

here's to strength

COMMUNITY WELLNESS HUB

10% OFF EVERYDAY FOR CONCESSION CARD HOLDERS

ALL DAY BRUNCH

Raisin Toast **\$4.90**

with organic butter or 2 for \$8

Organic Sourdough Toast **\$4.90**

with organic butter, vegemite or jam or 2 for \$8
add sliced avocado +\$4 (V/GF option)

Toasted Banana Bread **\$8.90**

add seasonal fruit and maple syrup \$12.90

Granola **\$16.90**

with seasonal fruit and Fleurieu Milk & yoghurt

Homestyle Brunch **\$19.90**

nitrate free Ellis bacon, 2 Fleurieu Free Range eggs,
organic sourdough with organic butter (GF option)

Keto Brunch **\$28.90**

nitrate free Ellis bacon, Fleurieu Free Range eggs, haloumi,
avocado, kimchi, garlic sauteed mushrooms (GF)

Weekend Brunch **\$35.90**

nitrate free Ellis bacon, Fleurieu Free Range eggs, chorizo
haloumi, hashbrown, avocado, kimchi, garlic sauteed
mushrooms, organic sourdough toast with organic butter (GF
option)

MAKE IT A STACK

Bacon Burger Stack **\$19.90**

turkish bun stacked with nitrate free Ellis bacon, Fleurieu
Free Range egg, organic cheese and tomato relish (GF
option) +hashbrown \$3

Chicken Burger Stack **\$24.90**

grilled free range chicken, nitrate free Ellis
bacon, avocado, melted organic cheese, tomato,
fresh seasonal greens and homemade burger
sauce.

add a side of air fried plain or sweet potato chips **\$6**

Fritter Stack **\$29.90**

your choice of fritter stacked with tomato relish, garlic
sauteed mushrooms, avocado, hashbrown, kimchi, grilled
tomato, fresh greens and pickled red onion (VE/GF)
+ add egg \$3 + add haloumi \$4 + add bacon \$5

**ALL PROCEEDS RAISED SUPPORT OUR REGISTERED
CHARITIES COMMUNITY WELLNESS INITIATIVES**

STRUGGLING TO PAY?

GRAB A TICKET FROM OUR PAY IT FORWARD WALL

COMFORT BOWLS

Primal Nourish Bowl **\$ 28.90**

grilled Free Range Chicken, spicy chorizo, smokey
garlic and jalapeno kraut, corn and capsicum salsa, avocado
and a free range egg, topped with sour cream, spring onions
and a side of chipotle maple sauce. (GF)

Falafel Nourish Bowl **\$24.90**

fresh seasonal greens, toasted sesame falafel, avocado,
fresh tomato, beetroot & fermented beetroot kraut,
cucumber, pickled onion and pepitas, topped with
housemade tahini dressing (VE/GF)

Cesar Comfort Bowl **\$19.90**

fresh seasonal greens, nitrate free Ellis bacon, Fleurieu Free
Range egg, freshly shaved parmesan and toasted croutons
topped with ceasar dressing (GF option)

LOADED & TOASTED

croissant or organic sourdough toastie (GF option)

Ham + Cheese **\$ 13.90**

melted organic cheese and Ellis ham
+ sweet mustard pickle \$1

Kimchi + Cheese **\$ 14.90**

melted organic cheese and locally fermented kimchi

Magic Mushy **\$14.90**

melted organic cheese and garlic sauteed mushrooms

BLT **\$16.90**

nitrate free Ellis bacon, fresh greens, sliced tomato & mayo
+ avocado \$4

Grilled Pumpkin + Haloumi **\$16.90**

with caramelised onion and fresh greens

MINI MEALS

Snack Plate **\$8.90**

sliced fruit, organic saltanas, vege sticks,
hummus and rice crackers

add meatballs or vege bites **\$4**

Bowl of Hashbrowns **\$8.50**

Egg on Toast **\$11.50**

(GF option) + add bacon \$2

Comfort Toastie **\$ 11.90**

melted organic cheese and vegemite (GF option)

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COMMUNITY WELLNESS HUB

*We proudly use local produce and seed oil free

COFFEE LOVERS

Espresso	\$4.40		
Machiato	Short \$4.40	Long \$4.90	
Piccolo	\$4.90		
Affogatto	\$5.40		
Long Black	S \$5.40	R \$5.90	L \$6.40
Flat White	S \$5.90	R \$6.40	L \$6.90
Latte	S \$5.90	R \$6.40	L \$6.90
Cappuccino	S \$5.90	R \$6.40	L \$6.90
Mocha	S \$6.40	R \$6.90	L \$7.40

Tumeric Latte	S \$5.90	R \$6.40	L \$6.90
Matcha	S \$5.90	R \$6.40	L \$6.90
Choc-Matcha	S \$6.90	R \$7.40	L \$7.90
Chai	S \$5.90	R \$6.40	L \$6.90
Dirty Chai	S \$6.40	R \$6.90	L \$7.40

Babyccino \$3

Puppyccino \$3

*made with warm Fleurieu Milk

ADD SOME EXTRA LOVE

Calm the nerves with our organic

Medicinal Mushroom Powder

+ Reishi or Lions Mane \$3

+ Extra espresso shot \$1

+ Extra Syrups - Hazelnut, Caramel, Vanilla \$1

+ Make it decaf \$1

+ Make it iced 50c

Change to alternative milk (no seed oils)

+ Tiger Nut Milk \$1

+ Bonsoy

+ OMG Oat

+ Pure Harvest Almond

+ Pure Harvest Coconut Milk

CHOCOLATE LOVERS

Hot Chocolate

S \$5.90 R \$6.40 L \$6.90

Organic Cacao

Ceremonial Cup \$9

LOOSE-LEAF TEA

Organic Black, Herbal and Green Tea

Cup \$5.90 Mug \$6.40 Pot \$8.90

CHILLED FAVOURITES

Alchemy Iced Teas

R \$6.90 L \$7.40

*See staff for daily flavours

Happy Way Protein Shakes

Regular \$9

*See staff for daily flavours

Naturally Flavoured Milkshakes

Mini \$5.90 Regular \$8.90

Chocolate

Strawberry

Banana

Vanilla

Caramel

*See cabinet for cold drinks including

Kombucha, Wholefruit Juices,

Sparkling Water, Coconut Water