



**ACAI BOWLS (VG | GF)**  
**SML 13.5 | LRG 17**

**PEANUT BUTTER**

Organic acai blended with banana, blueberries and coconut water topped with house crunch, cacao nibs, coconut yoghurt, strawberries and house peanut butter

**FULLY LOADED**

Organic acai blended with banana, blueberries and coconut water topped with house crunch, chia, cacao nibs, coconut yoghurt, strawberries, banana, passionfruit & superfood ball

**MANGO BOWL**

Mango smoothie base topped with toasted coconut, coconut yoghurt, chia, house crunch, strawberries & passionfruit

**CHOC BOWL**

Choc smoothie base topped with cacao nibs, toasted coconut, chia, banana, raw choc sauce & house peanut butter



**COLD PRESS JUICES 9**

**DESIGN YOUR 'OWN' COLD PRESS 11 (10 MINUTE WAIT)**

Choose from the following ingredients:  
 Apple, orange, strawberry, pear, tomato, lemon, carrot, celery, ginger, turmeric, kale, spinach

**CHECK OUR FRIDGE FOR OTHER DRINK ALTERNATIVES**

Please follow us on Instagram  
[holly\\_bowly](https://www.instagram.com/holy_bowly)

[www.holybowly.com.au](http://www.holybowly.com.au)



**SMOOTHIES**

**SML 11 | LRG 14**

**HOLY GREENS - DETOX**

Spinach, kale, banana, lemon, cucumber, ginger & coconut water

**MANGO BLISS - ANTI INFLAMMATORY**

Mango, toasted coconut, passionfruit, coconut yoghurt, tumeric, chia & coconut milk

**GO GREEN**

Banana, mango, kale, spinach leaves & coconut water

**PEANUT BERRY**

Banana, blueberries, peanut butter, dates, cinnamon, chia seeds, coconut yoghurt & coconut milk

**CHOC ENERGY**

Banana, cacao powder, cacao nibs, coconut yoghurt, almond milk & your choice of honey or maple

**PEANUT POWER**

House peanut butter, banana, \*protein powder, house crunch & almond milk (\*vegan opt available)

**KIDS BANANA SMOOTHIE 9.50**

Banana, vegan coconut icecream, cinnamon & your choice of milk, honey/maple

**HOLY B MILKSHAKES**

**SML 6 | LRG 7.5**

Full cream milk, coconut ice cream, homemade chocolate sauce or fresh strawberries (alternate milk options + .5)



\* Please inform staff of any allergies or food intolerance when ordering  
 \* All items may contain traces of gluten, dairy & nuts  
 \* Holy seeds are our house blend of toasted pepitas, sunflower seeds & puffed quinoa  
 \* Keto seeds - toasted almonds, pepitas, chia & flaxseeds

