 | \$10 |
| BERRY AVO PROTEIN Mixed Berries, Avocado, Almond Butter, Chocolate Protein in Water | \$8 | \$9 | \$10 |
| MORNING FUEL Mixed Fruit, Baby Spinach, Chia Seeds, Yoghurt, Tropical juice, Coconut Water | \$8 | \$9 | \$10 |
| BREKKIE BLITZ Muesli, Banana, Protein, Manuka Honey, Prunes in Water | \$8 | \$9 | \$10 |

ADD ONS

| | |
|--------------------------------------|-------|
| Avocado, Chia Seeds or Hemp Seeds | + \$1 |
| Chocolate Protein or Vanilla Protein | + \$2 |

POST WORKOUT PROTEIN \$6

Ice, Water, Protein

YOUR NEW COFFEE SHOP ALL WELCOME

MON, THUR, FRI 6AM - 11.30AM

SAT 8AM - 12PM

COFFEES

| | SML | REG | LRG |
|----------------------|-------|-------|-------|
| HOT DRINKS | \$4 | \$4.5 | \$5 |
| CAPPUCCINO | | | |
| CHAI LATTE | | | |
| FLAT WHITE | | | |
| HOT CHOCOLATE | | | |
| LATTE | | | |
| LONG BLACK | | | |
| MACCHIATO | | | |
| MOCHA | | | |
| DIRTY CHAI | \$4.5 | \$5 | \$5.5 |
| PICCOLO | | \$4 | |
| ESPRESSO | | \$3.5 | |
| BABYCINO | | \$2 | |

ADD ONS

| | |
|------------------------------------|---------|
| Almond, Lactose Free or Soy Milk | + \$0.5 |
| Caramel, Hazelnut or Vanilla Syrup | + \$0.5 |

COLD DRINKS

| | SML | REG | LRG |
|---|-----|-----|-----|
| ICED DRINKS | \$5 | \$6 | \$7 |
| Caramel, Chocolate, Hazelnut, Strawberry or Vanilla | | | |
| ICED COFFEE | \$6 | \$7 | \$8 |
| FRAPPES | \$6 | \$7 | \$8 |
| Caramel, Chocolate, Coffee, Hazelnut, Strawberry or Vanilla | | | |
| KIDS MILKSHAKE | | \$4 | |
| Caramel, Chocolate or Vanilla | | | |

ADD ONS

| | |
|----------------------------------|-------|
| Almond, Lactose Free or Soy Milk | + \$2 |
|----------------------------------|-------|