



At little cultures, we strive to deliver fresh food, great taste and an enjoyable experience for everyone.

To present nature's true flavours, our fresh yoghurt is handcrafted on

the premises, with active cultures and no preservatives or artificial flavours.

All products are made to order using the freshest local ingredients possible.

FRESH YOGHURT BOWLS

served with gluten free paleo muesli mix, choice of honey, organic rice malt syrup or plain

BERRY + GOJI POWER

8.5

strawberry · blueberry · goji berry · chia seed · toasted coconut

PINEAPPLE + COCONUT

8.5

pineapple · diced pineapple · coco jelly · shredded & toasted coconut

FIG + WALNUT

8.5

turkish fig · fig conserve · crushed walnut · chia seed

PISTACHIO + CHOCOLATE

8.5

crushed pistachio · dried cranberry · dark choc flakes · cacao nibs · fresh mint leaves

JUST NATURAL YOGURT

6.0

the joy of little cultures' natural yoghurt - a protein booster!

SUPER YOGHURT BOWLS / SUPER SMOOTHIE BOWLS

served with gluten free paleo muesli mix, cacao nibs, goji berry, chia seed, shredded & toasted coconut

CHOOSE YOUR BASE BLEND

SUPER ACAI BOWL (vo)

13.0

acai · banana · strawberry · mango · cacao nibs · coconut H₂O

DRAGON BOWL Z (vo)

13.0

pink dragon fruit · strawberry · banana · chia seed · coconut H₂O

MATCHA MANGO BOWL

13.0

pure matcha · mango · banana · spirulina · natural yoghurt

SUNSHINE BOWL (vo)

13.0

mango · strawberry · pineapple · banana · cacao nibs · coconut H₂O

SUPER YOGHURT BOWL

11.0

the joy of little cultures' natural yoghurt - a protein booster!

CHOOSE 3 FRUITS ON TOP

strawberry · mango · banana · blueberry · pineapple · passionfruit

(vo) vegan option available
nut-free muesli available

extra fruit +1

extra topping +0.8



INSTA-FROZ handcrafted frozen yoghurt

little cultures' fresh natural yoghurt instantly frozen on an ice pan freshly handcrafted with real ingredients into a cupful of creamy, healthy and delicious frozen yoghurt.

THE BASIC

7.5

simply choose one mix-in ingredient for your frozen flavour

- mango
- strawberry
- blueberry +0.5
- plain natural
- pineapple
- banana
- matcha
- oreo (g)
- chocolate
- caramel

LITTLE CULTURES CREATIONS

9.0

popular flavour & topping combinations for the ones who want a little more! **served with a choice of decoration: waffle (g), chocolate wafer (g) or marshmallow**

MANGO-A-COCO

mango & coconut flavour · topped with more mango & shredded coconut

MONKEY BUSINESS

banana, dark choc flakes & choc flavour · topped with coco pops (g) & banana chips

STRAWBERRY SMILES

strawberry flavour · topped with strawberry, 100s & 1000s & choc sauce

COOKIES & DREAM

oreo (g) flavour · topped with strawberry, cookie crumbs (g) & choc sauce

MOVIE TIME

salted caramel popcorn & caramel flavour · topped with more popcorn & caramel sauce

MATCHA BEAUTY

pure matcha (green tea) flavour · topped with strawberry, sweet Azuki (red bean) & sesame seed

CREATE YOUR OWN

9.0

mix & match any 2 flavours + 2 toppings + 1 decoration to create the your insta-froz masterpiece!

see full list of ingredients or ask one of our friendly staff!



YOGHURT SMOOTHIES

7.5 / 6.5

blended with little cultures' natural yoghurt

SUMMER SUNSHINE

strawberry · mango · banana ·
pineapple juice

MANGO MARTY

mango · banana · mango nectar

PINA COLADA

pineapple · coconut · banana ·
pineapple juice

STRAWBERRY SMOOTH

strawberry · banana · apple
juice

BANANA BOOST

banana · gf muesli · chia seed ·
dark choc flakes · honey

BERRY BLAST

mixed berries · banana · apple juice

WATERMELON WAVES

Watermelon · strawberry · fresh
lemon juice

TROPIC WONDER

pineapple · mango · banana ·
pineapple juice

SUPER SMOOTHIES

9.0

loaded with the natural health benefits of superfoods

ACAI SMOOTHIE (v)

acai · mixed berries · pineapple
· banana · apple juice · coconut
H₂O

PINK PITAYA (v)

pink dragon fruit · strawberry ·
chia seed · banana · coconut H₂O

GREEN SMOOTHIE

spinach · kale · pineapple ·
banana · natural yoghurt ·
coconut H₂O

MATCHA MANGO

pure matcha · mango · banana · chia
seed · natural yoghurt

COLD-PRESSED JUICES (v)

8.0

each cup is freshly slow-pressed with 100% fruits and veggies

APP-LE-MONADE

apple · lemon · mint leaves

WAKEUP CALL

watermelon · strawberry · apple ·
mint leaves

MORNING GLOW

carrot · apple · spinach · kale ·
celery · tumeric

PINEAPPLE KICKS

pineapple · lemon · ginger · apple

GREEN HEAVEN

spinach · kale · lemon · celery ·
parsley · pear

JUST JUICE (choose just 1, 2 or 3)

carrot · apple · pear



COFFEE

coffee blend - TWIN PEAKS (wa coffee roaster)

HOT COFFEE

espresso	single 3.5 / double 4.0
flat white latte	4.0 / 4.5
long black	4.0 / 4.5
cappuccino	4.0 / 4.5
short macchiato	4.0
long macchiato	4.5 / 5.0
chai latte / matcha latte	4.5 / 5.0
hot chocolate	4.5 / 5.0
mocha	5.0 / 5.5

ICED COFFEE

iced coffee	5.0
iced chocolate	5.0
iced chai latte	5.0
iced matcha latte	5.0
iced mocha	5.5

COLD BREW COFFEE

4.5

little cultures' own 12 hour cold brew coffee - extracting coffee beans' true flavour for a bold & smooth palette.
best served **black on ice.**

TEA

4.0

ORIGIN TEA silky pyramid pouches - 100% australian owned

english breakfast
earl grey
jasmine green tea
peppermint
forest berries
detox tea

soy / almond milk +0.5

extra shot +0.5