

**COLD PRESS JUICE IT**  
**\$8.50**

**DIGEST IT**

Kale, Spinach, Cucumber, Apple, Carrot, Lemon, Mint

**ANTI-INFLAM IT**

Carrot, Orange, Pineapple, Apple, Turmeric

**HYDRATE IT**

Strawberries, Watermelon, Apple, Lime, Mint

**ENERGISE IT**

Pineapple, Apple, Passionfruit, Lemon, Mint

**DETOX IT**

Beetroot, Apple, Carrot, Ginger, Lemon

ADD a RAW SUPPLEMENT SHOT to ANY Juice for \$2

**CREATE IT**  
**\$8.50**

Apple, Beetroot, Carrot, Celery, Cucumber, Ginger, Kale, Lemon, Lime, Mint, Orange, Passionfruit, Pear, Pineapple, Spinach, Strawberry, Turmeric, Watermelon

STRAIGHT UP JUICE \$7.00  
ZUMMO COLD PRESS OJ small \$3.50  
ZUMMO COLD PRESS OJ xlarge \$7.00  
CELERY JUICE \$7.00

**SHOT IT**  
**\$6.00**

**FLU KICK IT**

Lemon, Ginger, Orange, Agave, Cayenne Pepper + Garlic (optional)

**BURN IT**

Turmeric, Orange, Cayenne

**HEAL IT**

Ginger, Lemon, Agave

**HANGOVER CURE IT**

Orange, Lime, Lemon, Ruby Grapefruit

**FIRE TONIC 15ml \$3**

**CIDER TONIC 15ml \$3**

**FOOD ALLERGY NOTICE**

Please note that drinks & food prepared at Tonics&Tulys may contain or may contain traces of these ingredients: Milk, Eggs, Wheat, Soy, Peanuts, Tree Nuts, Sesame Seeds, Fish & Shellfish.

All our Cold Press Juices are Raw & Unpasteurised.

Please ask our friendly staff for any more information regarding ingredients used in our drinks & food.

**RAW SMOOTHIE IT**  
**\$10.00**

**WAKE IT**

Cold Brewed Coffee (or Not), Banana, Uncontaminated Oats, Medjool Dates, Cinnamon, Honey, Organic Activated Almond Mylk

**BERRY IT**

Blueberries, Strawberries, Banana, Organic Acai Berry, Organic Agave, Organic Activated Almond Mylk

**PASSION IT**

Passionfruit, Mango, Banana, Cashew Butter, Coconut H2o, Organic Activated Almond Mylk, Mint

**LIVING IT**

Spinach, Kale, Avocado (or Not), Cold Pressed Apple Juice, Mango, Coconut H2o, Lemon, Chia, Mint

**CHOC IT**

Banana, Organic Cocoa Blend, Pure Organic Coconut Flesh, Maple Syrup, Organic Activated Almond Mylk, Murray River Sea Salt

**COCONUT IT**

Pure Coconut Flesh, Banana, Mesquite, Cinnamon, Honey, Coconut H2O, Organic Activated Almond Mylk

**PEANUT BUTTER CHOC IT**

Banana, Organic Cocoa Blend, House Made Peanut Butter, Maple Syrup, Murray River Sea Salt, Organic Activated Almond Mylk

ADD VEGAN or WPI to any smoothie for \$1  
ADD a SUPPLEMENT SHOT to any Smoothie for \$2

**SUPER SUPPLEMENT SMOOTHIES FOR PRE/POST WORKOUTS**

**LIGHTWEIGHT \$9.50**

Filtered Water, Blueberries, Vanilla Whey Protein

**SLIM GYM \$11.00**

Coconut Water, Strawberries, Lemon Juice, L'Carnitine, Stevia

**THE ATHLETE \$12.00**

Banana, Blueberries, Vanilla Whey Protein, L'Glutamine, Organic Activated Almond Mylk

**SKINNY MINNIE \$12.00**

Coconut water, Coconut Flesh, Blueberries, Cinnamon, L'Carnitine, Chia, Vanilla Whey Protein

**MUSCLE MAX \$12.00**

Orange Juice, Pineapple Juice, BCAA, Creatine, L'Glutamine, Vanilla Whey Protein

**KETO SHAKE IT \$12.50**

Coconut Flesh, Housemade Peanut Butter, Hydrolysed Collagen, MCT Oil, Sea Salt, Stevia, Vanilla Whey Protein, Filtered Water

**ADD INS**

VEGAN OR WHEY VANILLA PROTEIN POWDER	\$1
BCAA for Recovery Growth & Repair	\$2
CREATINE for Strength, Energy & Recover	\$2
L'GLUTAMINE for Recovery, Immune Support & Growth	\$2
L'CARNITINE for Energy & Weight Management	\$2
COLLAGEN for Joints, Skin & Muscle	\$2
MCT OIL for Increased Energy/Endurance & Controls Appetite	\$2
RAW PREBIOTIC GREENS for Alkalisng & Nourishing	\$2
RAW VITAMIN C COMPLEX for Immunity & Iron Absorption	\$2
RAW PRE-PROBIOTICS for Gut Health	\$2
RAW WORKOUT for Energy & Recovery	\$2

**RAW PROTEIN SUPER SMOOTHIE IT**  
**\$11.00**

**RECOVER IT**

Spinach, Kale, Banana, Almond Butter, Maple Syrup, RAW Fermented Protein Powder, Organic Activated Almond Mylk

**EMPOWER IT**

Spirulina, Banana, Medjool Dates, Cinnamon, Maca, Raw Cacao, Chia, Cashew Butter, Raw Vegan Protein Powder, Coconut H2O.

**BLUE SPIRULINA IT**

Blue Spirulina, Pure Coconut Flesh, Banana, Dates, Coconut H2O, Organic Activated Almond Mylk, Vanilla Whey Protein Powder

**PB + JAM IT**

Banana, House Made Peanut Butter, Vanilla Whey Protein, Strawberry Jam, Organic Activated Almond Mylk

**ICE IT**

**COLD BREWED COFFEE (CBC) \$5.00**

Straight up - double shot of coffee on ice

**ICED CBC \$7.50**

Double shot of coffee poured over ice-cream topped with milk

**VEGAN ICED CBC \$8.00**

Double shot of coffee poured over organic coconut ice-cream topped with organic activated almond mylk

**TRADITIONAL MILKSHAKE \$7.50**

100% Natural Chocolate, Vanilla, Strawberry syrups in our milkshakes made with Milk & Ice Cream

**ACAI BOWL IT**  
**\$13.50**

**ACAI PEA NUTTER BOWL**

Base: Acai, Strawberries, Blueberries, Banana, Coconut Water  
Toppings: Vanilla Coconut Yoghurt, Low Gluten Granola, Almond Butter, Strawberry, Blueberries, Banana

**ACAI CHOC BUTTER BOWL**

Base: Acai, Strawberries, Blueberries, Banana, Coconut Water  
Toppings: Vanilla Coconut Yoghurt, Coconut Flakes, Passionfruit, Mango Chocolate Sauce, Strawberry, Blueberries, Banana, Cacao Nibs

**MANGO ACAI BOWL**

Base: Acai, Strawberries, Blueberries, Banana, Coconut Water  
Toppings: Vanilla Coconut Yoghurt, Coconut Flakes, Passionfruit, Mango Sauce, Strawberry, Blueberries, Banana