

DRINKS

BLENDDHOUSE

COFFEE

ESPRESSO	\$1.5
AMERICANO	\$2
CAPPUCCINO / LATTE	\$2.5
FLAT WHITE	\$3
EXTRA SHOT	\$1.5

all can be done iced for extra 50c

SPECIALITIES

MATCHA LATTE \$3

Matcha is a finely ground powder made from specially grown green tea leaves. Mixed with steamed milk.

TUMERIC LATTE \$3

It is a warm, vibrant drink made with milk of your choice and turmeric, spiced with cinnamon and black pepper.

CHAI \$3

Chai is a spiced tea originating from India, made by brewing black tea with a blend of aromatic spices.

MAKE IT DIRTY \$1

LION'S MANE COFFEE \$3

An edible mushroom with a long medicinal history, lion's mane is used to improve memory and mood. Mixed with a Rumble Fish coffee roasted in Kampot.

CHAGA CACAO \$3

Cacao powder, Chaya mushroom and palm sugar mixed with milk, creating a smooth, earthy chocolate drink. Naturally packed with antioxidants, boosts energy and promotes wellness.

VEGAN MILK : OAT / COCONUT 0.75\$

SMOOTHIES

TASTE OF TROPICS \$2.5

FROZEN MANGO, PINEAPPLE, PASSIONFRUIT, BANANA, COCONUT MILK

CHOCO \$3

DARK COCOA, PEANUT BUTTER, BANANA, BLACK MACA POWDER, OAT MILK

MANGO LASSI \$2.75

MANGO, GREEK YOGURT, LIME, SUGAR

WATERMELON OR PINEAPPLE COLD PRESS JUICE \$2.5

REFRESHMENTS

PASSIONFRUIT COOLER \$2

HIBISCUS ICED TEA \$2

KOMBUCHA / KEFIR \$2.5

SHAKES

VANILLA CHAI SHAKE \$3

COCONUT COFFEE SHAKE \$2.5

TEAS

BUTTERFLY PEA \$2

HIBISCUS \$2

ENGLISH BREAKFAST \$1.5

LOTUS TEA \$2

CEREMONIAL CACAO

BLENDDHOUSE

STONE GROUND CACAO PASTE KNOWN SINCE AZTEC TIMES AS THE 'FOOD OF THE GODS' IS MEANT TO BE DRANK WITH INTENTION AS A VIBRANT MEDICINE. CEREMONIAL CACAO IS PRODUCED BY ONE FARM, HAND PICKED AND PROCESSED WITH MINIMAL MACHINERY. MADE OUT OF CRIOLLO, TRINITARIO OR OTHER HERITAGE VARIETIES.

CEREMONIAL, CAMBODIA

EVERYDAY DOSE

18 grams

\$3

CREATIVE DOSE

28 grams

\$4

CEREMONIAL DOSE

40 grams

\$5

CEREMONIAL, VIETNAM

EVERYDAY DOSE

18 grams

\$3.5

CREATIVE DOSE

28 grams

\$4.5

CEREMONIAL DOSE

40 grams

\$5.5

CEREMONIAL, BALI, INDONESIA

EVERYDAY DOSE

18 grams

\$4

CREATIVE DOSE

28 grams

\$5

CEREMONIAL DOSE

40 grams

\$6



BLENDHOUSE

WANNA ADD SOMETHING TO YOUR SMOOTHIE BOWL OR DRINK?

PROTEIN POWDER

\$2

A high-quality supplement designed to support muscle growth, recovery, and overall health. Ideal for active lifestyles, it helps boost energy, manage weight, and keep you feeling full longer.

LION'S MANE

\$1.5

Lion's Mane powder is a supplement made from the Lion's Mane mushroom, a unique medicinal mushroom known for its distinctive appearance that resembles a lion's mane. This mushroom has been used in traditional Chinese medicine for centuries and has gained popularity in recent years for its potential cognitive and health benefits.

ASHWAGANDHA

\$1

Ashwagandha powder is a supplement made from the roots or leaves of the *Withania somnifera* plant, commonly known as ashwagandha, which is a herb used in traditional Ayurvedic medicine for centuries. It's considered an adaptogen, meaning it may help the body manage stress and balance various physiological functions.

MORINGA

\$0.5

Moringa powder is a supplement made from the dried leaves of the Moring tree, often referred to as the "miracle tree" because of its numerous health benefits. The leaves are packed with essential nutrients, making moringa powder a nutrient-dense supplement.

BLACK MACA

\$1.5

Black maca powder is a type of maca root powder made from the black variety of the maca plant, which is native to the high Andes mountains in Peru. Maca, often called "Peruvian ginseng," is a root vegetable known for its nutritional value and adaptogenic properties. The black variety of maca is considered one of the most potent types, with unique health benefits.



FOOD

BLENDHOUSE

BAGELS

SALMON BAGEL **\$6.5**

CREAM CHEESE, AVOCADO, ROCKET,
SPRING ONION AND SMOKED SALMON

SMASHED AVO **\$5**

AVOCADO, CHERRY TOMATOES, FETA,
SPRING ONIONS & BALSAMIC (ASK US FOR
VEGAN OPTION)

FALAFEL BAGEL **\$5.5**

HOMEMADE HUMMUS, SOY SAUCE
MARINATED CUCUMBERS, CHILLI JAM,
GRILLED EGGPLANT, HOMEMADE FALAFELS

BACON & EGG **\$5.5**

FRIED EGG, HOMEMADE CHILLI JAM,
CHEDDAR, CHERRY TOMATOES, BACON

SPRING BAGEL **\$5.5**

CREAM CHEESE, BELL PEPPER, TOMATOES,
JALAPENOS, SPRING ONIONS, AVOCADO

SAVOURY BOWL

FALAFEL BOWL **\$6.5**

CHERRY TOMATOES, CUCUMBERS, GRILLED
EGGPLANT & HOMEMADE CHICKPEA BALLS.
SERVED WITH HUMMUS AND CRUMBLED FETA
ON A RED RICE. SIDE OF OLIVE OIL AND LIME

SALMON BOWL **\$8**

CUCUMBERS, SPRING ONIONS, ALMONDS,
MANGO, SMOKED SALMON, AVOCADO &
TOMATOES ON A RED RICE SERVED WITH
SOY SAUCE AND LIME.

CHU'S FRIED RICE **\$4.5**

FRIED RICE WITH CHOPPED VEGETABLES AND
TOPPED WITH FRIED EGG.

SMOOTHIE BOWLS

GRANOLA **\$5**

HOMEMADE GRANOLA, GREEK YOGHURT,
MANGO PUREE, COCONUT FLAKES &
SEASONAL FRUITS

PROTEIN BOWL **\$5**

PEANUT BUTTER, DARK CACAO POWDER,
DRIED FIGS AND PRUNES BLENDED WITH
BANANA AND PLANT BASED MILK. TOPPED
WITH COCONUT FLAKES, GRANOLA AND
SEASONAL FRUITS

ACAI BOWL **\$6.5**

OUR MIX OF FROZEN BERRIES &
STRAWBERRIES , BANANA AND ACAI POWDER
BLENDED WITH COCONUT MILK AND TOPPED
WITH OUR GRANOLA, CHI SEEDS, COCONUT
FLAKES AND SEASONAL FRUITS

GREEN HARMONY **\$5.5**

AVOCADO, BANANA, FROZEN MANGO,
MORINGA POWDER, CHIA SEEDS BLENDED
WITH COCONUT MILK AND TOPPED WITH
SEASONAL FRUITS, COCONUT FLAKES AND
GRANOLA

CAKES

CAKE OF THE DAY **\$2**

CAKE & COFFEE COMBO **\$3**

OFFER INCLUDES ONLY REGULAR HOT
COFFEES.
EXTRA CHARGES FOR VEGAN MILKS OR ICED
COFFEES

ADD ONS:

AVOCADO 1\$ / FRIED EGG 1\$
/ BACON 1.5\$ / FETA 1\$