

BREAKFAST TOASTED ENGLISH MUFFINS

SERVED TILL 11:30AM DAILY

TURKEY, EGG & CHEESE \$10.9

Seared turkey breast sausage patty, egg, a melted lower fat cheese slice, with your choice of sauce, on a toasted english muffin
Cal 374 | P 38g | C 31g | F 11g

TURKEY CLUB \$10.9

Seared turkey breast sausage patty, a melted lower fat cheese slice with juicy tomato, crispy lettuce, spanish onion and house made chipotle mayo on a toasted english muffin.
Cal 332 | P 29g | C 33g | F 8g

BACON & EGG \$9.9

Lean short cut bacon & an egg, with your choice of sauce on a toasted english muffin
Cal 302 | P 22g | C 28g | F 12g

CHICKEN, BACON & RANCH \$11.9

A succulent grilled chicken breast fillet, a slice of lean short cut bacon, a melted lower fat cheese slice, crispy lettuce, spanish onion and our house made ranch sauce on a toasted English muffin.
Cal 387 | P 38g | C 27g | F 12.5g

HAM, CHEESE & TOMATO \$9.9

Seared lean and smoky leg ham off the bone, a melted lower fat cheese slice & fresh tomato on a toasted english muffin.
Cal 269 | P 21g | C 29g | F 10g

HAM, EGG & CHEESE \$10.9

Seared lean and smoky leg ham off the bone, a melted lower fat cheese slice & an egg, with your choice of sauce on a toasted english muffin.
Cal 326 | P 29g | C 30g | F 12.5g

BLT \$11.9

Lean short cut bacon rashers, a melted lower fat cheese slice, with crispy lettuce, fresh tomato, avocado and your choice of sauce, on a toasted english muffin.
Cal 326 | P 29g | C 30g | F 12.5g

Add-ons: Bacon \$3, Egg \$3.50, Avocado \$3, Lower Fat Cheese Slice \$2

COFFEE

	S	R	L
ESPRESSO	\$3.2		
CAPPUCCINO	\$4.6	\$5.2	\$5.9
LATTE	\$4.6	\$5.2	\$5.9
LONG BLACK	\$4.6	\$5.2	\$5.9
FLAT WHITE	\$4.6	\$5.2	\$5.9
MOCHA	\$4.6	\$5.2	\$5.9
HOT CHOCOLATE	\$4.6	\$5.2	\$5.9
CHAI LATTE	\$4.6	\$5.2	\$5.9
DIRTY CHAI	\$5	\$5.5	\$6
PICCOLO	\$3.7		
MACCHIATO	\$3.7		
BLACK TEA		\$4	
GREEN TEA		\$4	
PEPPERMINT TEA		\$4	
ICED MOCHA		\$7.9	
ICED LATTE		\$7.2	
ICED CHOCOLATE		\$7.2	
ICED LONG BLACK		\$6.5	
ICED BISCOFF LATTE		\$7.9	

Extras (\$1): Extra Shot, Skim Milk, Almond Milk, Soy Milk, Oat Milk, Hazelnut Syrup, Vanilla Syrup, Caramel Syrup

PROTEIN SMOOTHIES

ACAI POWER Acai berries, frozen banana, apple juice, vanilla whey protein powder and ice Cal 462 P 27g C 68g F 5g	\$11.5	BANGIN' BANANA Skim milk, frozen banana, honey, banana whey protein powder and ice Cal 369 P 36g C 48g F 2g	\$10.9	SNICKERS Skim milk, chocolate, caramel whey protein powder, natural peanut butter, ice Cal 402 P 42g C 29g F 3g	\$10.9
BADASS BISCOFF Skim milk, Biscoff spread, vanilla whey protein powder, Biscoff crumb, ice Cal 473 P 37g C 42g F 17g	\$11.5	GOLDEN TIME CRUSHER Skim milk, golden ice cream whey protein powder, sugar free chocolate sauce and ice Cal 260 P 35g C 21g F 2g	\$10.5	CHOC MINT CRUNCH Skim milk, choc mint whey protein powder, sugar free chocolate sauce, Oreo crumb and ice Cal 292 P 36g C 25g F 2g	\$10.5
HERSHEYS CHOC PEANUT BUTTER CUP Skim milk, raw cacao, natural peanut butter, chocolate whey protein powder, frozen banana and ice Cal 511 P 47g C 40g F 3g	\$11.5	ICED LATTE PROTEIN SMOOTHIE Skim milk, espresso coffee shot, coffee whey protein powder and ice Cal 240 P 34g C 22g F 2g	\$10.9	CHOC MALT TEASER Skim milk, Milo, raw cacao chocolate whey protein powder and ice Cal 392 P 42g C 29g F 1.8g	\$10.5
STICKY DATE PUDDING Skim milk, dates, salted caramel whey protein powder and ice Cal 286 P 34g C 26g F 2g	\$10.9	STRAWBERRY HEAVEN Skim milk, frozen strawberries, strawberry whey protein powder and ice Cal 263 P 37g C 23g F 1g	\$10.9	COCO MANGO PASSION Skim milk, frozen mango, passionfruit, coconut, vanilla whey protein powder, ice Cal 311 P 39g C 25g F 2.7g	\$11.5
PISTACHIO PLEASURE Skim milk, pistachio, sugar free chocolate sauce, vanilla whey protein powder and ice Cal 418 P 41g C 23g F 15g	\$11.5	COOKIE MONSTER Skim milk, cookies and cream whey protein powder, Oreo crumb and ice Cal 290 P 36g C 25g F 2.7g	\$10.5	STRAWBERRY MATCHA Skim milk, Matcha, vanilla whey protein powder, strawberry drizzle and ice Cal 356 P 36g C 32g F 3.5g	\$11.5
				CHOCO PLANT POWER Almond milk, 100% vegan chocolate plant protein and ice Cal 233 P 21g C 8g F 11g	\$11.9

Change your base to water or your choice of alternative milks
Water (free), Full Cream (free), Almond \$1, Soy \$1, Lactose free \$1, Oat \$1
Add a coffee shot - \$1
Add an extra scoop of protein - \$2
Add a scoop of Creatine Monohydrate - \$2

(Not suitable for children under 15 years or pregnant women)

MEX

STEAK SOFT SHELL TACOS (3) \$15.9

Thinly sliced marinated beef, lettuce, black beans, onion, lime and cilantro in a flour tortilla, with your choice of sauce (spicy green chilli salsa, chipotle mayo or chimichurri)
Cal 667 | P 57g | C 36g | F 17g

CHICKEN SOFT SHELL TACOS (3) \$15.9

Slices of marinated chicken breast with shredded lettuce, corn, and grilled pineapple in a flour tortilla, with your choice of sauce (spicy green chilli salsa, chipotle mayo or chimichurri)
Cal 594 | P 69g | C 47g | F 10g

FALAFEL SOFT SHELL TACOS (3) \$15.9

Crunchy falafel balls with shredded lettuce, dill pickles, diced tomato, parsley and a tahini drizzle
Cal 738 | P 42g | C 58g | F 28g

BURRITO BOWLS \$14.9

Steamed seasoned basmati rice, with your choice of chicken, steak or falafel (v), with black beans, corn, lettuce & tomato
Chicken - Cal 548 | P 54g | C 52g | F 9g
Steak - Cal 587 | P 58g | C 53g | F 11g
Falafel - Cal 541 | P 31g | C 68g | F 10g

GF Corn Tortillas available as a replacement

Add ons: Extra meat \$4, Guacamole \$3, Shredded cheese \$2, Beetroot \$2, Pineapple \$2

Included Sauces: spicy green chilli salsa, chipotle mayo, chimichurri or tahini drizzle

BURGERS

OUT N OUT BURGER \$15.0

Two extra lean beef patties, a slice of lower fat cheese, crispy lettuce, juicy tomato and sliced onion with our house made 'west coast' burger sauce on a toasted potato bun
Cal 587 | P 49g | C 48g | F 19g

THE SHAKY SHACK \$15.9

Extra lean beef patty, slice of lower fat cheese, crispy short cut ba-
con rashers, house made pickled red bell peppers, house made 'west
coast' burger sauce on a toasted potato bun
Cal 674 | P 58g | C 51g | F 22g

THE BIG MACRO \$15.0

Two extra lean beef patties, slice of lower fat cheese, crispy lettuce,
diced white onion, zesty pickles, house made 'west coast' burger
sauce, on a toasted sesame seed potato bun
Cal 585 | P 49g | C 47g | F 19g

THE OG \$16.9

An extra lean beef patty, crispy short cut bacon, egg, slice of lower
fat cheese, crispy lettuce, juicy tomato, sliced onion & beetroot, your
choice of sauce, on a toasted potato bun
Cal 586 | P 56g | C 48g | F 21g

SAUCES \$2

- Green Chilli Salsa

Chipotle Mayo

West Coast Burger Sauce

Tomato & BBQ Sauce - \$1
- Herb Mayo

Buffalo

THE BODY GRILLDER \$15.9

Two succulent grilled chicken breast fillets, a slice of lower fat
cheese, crispy lettuce, juicy tomato, spanish onion and our house
made herb mayo on a toasted potato bun
Cal 517 | P 47g | C 47g | F 15g

PARMY PUMP \$15.9

Two succulent grilled chicken breast fillets, house made napoli
sauce, a melted lower fat cheese slice & seared smokey lean leg
ham, on a toasted potato bun
Cal 543 | P 55g | C 48g | F 16g

FALAFEL FLEX \$15.0

Crispy air fried falafel patty, crispy lettuce, dill pickles, juicy tomato,
parsley and a tahini drizzle on a toasted potato bun
Cal 607 | P 27g | C 69g | F 19g

Add ons: Extra Patty \$4, Bacon \$3, Egg \$3.50, Avocado \$3,
Lower Fat Cheese Slice \$2, Beetroot \$2, Pineapple \$2

MACRO
BOSS

PIZZAS

	S 9"	M 11"	L 13"
THE BUFF CHICKEN	\$15.9	\$19.9	\$23.9

House made pizza sauce, marinated buffalo chicken slices, lower fat mozzarella cheese, mixed herbs, spanish onion and baby spinach leaves with a buffalo sauce and ranch drizzle

S - Cal 568 | P 47g | C 59 g | F 10g M - Cal 796 | P 79g | C 78g | F 17g
L - Cal 1082 | P 114g | C 93g | F 24g

THE SIZZLING CHIMICHURRI STEAK	\$15.9	\$19.9	\$23.9
--------------------------------	--------	--------	--------

House made pizza sauce, succulent beef strips, lower fat mozzarella cheese, house made chimichurri drizzle, crumbled feta and wild rocket

S - Cal 592 | P 45g | C 57g | F 12g M - Cal 846 | P 74g | C 76g | F 18g
L - Cal 1138 | P 104g | C 91g | F 25g

PHILLY CHEESE STEAK	\$15.9	\$19.9	\$23.9
---------------------	--------	--------	--------

House made pizza sauce, succulent beef strips, lower fat mozzarella cheese, mushrooms, onions and bell peppers, with a drizzle of our house made 'philly sauce" over the top

S - Cal 585 | P 44g | C 58g | F 11g M - Cal 839 | P 73g | C 77g | F 17g
L - Cal 1128 | P 102g | C 92g | F 23g

THE ITALIAN STALLION	\$15.9	\$19.9	\$23.9
----------------------	--------	--------	--------

House made pizza sauce, Italian turkey breast sausage, lean leg ham off the bone, lower fat mozzarella cheese, mixed herbs, kalamata olives and fresh chilli

S - Cal 528 | P 41g | C 58g | F 9g M - Cal 712 | P 59g | C 77g | F 13g
L - Cal 914 | P 80g | C 93g | F 17g

	S 9"	M 11"	L 13"
VEGGIE STRONG	\$15.9	\$19.9	\$23.9

House made cannellini bean pesto, grilled zucchini, capsicum and eggplant, lower fat mozzarella cheese, chickpeas, mixed herbs, Mediterranean olives and fresh chilli

S - Cal 626 | P 32g | C 75g | F 15g M - Cal 798 | P 46g | C 97g | F 23g
L - Cal 1150 | P 62g | C 131g | F 33g

SMOKE HOUSE BBQ CHICKEN	\$15.9	\$19.9	\$23.9
-------------------------	--------	--------	--------

BBQ sauce, marinated chicken slices, crispy lean bacon, spanish onion and lower fat mozzarella cheese, with a bbq sauce drizzle

S - Cal 588 | P 48g | C 59 g | F 12g M - Cal 816 | P 80g | C 78g | F 19g
L - Cal 1104 | P 116g | C 93g | F 27g

TACO BOSS	\$15.9	\$19.9	\$23.9
-----------	--------	--------	--------

House made pizza sauce, Mexican chilli beef and lower fat mozzarella cheese. Topped with shredded lettuce, Spanish onion, diced tomato, corn & chipotle mayo drizzle.

S - Cal 590 | P 44g | C 57g | F 11.8g M - Cal 844 | P 73g | C 76g | F 18.3g
L - Cal 1136 | P 103g | C 91g | F 25.2g

SIDES

	R	L
BOSS FRIES	\$6.5	\$10.5

Crinkle hand cut potatoes with a secret lower cal zesty seasoning

Regular - Cal 450 | P 14g | C 69g | F 3g
Large - Cal 790 | P 26g | C 132g | F 7g

JUICES & FRESH DRINKS

GREEN MACHINE	\$8.5
---------------	-------

Green apple, kale, spinach, cucumber, lemon and fresh mint

BOOSTED BOSS	\$8.5
--------------	-------

Carrot, beetroot, celery, turmeric and ginger

SUNRISE	\$8.0
---------	-------

Orange, pineapple & raspberry

FRUITY PUNCH	\$8.5
--------------	-------

Watermelon, Pineapple & Orange

MELON BERRY BREEZE	\$8.5
--------------------	-------

Watermelon, strawberry, apple & mint

STRAWBERRY LEMONADE	\$7.9
---------------------	-------

Add ons: Extra Meat (S) \$3, Extra Meat (M) \$4, Extra Meat (L) \$5,
Mushrooms \$1, Olives \$1, Pineapple \$1

MACRO
BOSS