

## SNACKS & TREATS

### Bone broths

Old school and incredibly nutrient dense



**"Pho" style** KF \$7 | \$9

Slow cooked for 18 hours with locally sourced, grass fed beef bones, seasonal herbs & spices & soy sauce

**Chicken, keffir lime** KF \$7 | \$9

RSPCA approved chicken bones slow cooked for 18 hours with ginger, lemongrass, keffir lime & more

### Toast

Gluten free toast with your favourite toppings

**Primal toast** PT GF \$5

Two slices of our gluten free, superfood infused loaf topped with your favourite spread :

Add banana & honey +\$2 GF  
 Add raw peanut butter +\$2 GF  
 Add avocado smash +\$3 GF  
 Add cashew butter +\$3 GF

**Smashed Avo** PT GF \$6 | \$11

One (\$6) or two (\$11) pieces of primal toast with avocado smash and feta, topped with dukkah

Add scrambled eggs & chives +\$4 GF  
 Add smoked salmon & pesto +\$6

### Raw desserts

Hand made with all natural ingredients

See our fridge for our wide range of no-guilt-goodies including 'Nutessa' cake, protein truffles, salted caramel slices and more. Go on, we've made naughty nice so you can enjoy your treats without the regret, or the sugar crash.



## We're on a mission...

### To make extraordinary health, deliciously simple

Our modern Australian menu is based on the best of locally sourced produce, prepared fresh to your order, and served within minutes. At THRIVE, we want to be your first choice, not just the right choice, inspiring and empowering you to feel healthier, sexier and more confident **every day**.



www.thrive.me hello@thrive.me @thrive #lookfeelperform

## SMOOTHIES & COFFEE

### Coffee & Lattés

Our signatures. Yes, we also do regular coffee!

**Mountain Coffee** GF KF \$5  
 Long black, grass fed butter & MCTs

**Island Coffee** KF \$5  
 Long black, house made coconut milk & cinnamon

**Ice man** GF \$6  
 Vanilla whey protein, long black, MCTs & ice

**Turmeric Latté** \$3.50 \$4.50  
 Caffeine & dairy free, anti-inflammatory goodness

**Matcha Latté** \$3.50 \$4.50  
 Packs a punch of anti-oxidants, Dairy free.

**Spiced Hot Chocolate** \$3.50 \$4.50  
 Caffeine free 'naughty made nice' hot chocolate with a hint of spice

### Smoothies

Made on our housemade almond milk by default

Choose your base - house made almond milk, house made coconut milk, full cream, skim or soy

**Wake Up Call** GF GF  
 Espresso beans, house made cashew butter, choc whey protein, sea salt, dates, cinnamon

**Kickstart** GF GF  
 Banana, cinnamon, house made cashew butter, vanilla, THRIVE vanilla whey protein, honey

**Salted Caramel** GF  
 Date purée, banana, house made cashew butter, honey, sea salt, vanilla

**Golden Girl** GF GF  
 Mango, turmeric, coconut cream, THRIVE vanilla whey protein, dash of honey

**Piña Colada** GF GF GF GF GF GF  
 Add a hit of chilli Ask us how  
 Pineapple, coconut cream, coconut milk, pineapple juice, lemon & banana

**Berry Bliss**  
 Berry compote, banana, coconut yoghurt, dates, mint & ginger

**Greenpeace**  
 Apple compote, banana, spinach, parsley, mint & ginger

**Blue Velvet** GF GF GF GF GF GF  
 Add a hit of chilli Ask us how  
 Blueberries, raw cacao, THRIVE vanilla whey protein, chia seeds & dates

### While you were sleeping...

Every morning we're up making our own almond and coconut milks, fresh in store, while you're still snug in bed. Why? Because we couldn't find any without added preservatives or sugars - so we made ours from scratch, using raw ingredients and water - nothing else.

### Customise your smoothie

No one's perfect, but your smoothie can be

#### 1. Choose your base liquid

House made almond milk Full cream milk Soy milk  
 House made coconut milk Skim milk Coconut water (+\$2)

#### 2. Choose two fruits (add extras +\$2 each)

Blueberries Banana Lime Berry compote Apple compote  
 Mango Coconut Dates Pineapple Kale Spinach

#### 3. Choose one superfood (add extras +\$3 each)

Raw cacao Chia seeds Good Green Stuff MCT oil  
 Coconut yoghurt Peanut butter Pea protein (chocolate / vanilla) Matcha  
 THRIVE protein (chocolate / vanilla) House made cashew butter Espresso beans

#### 4. Add one spice (add extras +\$1 each)

Cinnamon Vanilla Turmeric Ginger Chilli

#### 5. Add one sweetener (add extras +\$2 each)

Honey Maple syrup

# THRIVE

SPRING | SUMMER

Look . feel . perform



### LOVE WHAT WE DO?

Now you can get our fresh ready meals delivered to your home or office! See the full range on <http://meals.thrive.me>

# ALL DAY BREAKFAST

## From the farm

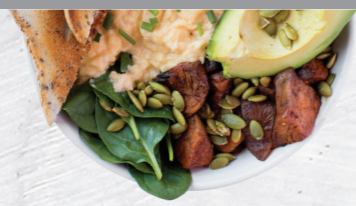
Our best selling signatures - available all day



**The Classic** KF PT **\$12**

Bacon, scrambled eggs & chives, avocado, diced tomato, feta and baby spinach

Add primal toast +\$2  
Swap bacon for smoked salmon +\$2



**Beast Bowl** PT **\$15<sup>50</sup>**

Huge breakfast - over 500g! Scrambled eggs, roasted & spiced sweet potato, bacon, avocado and pepitas

Add field mushroom +\$3



**Goodness Greens** PT **\$11**

Primal toast with tomato salsa, supergreens pesto, spinach, a boiled egg & dukkah

Add bacon +\$4  
Add field mushroom +\$3



**Ranch Breakfast** PT **\$11**

Scrambled eggs, bacon, roasted tomato, field mushroom, spinach, primal toast and housemade BBQ sauce

Add feta +\$2  
Add avocado +\$3

## Customise your breakfast

### 1. Choose your protein

Scrambled eggs with chives \$4  
Bacon \$4  
Smoked salmon \$6

### 2. Choose your veggies

Spinach \$2  
Roasted tomato \$2  
Tomato salsa \$2  
Fermented veggies \$2  
Field mushroom \$3  
Avocado \$3  
Roasted sweet potato \$4

### 3. Choose your sides

Supergreens pesto \$1  
Boiled egg \$2  
Primal toast \$2  
Feta \$2

## New Brekkie Burger

Need something on the go? Our new and improved buns are the perfect 'one hander'. Our brekkie burger is made with scrambled eggs, spinach, bacon and our housemade BBQ sauce on our gluten free, seeded bun

Add avocado +\$3



## From the pantry

On the sweeter side, without the naughty

**Oats \*** PT Includes one topping and one compote **\$7**

**Bircher Muesli \*** PT Includes one topping or compote **\$7**

**Protein Pancakes** PT Includes one topping and one compote **\$10**

### Compotes

Pineapple, banana & kaffir lime \$2  
Berry compote, star anis & vanilla \$2  
Spiced apple, raisins & honey \$2

### Toppings

Roasted nuts & sesame crumble PT \$2  
Cacao & coconut topping \$2  
Puffed rice & granola \* \$2

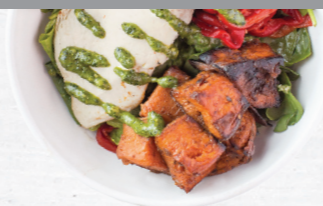
### \* A note to our Coeliac friends

These products are created with oats. Oats are naturally gluten free, but contain a protein called avenin, which is similar to gluten. Research has shown that most people with coeliac disease can safely eat avenin, however, **please ensure you speak to your doctor** before consuming these products. If you're unsure, chat to us - [hello@thrive.me](mailto:hello@thrive.me)

# LUNCH & DINNER BOWLS

## From the farm

Our best selling signature bowls from 11am daily



**Thriving** PT **\$13**

Chicken breast on a bed of greens, roasted sweet potato, supergreens pesto, red capsicum and lemon & herb dressing

Add boiled egg +\$2  
Add broccoli +\$3



**The Austin** PT **\$13**

Pulled pork, superfood slaw, red quinoa & brown rice, tomato salsa and housemade BBQ sauce, served with corn on the cob & pickles

Add black beans +\$2  
Add avocado +\$3



**Naked Burrito** PT **\$14**

Slow cooked pulled beef on a bed of red quinoa & brown rice, served with avocado, tomato salsa, jalapeño, black beans & coriander

Add housemade BBQ sauce +\$1  
Add corn on the cob +\$2



**Macro Bowl** PT **\$11**

Marinated tofu, superfood slaw, pickled red cabbage, red quinoa & brown rice, sesame seeds and seaweed served with ginger & soy dressing

Add avocado +\$3  
Swap tofu for salmon +\$4

## From the veggie patch

New Introducing our new salads



**Clean Pesto Penne** PT **\$10**

Gluten free quinoa & rice penne pasta served with broccoli, green beans, peas and capsicum, topped with shaved parmesan and our house made supergreens pesto

Add avocado +\$3  
Add chicken breast +\$6



**Saigon Salad** PT **\$10**

Gluten free amaranth noodles, superfood slaw, spinach, spring onions, coriander, toasted peanuts and ginger & soy dressing

Add fermented veggies +\$3  
Add pulled pork +\$6



**Niçoise Salad** PT **\$10**

Red quinoa & brown rice, a boiled egg, tomato, cucumber, green beans, olives and roasted capsicum served with honey mustard dressing

Add avocado +\$3  
Add line caught tuna +\$4

## Customise anything!

Here at THRIVE, we celebrate **you**, the individual, which we honour with a fully customisable menu designed with the best in local and seasonal Australian produce. Customise any bowl, salad, burger or smoothie to suit your own needs and objectives, or ask us for a recommendation, **we would love to help.**

*Josh Sparks*

Josh Sparks, Founder & CEO

## Customise your lunch / dinner bowl

### 1. Choose your base(s)

<b>Low carb bases</b> <span>KF</span>		<b>Smart carb bases</b> <span>PT</span>	
Rainbow slaw	\$2	Red quinoa & brown rice	\$2
Cos lettuce	\$2	Gluten free penne & quinoa	\$4
Spinach	\$2	Amaranth noodles	\$4

### 2. Choose your protein (or, skip this step!)

	RSPCA approved chicken	<span>KF</span>	\$6
	Slow cooked pulled beef	<span>KF</span>	\$6
	Slow cooked pulled pork	<span>KF</span>	\$6
	Line caught tuna	<span>KF</span>	\$4
	Tasmanian salmon	<span>KF</span>	\$8
	Scrambled eggs	<span>KF</span> <span>PT</span>	\$4
	Marinated silk tofu	<span>KF</span> <span>PT</span>	\$4

### 3. Choose as many sides as you like

Corn on the cob	\$2	<span>PT</span>	Zucchini fritter	\$2	<span>PT</span>
Diced cucumber	\$2	<span>PT</span>	Boiled egg	\$2	<span>PT</span>
Pickled red cabbage	\$2	<span>PT</span>	Feta	\$2	<span>PT</span>
Tomato salsa	\$2	<span>PT</span>	Black beans	\$2	<span>PT</span>
Green beans	\$2	<span>PT</span>	Broccoli	\$3	<span>PT</span>
Roasted tomato	\$2	<span>PT</span>	Roasted field mushroom	\$3	<span>PT</span>
Fermented veggies	\$2	<span>PT</span>	Roasted sweet potato	\$4	<span>PT</span>
Avocado	\$3	<span>PT</span>	Bacon	\$4	

### 4. Choose a sauce / topping (optional)

Supergreens pesto	\$1	Honey mustard sauce	\$1	Toasted peanuts	\$1 <span>PT</span>
Lemon & herb sauce	\$1	Toasted pepitas	\$1	Dukkah	\$1 <span>PT</span>
Housemade BBQ sauce	\$1	Nori seaweed	\$1	Dill pickles	\$1
Ginger & soy sauce	\$1				

## From the grill

New Introducing our new & improved burgers

**Smokey Joe** **\$11** PT **Notorious P.I.G** **\$11** PT **Zen Hen** **\$12** PT

Pulled beef with pickled cabbage & jalapeños on a gluten free seeded bun

Add housemade BBQ sauce +\$1

Pulled pork with superfood slaw, pickles & housemade BBQ sauce on a gluten free seeded bun

Add bacon +\$4

Chicken breast, supergreens pesto, roasted capsicum & spinach on a gluten free seeded bun

Add avocado +\$3



## Nutritional quick key

Contains nuts

Contains dairy

Keto Friendly (ultra low carb)

Vegetarian

Post Training (smart carb)

Please let us know of any allergies at your time of order.