

WHAT'S ON OFFER

SEVEN CIRCLES is a curated urban oasis, where you can refuel your mind, body and soul.

More than a cafe, we're a space for connection, creativity and renewal. Whether you're here for a float, a massage, or just a quiet moment with something delicious - every visit is an invitation to feel lighter, inspired and part of our community.

Infused with love, always.

DEEP REST & RESET

1 FLOAT (60 minutes)	670
COUPLES FLOAT	850
3 FLOAT PACKAGE	1700
THERAPEUTIC MASSAGE	750
FLOAT & MASSAGE COMBO (120 minutes) ..	1550
FLOAT & MASSAGE COMBO (for couples) ...	3000

CLOUD CHOCOLATES

HAPPY CLOUD	220
SUPER CLOUD	350



We believe everyone carries a box of matches within them - sparks of potential waiting to be lit. Sometimes all it takes is a nourishing meal, a perfect cup of coffee or a restorative float.

We're here to light your spark!

P.E.M.F

1 P.E.M.F SESSION (12 minutes)	275
Increased Circulation, Oxygenation and Energy Production	

OTHER TREATMENTS ON OFFER

ACUPUNCTURE | HAIR TREATMENTS | FACIALS

CREATIVE STUDIO AT THE BACK

DESIGN MAGIC | ILLUSTRATION | BRANDING



RESTORE

BREAKFAST

GRANOLA or OAT BOWL75
Yoghurt, Banana, Berries, Honey

SMASHED AVO ON SOURDOUGHH50 | F90
Avo, Lemon, Chilli Flakes, Pickled Radish, Coriander
ADD: Poached Egg 20 | Salmon 45

OPEN OMLETTE WITH SOURDOUGH 90
Cherry Tomatoes, Mushrooms, Cheese, Baby Spinach

THE BOXER90
Ostrich Mince on Sourdough
ADD: Poached Egg 20

LOX BAGEL75
Cream Cheese, Salmon, Capers, Red Onion, Rocket,
Pickled Radish

SOUL-SOOTHING SOUP

Ask us what's in the pot today!

CUP 50

BOWL 75

COMES WITH A SLICE OF SOURDOUGH

OUR FAMOUS GUILT-FREE LASAGNE

OSTRICH MINCE & AUBERGINE 120

TOASTIES

OSTRICH MINCE & CHEESE 65

TUNA MELT 65

CAPRESE 55

SMILEY'S TOASTIE 65
Chicken Mayo, Jalapeno & Cheese

WRAP | PLATE 120

THAI CHICKEN

Sevens Slaw, Edamame, Satay Sauce, Toasted
Peanuts

THE GREEK

Lemon & Thyme Chicken, Lettuce, Spinach, Feta,
Tomato, Tzatziki

MEXICAN

Ostrich Mince, Baby Spinach, Guacamole,
Jalapeno, Cream Cheese, Coriander

EGG & BACON

Scrambled Egg, Bacon, Avo, Tomato, Cheddar

SPILL THE BEANS (V+)

3 Bean Ragout, Avo, Baby Spinach, Red Onion,
Coriander

**R10 FOR GLUTEN-FREE WRAP | SOURDOUGH*

NOURISH

JUICES 55

DESIGN YOUR OWN OR TRY ONE OF OURS

- THE GLOW
Carrot, Orange, Lemon, Ginger, Cayenne
- HEARTBEET
Beetroot, Orange, Ginger
- HEALING GREEN
Apple, Celery, Cucumber, Spinach, Mint, Lime
- PINE DREAM
Pineapple, Lemon, Apple, Cucumber
- IMMUNE BOOSTER..... 25
Ginger, Lemon, Tumeric

SMOOTHIES70

- POWER SHAKE
Grass-fed Whey, Peanut Butter, Honey, Almond Milk
- MIXED BERRY (V+)
Assorted Berries, Ashwaganda, Almond Milk, Honey
- TROPICAL BLISS (V+)
Mango, Pineapple, Coconut & Almond Milk, Lemon, Honey, Ginger
- SUPERFOOD SMOOTHIE (V+)
Pea Protein, 12 Powerful Superfoods, Banana, Dark Chocolate Flavour
- HEMP HEAVEN
Spirulina, Grass-fed Whey, Hemp Seeds, Banana, Coconut Milk, Apple Juice

COFFEE

- AMERICANO 32
- ESPRESSO 29
- CORTADO *(MAGIC)* 35
- FLAT WHITE..... 39
- LATTE..... 42
- CAPPUCCINO 39
- MOCHA 45
- DIRTY CHAI 45
- ICED COFFEE..... 34
On the rocks or blended

**RIO FOR OAT OR ALMOND MILK*

HOT DRINKS

- CACAO REISHI ELIXER (V+) 52
- MANNA BREW MESQUITE (V+) 52
- HOT CHOCOLATE 42
- HERBAL TEA 28
- CHAI 42

REFRESH