

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 \$4.5 | |
| Piccolo | \$4.5 | | |
| Affogatto | \$5 | | |
| Long Black | \$5 | | |
| Flat White | S \$5.50 | R \$6 | L \$6.5 |
| Latte | S \$5.50 | R \$6 | L \$6.5 |
| Cappuccino | S \$5.50 | R \$6 | L \$6.5 |
| Mocha | S \$6 | R \$6.5 | L \$7 |

| | | | |
|-----------------------------------|-----------------|----------------|----------------|
| Matcha, Tumeric or Beetroot Latte | \$\$5.50 | R \$6 | L \$6.5 |
| Choc-Matcha Latte | S \$6 | R \$6.5 | 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 \$6.5 |
| *Make it dirty or iced | +50c | | |
| Hot Chocolate with a marshmallow | \$\$5.50 | R \$6 | L \$6.5 |
| Organic Ceremonial Grade Cacao | \$8 | | |

BABYCCINO OR PUPPYCCINO \$2.5

Babyccino - warm frothed milk with a marshmallow, cacao powder and sprinkles
Puppyccino - warm 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
Pomegranate or Golden Kvass \$3

LOOSE-LEAF TEA LOVERS

Black, Herbal and Green Teas **Cup \$5.50** **Mug \$6** **Pot \$6.5**
(ask our team for our current selections)
Flowering Tea - watch a bulb of tea grow into a flower **Pot \$12**

KOMBUCHA \$6.5

SPARKLING WATER \$4

WHOLEFRUIT SUPERFOOD JUICES AND SMOOTHIES \$6.5

Pineapple, apple and lime
Mango, peach, banana, pear and lime
Beetroot, purple carrot, apple, ginger, rose hip and prebiotics
Pear, kiwifruit, lime, ginger, hemp protein and prebiotics

HAPPY WAY PROTEIN SHAKES \$8.5

Banana, Salted Caramel or Vegan Vanilla

NATURALLY FLAVOURED HOMESTYLE MILKSHAKES (GF) \$7.5

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

DRINKS FOR THE LITTLE ONES

Mini Milkshakes (See above) \$5.5
Nudie Juices - Orange or Apple \$3

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

RAISIN TOAST

with butter

1 slice \$ 4.5
2 slices \$ 8

ORGANIC SOURDOUGH TOAST

with butter, vegemite or jam (LG)

1 slice \$ 4.5
2 slices \$ 8

TOASTED BANANA BREAD

add seasonal fruit and maple syrup (V)

\$8.5
\$12

GRANOLA

with seasonal fruit and Fleurieu Milk (GF/V)

\$ 12

LOADED CROISSANTS AND ORGANIC SOURDOUGH TOASTIES (LG)

Ellis ham and organic cheese

\$ 12

Gut Feeling Kimchi (fermented vegetables) with organic cheese

\$ 12

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

\$ 14

Pumpkin seasoned with za'atar, grilled haloumi and fresh greens
add Nitrate free Ellis bacon \$4

\$ 14

Nitrate free Ellis bacon, Fleurieu Free Range sunnyside egg, organic
melted cheese, and berenberg tomato chutney
add a hashbrown \$3

\$ 14

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

PLAIN OR SWEET POTATO HOT CHIPS

small \$ 5 share bowl \$ 10

HOMESTYLE BRUNCH

Nitrate free Ellis bacon, 2 Fleurieu Free Range sunnyside eggs, 2 slices of
organic sourdough with butter (LG) **\$ 18**

KETO BOWL

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**

THE 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) **\$ 33**

MAKE IT A PLATTER FOR TWO \$ 63

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**

MAKE IT A VEGETARIAN STACK - ADD A SUNNYSIDE EGG AND HALOUMI (V) \$ 33

ELLIS BACON \$4 ELLIS CHORIZO \$5 SUNNYSIDE EGG \$3 KIMCHI \$4 SAURKRAUT \$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 **\$ 7.5** Vegemite and organic cheese sourdough toastie (LG) **\$10**
Fleurieu Free Range sunnyside egg on organic sourdough toast, add Ellis bacon (LG) **\$10/\$12**