

here's to strength

COMMUNITY WELLNESS HUB

10% DISCOUNT EVERYDAY FOR SENIORS, CENTRELINK CONCESSION
CARD HOLDERS AND MEMBERS OF OUR HEALTHY HABITS PARTNERSHIP PROGRAM
10% SURCHARGE PUBLIC HOLIDAYS

WE PROUDLY USE FLEURIEU MILK

COFFEE LOVERS

Espresso	\$4		
Machiato	SHORT \$4	LONG \$4.50	
Piccolo	\$4.50		
Affogatto	\$5		
Long Black	\$5		
Flat White	S \$5.50	R \$6	L \$6.50
Latte	S \$5.50	R \$6	L \$6.50
Cappuccino	S \$5.50	R \$6	L \$6.50
Mocha	S \$6	R \$6.50	L \$7

Matcha and Tumeric Latte	\$5.50	R \$6	L \$6.50
Choc-Matcha Latte	\$6	R \$6.50	L \$7

*Extra espresso shot			+\$1
*Decaf available			+60c
*Make it iced			+50c
*Alternate milk			+\$1
*Add flavoured alchemy elixirs - hazelnut, caramel or vanilla			+\$1
*Add organic medicinal mushroom powder - reishi or lions mane			+\$2

CHAI, CHOCOLATE & CEREMONIAL CACAO LOVERS

Classic Chai	\$5.50	R \$6	L \$6.50
*Make it dirty or iced	+50c		
Hot Chocolate with a marshmallow	\$5.50	R \$6	L \$6.50
Organic Ceremonial Grade Cacao	\$8		

BABYCCINO OR PUPPYCCINO

Babyccino - warm frothed milk with a marshmallow, cacao powder and sprinkles	\$2.50
Puppyccino - warm fleurieu milk topped with tumeric powder	

GUT HEALING - BEET KVASS

Enjoy a shot of The Culturehood's cold pressed organic fermented liquid tonic rich in probiotics, digestive enzymes and nutrients for the restoration of your gut health	\$3
Pomegranate or Golden Kvass	

LOOSE-LEAF TEA LOVERS

Black, Herbal and Green Teas	Cup \$5.50	Mug \$6	Pot \$6.50
(ask our team for our current selections)			
Flowering Tea - watch a bulb of tea grow into a flower			Flowering Pot \$12

KOMBUCHA	\$6.50
SPARKLING WATER	\$4

WHOLEFRUIT JUICES AND SMOOTHIES

See cabinet for daily varieties	\$6.50
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HAPPY WAY PROTEIN SHAKES

Banana, Salted Caramel or Vegan Vanilla	\$9
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NATURALLY FLAVOURED HOMESTYLE MILKSHAKES (GF)

Chocolate, Strawberry, Banana, Vanilla or Caramel blended with Golden	\$8
North vanilla ice-cream, dairy free ice-cream or sugar free ice-cream	

DRINKS FOR THE LITTLE ONES

Mini Milkshakes (See above)	\$5.50
Nudie Juices - Orange or Apple	\$3.50

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LOW GLUTEN (LG) GLUTEN FREE (GF) DAIRY FREE (DF) VEGETARIAN (V) VEGAN (VE)

RAISIN TOAST

with butter

1 slice \$ 4.50

2 slices \$ 8

ORGANIC SOURDOUGH TOAST OR CRUMPET

with butter, vegemite or jam (LG)

1 slice \$ 4.50

2 slices \$ 8

TOASTED BANANA BREAD (GF/DF available)

add seasonal fruit and maple syrup (V)

\$7.90

\$12.90

GRANOLA

with seasonal fruit and Fleurieu Milk (GF/V)

\$ 14.90

LOADED CROISSANTS AND ORGANIC SOURDOUGH TOASTIES (LG)

Ellis ham and organic cheese

\$ 11.90

Gut Feeling Kimchi (fermented vegetables) with organic cheese

\$ 12.90

BLT Nitrate free Ellis bacon, sliced tomato, fresh greens and mayo

\$ 12.90

Pumpkin and caramelised onion seasoned with za'atar,

grilled haloumi and fresh greens *add Nitrate free Ellis bacon \$5

\$ 16.90

Nitrate free Ellis bacon, Fleurieu Free Range sunnyside egg, organic

melted cheese, and tomato relish *add a hashbrown \$3

\$ 16.90

*MAKE ANY OF OUR TOASTIES KETO WITH OUR OPEN GRILL STYLE SWEET POTATO TOAST (GF)

PLAIN OR SWEET POTATO HOT CHIPS

small \$ 6 share bowl \$ 12

HOMESTYLE BRUNCH

Nitrate free Ellis bacon, 2 Fleurieu Free Range sunnyside eggs, 2 slices of organic sourdough with butter (LG)

\$ 18.90

KETO BRUNCH

Nitrate free Ellis bacon, 2 Fleurieu Free Range sunnyside eggs, haloumi, avocado, Gut Feeling kimchi, garlic sautéed mushrooms, pickled red onion and pepitas (GF)

\$ 27.90

WEEKEND BRUNCH

Nitrate free Ellis bacon, Ellis chorizo, 2 Fleurieu Free Range sunnyside eggs, haloumi, hashbrown, avocado, Gut Feeling saurkraut, garlic sautéed mushrooms, pickled red onion, pepitas and 2 slices of organic sourdough toast with butter (LG)

\$ 34.90

MAKE IT A PLATTER FOR TWO

\$ 64.90

VEGAN STACK

Kimchi and sweet potato fritter stacked with tomato relish, garlic sautéed mushrooms, avocado, hash brown and gut feeling kimchi topped with fresh greens, grilled tomato and pickled red onion (VE) (LG)

\$ 28.90

MAKE IT A VEGETARIAN STACK - ADD A SUNNYSIDE EGG AND HALOUMI (V)

\$ 33.90

ELLIS BACON \$5 ELLIS CHORIZO \$5 SUNNYSIDE EGG \$3 KIMCHI \$4 HALOUMI \$4 AVOCADO \$4, SAUTEED MUSHROOMS \$4 1 SLICE ORGANIC SOURDOUGH TOAST \$4 HASHBROWN \$3 GRILLED TOMATO \$3

*SEE OUR CABINET FOR DAILY BRUNCH SPECIALS INCLUDING OUR COFFEE AND CAKE DEAL

MINI MEALS

Bowl of hashbrowns \$ 7.90 Vegemite and organic cheese sourdough toastie (LG) \$10

Fleurieu Free Range sunnyside egg on organic sourdough toast *add Ellis bacon (LG) \$10/\$12