

# here's to strength

## COMMUNITY WELLNESS HUB

10% OFF EVERYDAY FOR CONCESSION CARD HOLDERS

### ALL DAY BRUNCH

<b>Raisin Toast</b>	<b>\$4.90</b>
with organic butter	or 2 for \$8
<b>Organic Sourdough Toast</b>	<b>\$4.90</b>
with organic butter, vegemite or jam add sliced avocado +\$4 (V/GF option)	or 2 for \$8
<b>Toasted Banana Bread</b>	<b>\$8.90</b>
add seasonal fruit and maple syrup	\$12.90
<b>Granola</b>	<b>\$16.90</b>
with seasonal fruit and Fleurieu Milk & yoghurt	
<b>Homestyle Brunch</b>	<b>\$19.90</b>
nitrate free Ellis bacon, 2 Fleurieu Free Range eggs, organic sourdough with organic butter (GF option)	
<b>Keto Brunch</b>	<b>\$28.90</b>
nitrate free Ellis bacon, Fleurieu Free Range eggs, haloumi, avocado, kimchi, garlic sauteed mushrooms (GF)	
<b>Weekend Brunch</b>	<b>\$35.90</b>
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

<b>Bacon Burger Stack</b>	<b>\$19.90</b>
turkish bun stacked with nitrate free Ellis bacon, Fleurieu Free Range egg, organic cheese and tomato relish (GF option) +hashbrown \$3	
<b>Chicken Burger Stack</b>	<b>\$24.90</b>
grilled free range chicken, nitrate free Ellis bacon, avocado, melted organic cheese, tomato, fresh seasonal greens and homemade burger sauce.	
<b>add a side of air fried plain or sweet potato chips</b>	<b>\$6</b>
<b>Fritter Stack</b>	<b>\$29.90</b>
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

<b>Primal Nourish Bowl</b>	<b>\$ 28.90</b>
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)	
<b>Falafel Nourish Bowl</b>	<b>\$24.90</b>
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)	
<b>Cesar Comfort Bowl</b>	<b>\$19.90</b>
fresh seasonal greens, nitrate free Ellis bacon, Fleurieu Free Range egg, freshly shaved parmesan and toasted croutons topped with caesar dressing (GF option)	

### LOADED & TOASTED

croissant or organic sourdough toastie (GF option)	
<b>Ham + Cheese</b>	<b>\$ 13.90</b>
melted organic cheese and Ellis ham + sweet mustard pickle \$1	
<b>Kimchi + Cheese</b>	<b>\$ 14.90</b>
melted organic cheese and locally fermented kimchi	
<b>Magic Mushy</b>	<b>\$14.90</b>
melted organic cheese and garlic sauteed mushrooms	
<b>BLT</b>	<b>\$16.90</b>
nitrate free Ellis bacon, fresh greens, sliced tomato & mayo + avocado \$4	
<b>Grilled Pumpkin + Haloumi</b>	<b>\$16.90</b>
with caramelised onion and fresh greens	

### MINI MEALS

<b>Snack Plate</b>	<b>\$8.90</b>
sliced fruit, organic saltanas, vege sticks, hummus and rice crackers	
<b>add meatballs or vege bites</b>	<b>\$4</b>
<b>Bowl of Hashbrowns</b>	<b>\$8.50</b>
<b>Egg on Toast</b>	<b>\$11.50</b>
(GF option) + add bacon \$2	
<b>Comfort Toastie</b>	<b>\$ 11.90</b>
melted organic cheese and vegemite (GF option)	

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\*We proudly use local produce and seed oil free

## COFFEE LOVERS

Espresso	<b>\$4.40</b>
Machiatto	<b>Short \$4.40 Long \$4.90</b>
Piccolo	<b>\$4.90</b>
Affogatto	<b>\$5.40</b>
Long Black	<b>S \$5.40 R \$5.90 L \$6.40</b>
Flat White	<b>S \$5.90 R \$6.40 L \$6.90</b>
Latte	<b>S \$5.90 R \$6.40 L \$6.90</b>
Cappuccino	<b>S \$5.90 R \$6.40 L \$6.90</b>
Mocha	<b>S \$6.40 R \$6.90 L \$7.40</b>
Tumeric Latte	<b>S \$5.90 R \$6.40 L \$6.90</b>
Matcha	<b>S \$5.90 R \$6.40 L \$6.90</b>
Choc-Matcha	<b>S \$6.90 R \$7.40 L \$7.90</b>
Chai	<b>S \$5.90 R \$6.40 L \$6.90</b>
Dirty Chai	<b>S \$6.40 R \$6.90 L \$7.40</b>
Babyccino	<b>\$3</b>
Puppyccino	<b>\$3</b>

\*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		
<b>S \$5.90</b>	<b>R \$6.40</b>	<b>L \$6.90</b>
Organic Cacao		

**Ceremonial Cup \$9**

## LOOSE-LEAF TEA

Organic Black, Herbal and Green Tea		
<b>Cup \$5.90</b>	<b>Mug \$6.40</b>	<b>Pot \$8.90</b>

## 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