



M E N U

T H E S O C I A L S O C I E T Y

In our kitchen we provide **vegan / vegetarian** healthy, wholesome and nutritious food options combined with boutique coffee, quirky cakes, fresh pressed juices and smoothies.

We get excited by fresh produce and its endless possibilities; the texture, the colour and the variety. It's the way we believe fresh food should be with all its beautiful imperfections. Where possible, we choose to use ethically, organic sourced local products and produce from exmouth, carnarvon and perth.

At times, certain options on our menu may be unavailable. As we prepare every dish fresh to order there will occasionally be a longer wait than usual, especially if the restaurant is full. We appreciate your patience and understanding.

Take away:

all items on our menu are also available as **takeaway [extra charge +\$0.5]**. Please bring you own container, coffee cup or glass jar for a \$0.5 discount.

Please check out our cabinet and specials board for irresistible daily offerings including a selection of raw vegan sweet delights.

S U S T A I N A B I L I T Y

We aim to showcase and support positive sustainable practices by consciously and consistently enforcing waste minimization.

For example, we recycle and reuse our containers, all of our food waste is separated and used for chicken food. We use environmentally certified cleaning products, eco lighting and recycled paper products.

We serve our takeaway food in biodegradable/compostable packaging and we support customer's initiative by rewarding those who choose to byo cups, containers and jars for \$0.5 discount. Coffee grinds are saved and used as either compost or given to customers for projects. [please let the staff know if you would like us to keep some aside for you]

Exmouth is a sun filled coastal town and has 320 days of sunshine a year - we are proud to say that most of our shop is powered by solar energy.

By choosing a plant-based diet and reducing our consumption of animal products, we are able to reduce the significant environmental impact that food choices make on our planet. According to the latest environmental research done by the un, it takes 100-200 times more water to produce a kilo of beef than it does to grow a kilo of plant foods. By choosing to eat a vegetarian diet, you can cut your food carbon footprint in half.

Talk about feel good food, your visit helps support our environmental efforts!

Our biggest thanks!

Please let us know if you have any dietary requirements & we will do our best to accommodate. All our gluten free dishes are gluten free by ingredients. We can not guarantee & take no responsibilities that there will not be any cross contamination.



B R U N C H F R O M 6:30 AM

HOUSE GRANOLA WITH SEASONAL FRUIT - 19.5

Pistachio, honey, Barambah organic yoghurt. [Make it vegan coconut yoghurt +3]
[GF granola +3]
*Contains nuts

VEGAN BUCKWHEAT PANCAKE STACK - 24

Raspberry chia jam, chocolate sauce, coconut yoghurt, fresh berries.
*Gluten free, vegan, nut free, contains soy

EGGS YOUR WAY - 17.5

Two organic eggs your way, butter, organic sourdough.

AVOCADO ON SOURDOUGH - 23

Smashed avocado, goats cheese, maple candied walnuts, pomegranate, charcoal salt, chili flakes, lemon, organic sourdough. [Add an organic Egg +3.5]
[Make it vegan - almond feta +3]
*Contains nuts

SHROOMS - 25

Mirin & tamari mixed mushrooms, aioli, hazelnut, pecorino, herbs, lemon, organic sourdough. [Make it vegan - almond feta +3]
*Contains nuts

GRILLED EGGPLANT - 25

Beetroot hummus, aioli, chimichurri, herbs, dukkah, lemon, organic sourdough.
*Contains nuts, vegan.

SPICED SMASHED PUMPKIN - 25

Chickpeas, almond feta, coriander, lemon, organic sourdough.
*Contains nuts, vegan.

AYURVEDIC KITCHARI - 26

Red lentil dahl, brown basmati, sweet potato, spinach, coconut yoghurt, coriander, red kraut, chili, lemon.
*Gluten free, vegan, nut free, soy free.

SPICY EGGS - 26

Two poached organic eggs, halloumi, yoghurt, harissa, sriracha, greens, dukkah, lemon, organic sourdough.
*Contains nuts, soy free.

GLOWING BREAKY BOWL - 26

Two organic poached eggs, spinach, halloumi, avocado, pink kraut, honey drizzle, lemon.
*Gluten free, nut free, soy free.

NACHO BOWL - 27

Smokey jackfruit & black beans tomato sugo, nacho chips, jalapeno, avocado smash, pink kraut, onion pickle, spinach, cherry tomatoes, coriander, hot sauce, aioli, lime.
*Gluten free, nut free, vegan.

BONZAI BOWL - 27

Maple tamari tofu, spinach, brown rice, cabbage, cultured carrots, edamame, avocado, ginger pickle, spring onion, sesame, teriyaki sauce, garlic mayo, lemon.
*Gluten free, nut free, vegan.
[Make it better add an organic egg +3.5]

E x t r a s

[One organic egg +3.5] [feta +3.5] [halloumi +6.5] [vegan aioli +3]
[almond feta +4] [coconut yoghurt +3.5] [avocado +6] [raw or wilted spinach +3.5]
[grilled tomato +3.5] [mushrooms +6]
[replace for gluten free sourdough from strange grains +2.5]

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All public Holidays incur a 15% surcharge on full bill.



FRESH PRESSED JUICES Take Away [+0.5]

VITAMIN SEA	11	A PARADISE OF REFRESHMINT	11
Carrots, Orange, Ginger Lemon		Pineapple, Mint, Lemon, Apple	
Add Turmeric And Black Cracked Pepper For Cold & Flu Fighting Power	[+1]	MAKE YOUR OWN	11
ALOHA	11	Choose your base	[Extra Fruit +0.5]
Pineapple, Orange, Watermelon		Orange, Apple Or Watermelon add 3 Other Options:	
GREEN POWER	11	Cucumber, Kale, Lemon, Carrot, Ginger, Mint, Pineapple, Beetroot, Parsley, Tomatoes, Pear.	
Pear, Apple, Kale, Lemon & Ginger		STRAIGHT	11
IN A HEART BEET	11	Orange Or Apple Or Watermelon	
Beetroot, Apple, Carrot, Lemon, Ginger			

FOR THE CHERUBS Take Away [+0.5]

BABYCHINO	3
Mylk choices Soy, coconut , almond. [+0.7]	
KIDS SHAKE	7.5
Banana, strawberry, chocolate or vanilla with vanilla ice cream, regular milk.	
EGG ON TOAST	12
Organic egg, organic sourdough, butter. [Gluten Free Sourdough +1]	
KIDS PANCAKES	15
Coconut yoghurt, strawberries, 100% real maple.	
CHEESE TOASTY	11
Melted cheddar on one toasted organic sourdough. [Gluten Free Sourdough +1]	
AVO ON TOAST	13
Avocado on organic sourdough. [Gluten Free Sourdough +1]	

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GOOD SMOOTHIES [Take Away +0.5]

<p>THE HEMP TEMPLE 12 Matcha, Maca, Hemp Seeds, Banana, Maple, Spinach, Coconut Mylk</p> <p>SUPER CACAO & BANANA BLEND 12 Banana, Dates, Raw Cacao, Cinnamon, Almond Mylk</p> <p>GOLDEN BLISS 12 Mango, Fresh Ginger, Turmeric, Black Pepper, Dates, Coconut Mylk</p> <p>THE REFRESHER 12 Spirulina, Lemon Myrtle, Lemon, Mango, Banana, Maple, Coconut Mylk</p> <p>BERRY BREAKFAST 12 Berries, Banana, Maple, Ginger, Chia Seeds, Almond Mylk</p>	<p>Protect Ningaloo 12 Blueberries, Banana, Kakadu Plum, Ginger, Coconut Mylk</p> <p>PEANUT 12 Peanut Butter, Salt, Banana, Dates, Vanilla, Almond Mylk</p> <p>ESPRESS YOURSELF 12 Double Shot Espresso, Banana, Dates, Cinnamon, Sea Salt, Almond Mylk</p> <p>add COLLAGEN POWDER for that extra glow +\$1.5</p> <p>ADD SOME MORE GOODNESS +1ea Spirulina, Spinach, Kale, Maca Powder, Chia Seeds, Hemp Seeds, Raw Cacao, Oats Organic Coconut Oil, Peanut-butter. Vegan Protein Powder [+1.5] Collagen Powder [+1.5]</p>
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SMOOTHIE BOWL Take Away [+0.5]

Please allow 25 min for preparation.

Topped With House Granola, Fresh Fruits, Cacao Nibs, Coconut

Mixed Berries, Banana, Dates, Almonds, Berries, Almond Mylk, Ice **22.5**

Gluten Free Granola [+2]



C O F F E E S

DARKSTAR COFFEE, PERTH

Kelvin blend

a traditional deep bodied, dark chocolate profile, roasted hazelnuts and molasses

ESPRESSO	4
DOUBLE ESPRESSO, SHORT MACCHIATO, LONG BLACK	4.5
CAPPUCCINO, LATTE, FLAT WHITE, MOCHA	5
MUG SIZE	6
LONG MACCHIATO, CAFÉ AU LAIT [MILK COFFEE]	5.5
AFFOGATO	7.50

MYLK CHOICES:

Soy, Coconut, Almond, Macadamia, Oats,
Lactose Free Milk

+0.7

Bullet Proof:

Add A Shot Of Organic Coconut Oil For Energy Boost

+1.50

I C E D [Take Away +0.5]

ICED COFFEE FRAPPE	9.5
Two Coffee Shots, Vanilla, Coconut Sugar, Ice, Regular Milk	
ICED LATTE	7.5
Two Coffee Shots, Regular Milk, Ice	
ICED GOLDEN LATTE	9.5
Turmeric, Pepper, Cinnamon And Vanilla, Regular Milk & Exmouth Bush Honey, Ice [Caffeine Free]	
ICED MATCHA	9.5
Ground Green Tea Leaves With Regular Milk & Exmouth Bush Honey, Ice	
ICED CHAI	9.5
Aromatic Spices, Turmeric, Organic Tea, Regular Milk, Ice	
ICED CHOCOLATE	8.5
Raw Cacao, Raw Sugar, Regular Milk, Ice	
MILK SHAKE	9.5
Ice Cream, Regular Milk Banana Strawberry Chocolate Vanilla Mango	

O T H E R H O T S

GOLDEN LATTE	6
Turmeric, Pepper, Cinnamon And Vanilla, Regular Milk, Rich In Antioxidants [Caffeine Free] [Take Away 12oc 6.00]	
MATCHA LATTE	6
Ground Green Tea Leaves With Regular Milk [Take Away 12oc 6.00]	
HOT CHOCOLATE	6
Cocoa, Raw Sugar, Regular Milk & Chilli[Optional] [Take Away 12oc 6.00]	

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L O O S E L E A F T E A

Love Tea ~ Fairly Source Organic
Pot - 2 Cups

ENGLISH BREAKFAST, JASMINE GREEN, PEPPERMINT, CHAMOMILE, EARL GREY [Take Away 12oc 5.00] **5.5**

Refill Of Hot Water +3

CHAI LATTE **6.5**

Aromatic Spices, Turmeric, Organic Tea, Exmouth Bush Honey, Regular Milk, Rich In Antioxidants (Loose Leave Chai In A Pot | 2 Cups)
[Take Away 12oc 5.50]

T E A B L E N D S

CALMING | Chamomile, Peppermint, Lemon Balm, Lavender **6.5**
A Blend Of Organic Herbs, To Calm The Nervous System, Reduce Stress & Help You Relax Into A More Peaceful State Of Wellbeing. [Caffeine Free]
[Take Away 12oc 6.00]

SKIN GLOW | Spearmint, Burdock Root, Echinacea, Calendula, Red Clover **6.5**
A Blend Of Organic Herbs Specifically Designed To Help Detoxify The Body And Encourage Radiant, Glowing Skin . [Caffeine Free]
[Take Away 12oc 6.00]

DETOX TEA | Nettle Leaf, Dandelion And Burdock, **6.5**
A Blend Of Organic Herbs To Help Support Healthy Function Of The Liver And Kidneys, And Aid The Clearance Of Toxins. This Is An Earthy And Grounding Blend, Offering Grassy Notes Of Nettle, With Hints Of Sweet Fennel And Ginger.
[Take Away 12oc 6.00]

WOMEN'S WELLNESS | Sage, Peppermint, Licorice Root, Red Clover, Lavender, Lemon Balm, **6.5**
A Blend Of Organic Herbs To Help Support Women's Health, Support The Nervous System, Help Regulate Hormonal Balance, And Reduce The Severity Of Hot Flushes. [Caffeine Free]
[Take Away 12oc 6.00]

O T H E R L I Q U I D S

Kombucha (*Subject To Availability) **6.5**

Please Check Our Cabinet For More Cold Drink Offerings.

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