



# 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 Your 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.

This Saved Over 12000 Single-Use Straws From Entering Exmouth Landfill In 2021 From Our Venue Alone. 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. We Encourage The Use Of Our Boomerang Cups/Jars If Someone Forgets Their Own. 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 7 a m

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<b>House Granola With Seasonal Fruit   Pistachio, Exmouth Honey &amp; Organic Yoghurt</b> [Make It Vegan Coconut Yoghurt +3.] [GF Gluten Free Granola +3]	<b>19</b>
<b>Vegan Banana Pancake Stack   Caramelized Pineapple, Banana, Toasted Coconut, Pistachio, Tahini Maple &amp; Coconut Yoghurt</b> [Gluten Free & Vegan]	<b>24</b>
<b>Eggs On Toast   Two Free Range Eggs (Poached, Fried Or Scrambled), Toasted Organic Sourdough &amp; Organic Butter</b>	<b>17.5</b>
<b>Avocado On Sourdough   Smashed Avocado, Feta, Cherry Tomatoes, Onion Pickle, House Dukkah on Organic Sourdough with Activated Charcoal Salt&amp; Chilli Flakes on the side</b> [Make It Better Add A Free Range Egg +3.5 or add Halloumi +6] [Make It Vegan - Almond Feta +3]	<b>23</b>
<b>Mushroom Toast   Herbed Mushrooms, House Hummus, Spicy Green Harissa, Almond Feta and Cherry Tomatoes on Organic Sourdough</b> [Vegan]	<b>24.5</b>
<b>Tomato Dukkah Eggs   Two Free Range Eggs, Poached, Chimichurri, Cherry Tomatoes, Avocado, Rocket, Dukkah &amp; Toasted Organic Sourdough</b>	<b>24</b>
<b>Spiced Smashed Pumpkin   Almonds, Chickpeas, Fetta, Coriander, Cumin, Fennel on Organic Sourdough</b> [Add An Organic Egg + 3.5] [VA Almond Baked Fetta + 3]	<b>25</b>
<b>Shakshuka   Two Poached Eggs, Red &amp; Yellow Pepper Sugo, Spinach Crispy Chickpeas Tahini Drizzle &amp; Toasted Organic Sourdough</b>	<b>25</b>
<b>Spicy Eggs   Two Free Range Eggs, Poached, Halloumi, Yoghurt, Garlic, Green Harissa, Sriracha, House Dukkah, Greens &amp; Organic Sourdough</b>	<b>26</b>
<b>Nacho Bowl   Spinach, Nacho Chips, Smokey Jackfruit, Black Beans, Corn, Jalapeno, Avocado Smash, Pink Kraut, Onion Pickle, Cherry Tomatoes, Coriander &amp; Hot Sauce, Aioli &amp; Lime</b> [Vegan & Gluten Free]	<b>26</b>
<b>Bonzai Bowl   Brown Rice, Cabbage, Cultured Carrots, Edamame, Marinated Tofu, Avocado, Ginger Pickle, Spring Onion and Miso &amp; Yuzu Dressing</b> [Vegan & Gluten Free] [Make It Better Add A Free Range Egg +3.5]	<b>26</b>

## E X T R A S

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[One Free Range 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]**



**F R E S H P R E S S E D J U I C E S** Take Away [+0.5]

<b>Vitamin Sea</b>	<b>11</b>	<b>A Paradise Of Refreshmint</b>	<b>11</b>
Carrots, Orange, Ginger Lemon		Pineapple, Mint, Lemon, Apple	
Add Turmeric And Black Cracked Pepper For Cold & Flu Fighting Power	[+1]	<b>Make Your Own</b>	<b>11</b>
<b>Aloha</b>	<b>11</b>	Your Choice Of Either <b>Orange, Apple Or</b>	[Extra Fruit +0.5]
Pineapple, Orange, Watermelon		<b>Watermelon With 2 Other</b>	
<b>Fountain Of Youth</b>	<b>11</b>	<b>Options:</b>	
Lemon, Apple, Beetroot, Ginger, Kale		Cucumber, Kale, Lemon, Carrot, Ginger, Pineapple, Beetroot, Mint, Parsley, Tomatoes	
<b>Green Power</b>	<b>11</b>	<b>Straight</b>	<b>11</b>
Pear, Apple, Zucchini, Kale, Lemon & Ginger		Orange Or Apple Or Watermelon	
<b>In A Heart Beet</b>	<b>11</b>		
Beetroot, Apple, Carrot, Lemon, Ginger			

**F O R T H E C H E R U B S** Take Away [+0.5]

<b>Babychino</b>	<b>3</b>
Mylk Choices Organic Bon Soy, Coconut , Almond [+0.7]	
<b>Kids Shake</b>	<b>7.5</b>
Banana   Strawberry   Chocolate   Vanilla Ice Cream, Regular Milk	
<b>Egg On Toast</b>	<b>12</b>
Organic Egg On Organic Sourdough, Organic Butter [Gluten Free Sourdough +1]	
<b>Kids Pancakes</b>	<b>15</b>
Coconut Yoghurt, Strawberries, 100% Real Maple [Gluten Free Sourdough +2]	
<b>Cheese Toasty</b>	<b>11</b>
Cheddar in Toasted Organic Sourdough, Organic Butter [Gluten Free Sourdough +2]	
<b>Avo On Toast</b>	<b>13</b>
Avocado On Organic Sourdough [Gluten Free Sourdough +1]	

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responsibilities that there will not be any cross contamination.



**GOOD SMOOTHIES** [Take Away +0.5]

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<b>The Hemp Temple</b>	<b>12</b>	<b>The Royal Indulgent</b>	<b>12</b>
Matcha, Maca, Hemp Seeds, Banana, Maple, Spinach & Coconut Mylk		Banana, Raspberries, Cashews, Cacao, Dates Almond Mylk	
<b>Super Cacao &amp; Banana Blend</b>	<b>12</b>	<b>Protect Ningaloo</b>	<b>12</b>
Banana, Almond Mylk, Dates, Raw Cacao, Cinnamon		Blueberries, Banana, Butterfly Pea Powder, Ginger Coconut Sugar, Coconut Mylk	
<b>Berry Breakfast</b>	<b>12</b>	<b>Peanut</b>	<b>12</b>
Berries, Almond Mylk, Honey, Ginger, Lemon, Chia Seeds		Peanut Butter, Salt, Banana, Dates, Vanilla, Almond Mylk	
<b>Golden Goodness</b>	<b>12</b>	<b>Wake Me Up</b>	<b>12</b>
Mango, Banana, Fresh Ginger, Turmeric, Macadamias, Coconut Mylk		Coffee Shot, Raw Cacao, Dates, Banana, Almond Mylk	
<b>Strawberry Goji Lassi</b>	<b>12</b>	<b>Add Some More Goodness</b>	<b>+1ea</b>
Coconut Mylk, Banana, Strawberries, Goji Berries		Spirulina, Maca Powder, Bee Pollen, Chia Seeds, Hemp Seeds, Raw Cacao, Acai Powder, Organic Coconut Oil, Oats	
		Vegan Protein Powder [+1.5]	

**SMOOTHIE BOWL** Take Away [+0.5]

Please allow 25 min for preparation.

Topped With House Granola, Fresh Fruits, Cacao Nibs, Coconut And Chia Seeds

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Mixed Berries, Banana, Dates, Almonds, Berries, Almond Mylk, Ice	<b>22.5</b>
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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

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<b>Espresso</b>	<b>4</b>
<b>Double Espresso, Short Macchiato, Long Black</b>	<b>4.5</b>
<b>Cappuccino, Latte, Flat White, Mocha</b>	<b>5</b>
<b>Mug Size</b>	<b>6</b>
<b>Long Macchiato, Café Au Lait [Milk Coffee]</b>	<b>5.5</b>
<b>Affogato</b>	<b>7.50</b>

### Mylk Choices:

Organic Bonsoy Soy Mylk, 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]

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<b>Iced Coffee Frappe</b>	<b>9.5</b>
Two Coffee Shots, Vanilla, Coconut Sugar, Ice, Regular Milk	
<b>Iced Latte</b>	<b>7.5</b>
Two Coffee Shots, Regular Milk, Ice	
<b>Iced Golden Latte</b>	<b>9.5</b>
Turmeric, Pepper, Cinnamon And Vanilla, Regular Milk & Exmouth Bush Honey, Ice [Caffeine Free]	
<b>Iced Matcha</b>	<b>9.5</b>
Ground Green Tea Leaves With Regular Milk & Exmouth Bush Honey, Ice	
<b>Iced Chai</b>	<b>9.5</b>
Aromatic Spices, Turmeric, Organic Tea, Regular Milk, Ice	
<b>Iced Chocolate</b>	<b>8.5</b>
Raw Cacao, Raw Sugar, Regular Milk, Ice	
<b>Milk Shake</b>	<b>9.5</b>
Ice Cream, Regular Milk Banana   Strawberry   Chocolate   Vanilla   Mango	

## O T H E R H O T S

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<b>Golden Latte</b>	<b>6</b>
Turmeric, Pepper, Cinnamon And Vanilla, Regular Milk, Rich In Antioxidants [Caffeine Free] [Take Away 12oc 6.00]	
<b>Matcha Latte</b>	<b>6</b>
Ground Green Tea Leaves With Regular Milk [Take Away 12oc 6.00]	
<b>Hot Chocolate</b>	<b>6</b>
Cocoa, Raw Sugar, Regular Milk & Chilli[Optional] [Take Away 12oc 6.00]	

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## LOOSE LEAF TEA

Love Tea ~ Fairly Source Organic  
Pot - 2 Cups

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<b>English Breakfast, Jasmine Green, Peppermint, Chamomile, Earl Grey</b> [Take Away 12oc 5.00]	<b>5.5</b>
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Refill Of Hot Water +3

<b>Chai Latte</b>	<b>6.5</b>
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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]

## TEA BLENDS

<b>Calming</b>   Chamomile, Peppermint, Lemon Balm, Lavender 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]	<b>6.5</b>
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<b>Detox Tea</b>   Nettle Leaf, Dandelion And Burdock, 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]	<b>6.5</b>
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<b>Skin Glow</b>   Spearmint, Burdock Root, Echinacea, Calendula, Red Clover A Blend Of Organic Herbs Specifically Designed To Help Detoxify The Body And Encourage Radiant, Glowing Skin . [Caffeine Free] [Take Away 12oc 6.00]	<b>6.5</b>
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<b>Women's Wellness</b>   Sage, Peppermint, Licorice Root, Red Clover, Lavender, Lemon Balm, 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]	<b>6.5</b>
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## OTHER LIQUIDS

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<b>Coconut Water</b>	<b>6</b>
<b>Kombucha</b> (*Subject To Availability)	<b>6.5</b>

Please Check Our Cabinet For More Cold Drink Offerings.

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