

GREEN SMOOTHIES

Cleanser // 8.0

kale, spinach, apple, lemon, coconut water

Vegan Super // 10.0

pineapple, banana, avocado, spinach, ginger, coconut water

Over the Rainbow // 8.5

spinach, orange, berries, banana, coconut water

Holiday Detox // 9.0

green apple, lime, cucumber, ginger, coconut water, mint

Strawberry Bash // 8.0

spinach, almond milk, strawberries, banana

FRESHLY SQUEEZED JUICES

Orange // 5.0

Apple // 5.0

Cucumber, Watermelon, Ginger // 7.0

Orange, Apple, Watermelon // 7.0

Apple & Strawberries // 6.0

Carrot, Apple, Ginger // 7.0

SMOOTHIES

Banana Choc Protein Smash // 8.0

coconut milk, banana, choc protein powder, ice

Banana Cinnamon // 8.5

½ a banana, cinnamon, honey, almond milk, yoghurt

Tutti-Frutti // 8.5

berries, pineapple, plain yogurt, banana, orange juice

Soy Good Smoothie // 8.5

bonsoy milk, blueberries, corn flakes cereal, frozen banana

Mango Twister // 8.0

mango, strawberries, banana, coconut milk

Iron Man Energy // 8.5

strawberries, choc powder, ice, coconut milk

Pina Colada Summer // 8.5

pineapple, banana, coconut, orange juice, coconut milk, oats

Berry Hit // 8.5

raspberries, blueberries, strawberries, yoghurt, coconut milk

Chocolate Mood // 9.0

dark chocolate, coconut, greek yoghurt, almond milk, whipped cream

SMOOTHIE EXTRAS

Chia seeds // 0.5

Bonsoy // 0.5

Almond Milk // 0.5

Zymil // 0.5

Kale // 0.5

Spinach // 0.5

HOT BEVERAGES

Coffee

espresso, ristretto // 3.2

long black // 3.5

macchiato // 3.5

flat white, cappuccino café latte or piccolo // 3.7

mocha // 4.2

chai latte // 4.2

hot chocolate // 4.0

affogato // 5.9

bubbacino // 1.0

Coffee Extras

in a mug // 1.0

decaf // 0.5

bonsoy, almond, coconut or zymil milk // 0.5

Iced Drinks

iced chocolate/coffee // 6.0

iced latte/iced long black // 4.5

Tea Drop Teas // 5.0

english breakfast, earl grey, peppermint, chamomile, honeydew green, lemongrass ginger, malabar chai

BOTTLED DRINKS

Sparkling / Still Water

500ml // 4.9

750ml // 7.9

Organic Juices

apple & blackcurrant, apple & guava or banana & mango // 4.5

Soft/Sparkling Drinks

chinotto or aranciatta rosso // 3.8

coke, coke zero or lemonade // 3.8

lemon, lime & bitters // 4.2

fever tree ginger beer // 4.0

CASCADA

DRINKS MENU

CIDER

Apple or Pear 8.0

BEER

Local

Coopers Pale Ale (SA) 7.5
Prancing Pony Amber Ale (Adelaide Hills) 9.5
Clare Valley Monkey's Uncle Red Ale (Clare Valley) 9.0
Pikes Pilsner Lager (Clare Valley) 8.5
Vale Lager (McLaren Vale) 8.5

Australian

Stone and Wood Pacific Ale (NSW) 8.5
Feral Hop Hog IPA (WA) 9.9
Little Creatures Pale Ale (WA) 9.0
Hop Nation 'The Fiend' IPA (VIC) 8.5

Imported

Trumer Pilsner (AUT) 9.5
Brooklyn Amber Lager 355ml Can (USA) 8.9
Heineken (NED) 8.5
Corona (MEX) 8.5
Peroni Rossa (ITA) 8.5
Peroni Leggera (ITA) 7.5

WINE LIST

SPARKLING

Mojo Chardonnay Pinot Noir Sparkling NV Adelaide Hills, SA 8.3/31.9
The Black Chook Sparkling Shiraz McLaren Vale, SA 36.9
Signature Wines Red Label Sparkling NV South Australia 37.2

SWEET

Deakin Estate Moscato Red Cliffs, VIC 7.8/27.5
Rockford Alicante Bouchet Rose Barossa Valley 42
Cake Rose Adelaide Hills 8.5/32.5

WHITE WINE

Crabtree 'Hilltop' Riesling Clare Valley, SA 9.9/37.5
Republic of Wine Sauvignon Blanc South Australia 7.2/25.5
Crowded House Sauvignon Blanc Marlborough, NZ 36
Shaw + Smith Sauvignon Blanc Adelaide Hills, SA 10.9/41.5
Norfolk Rise Pinot Grigio Limestone Coast, SA 8.3/31.2
The Other Wine Co. Pinot Gris Adelaide Hills, SA 39
Monte Tondo Soave Veneto, ITA 40
Olivers Taranaga Small Batch Fiano McLaren Vale, SA 42
Fat Bastard Chardonnay California, USA 10.5/41

RED WINE

Yabby Lake 'Red Claw' Pinot Noir Mornington Peninsula, VIC 10.9/44
La Linea Tempranillo Adelaide Hills, SA 42.9
Fattoria Zerbina Sangiovese Emilia Romagna, ITA 40.8
Republic of Wine Shiraz Cabernet South Australia 7.2/25.5
Two Hands 'Angels Share' Shiraz Cabernet McLaren Vale, SA 12.2/48.4
Thorn-Clarke 'Sandpiper' Cabernet Sauvignon Barossa Valley, SA 8.5/32.5
Snake+Herring 'Dirty Boots', Cabernet Sauvignon Margaret River, WA 41
Rockford Frugal Farmer Grenache Mataro Barossa Valley, SA 10.9/42
Signature Wines Reserve Shiraz Barossa Valley 9.9/38
Rockford Basket Press Shiraz '12 Barossa Valley 95