



# 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, cold 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 or is composted. We use environmentally certified cleaning products, eco lighting and recycled paper products.

We serve our drinks with reusable stainless steel straws, this saved over 7000 single-use straws from entering Exmouth landfill in 2017 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 and we will do our best to accommodate.  
GF = Gluten Free | DF = Dairy Free | VA = Vegan Available | PA = Paleo Available  
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**C O F F E E S**  
DARKSTAR COFFEE, PERTH

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<b>Espresso</b>	<b>3.5</b>
<b>Double Espresso, Short Macchiato, Long Black</b>	<b>4</b>
<b>Cappuccino, Latte, Flat White, Mocha</b>	<b>4.5</b>
<b>Long Macchiato, Café Au Lait [Milk Coffee]</b>	<b>5</b>
<b>Affagato</b>	<b>6</b>
<b>Mylk Choices:</b> organic bonsoy, coconut , almond, macadamia, oats, lactose free milk	<b>+0.5</b>
<b>Bullet Proof:</b> add a shot of organic coconut oil for energy boost	<b>+1</b>

**I C E D** [Take Away +0.5]

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<b>Iced Coffee Frappe</b>	<b>8.5</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>8.5</b>
turmeric, pepper, cinnamon and vanilla, regular milk & exmouth bush honey, ice [caffeine free]	
<b>Iced Matcha</b>	<b>8.5</b>
ground green tea leaves with regular milk & exmouth bush honey, ice	
<b>Iced Chai</b>	<b>7.5</b>
aromatic spices, turmeric, organic tea, regular milk, ice	
<b>Iced Chocolate</b>	<b>7.5</b>
raw cacao, raw sugar, regular milk, ice	
<b>Milk Shake</b>	<b>8</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>5</b>
turmeric, pepper, cinnamon and vanilla, regular milk, rich in antioxidants [caffeine free] [take away 12oc 6.00]	
<b>Matcha Latte</b>	<b>5</b>
ground green tea leaves with regular milk [take away 12oc 6.00]	
<b>Hot Chocolate</b>	<b>5</b>
cocoa, raw sugar, regular milk & chili [optional] [take away 12oc 5.00]	

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## LOOSE LEAF TEA

love tea ~ fairly source organic  
pot - 2 cups

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**English Breakfast, Jasmine Green, Peppermint, Chamomile, Earl Grey** [take away 12oc 4.00] 5

refill of hot water +3

**Chai Latte** 5.5

aromatic spices, turmeric, organic tea, exmouth bush honey, regular milk, rich in antioxidants (loose leaf chai in a pot | 2 cups)  
[Take Away 12oc 4.50]

## TEA BLENDS

**Calming** | chamomile, peppermint, lemon balm, lavender 5.5  
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 4.50]

**Detox Tea** | 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. 5.5  
[take away 12oc 4.50]

**Skin Glow** | spearmint, burdock root, echinacea, calendula, red clover 5.5  
a blend of organic herbs specifically designed to help detoxify the body and encourage radiant, glowing skin. [caffeine free]  
[take away 12oc 4.50]

**Womens Wellness** | 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. 5.5  
[caffeine free]  
[take away 12oc 4.50]

## OTHER LIQUIDS

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**Coconut Water** 5

**Gypsy Elixirs Kombucha** (Subject To Availability) 8.5

**Joy Tonic** | passionfruit, chamomile, lemon balm, linden flower, lemon myrtle, motherwort, st john's wort, organic kombucha

**Immunity** | lemongrass, ginger, lime, mint, elderflower, cats claw, echinacea, organic kombucha

**Longevity** | blueberries, hibiscus, gynostemma, ashwagandha, he shou wu, schizandra, goji, inca, hawthorn, organic kombucha

**Digestive** | pineapple, ginger, cinnamon, star anise, all spice, fennel, liquorice, marshmallow root, pepper, vanilla, clove, organic kombucha

Please Check Our Cabinet For More Cold Drink Offerings.

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

<b>Hale To The Kale</b> apple, hemp seeds, avocado, kale, ginger, lemon, coconut water	<b>9.5</b>	<b>Protect Ningaloo</b> blueberries, banana, butterfly pea powder, ginger coconut sugar, coconut mylk	<b>11</b>
<b>Super Cacao &amp; Banana Blend</b> banana, almond mylk, dates, raw cacao, cinnamon	<b>9.5</b>	<i>**we love the place we live in and we like to keep it that way! that's why we donate \$3 when you purchase this smoothie to support the local initiative protect ningaloo (www.protectningaloo.org.au)</i>	
<b>Berry Breakfast</b> berries, almond mylk, honey, ginger, lemon, chia seeds	<b>9.5</b>	<b>Spirulina Lassi</b> mango, spirulina, coconut oil, lemon, maple syrup, coconut mylk	<b>11</b>
<b>Bananarama</b> bananas, dates, almond mylk	<b>9.5</b>	<b>Peanut</b> peanut butter, salt, banana, dates, vanilla, almond mylk,	<b>11</b>
<b>Strawberry Goji Lassi</b> coconut mylk, banana, strawberries, goji berries	<b>9.5</b>	<b>Wake Me Up</b> coffee shot, raw cacao, maca, dates, banana, almond mylk	<b>11</b>
		<b>Raspberry Hemp</b> raspberries, banana, hemp seeds, almond mylk, ice	<b>11</b>
		<b>Add Some More Goodness</b> spirulina, maca powder, bee pollen, chia seeds, hemp seeds, raw cacao, acai powder, organic coconut oil, oats, vegan protein powder [+1.5]	<b>+1ea</b>

**ACAISMOOTHIE BOWL** take away [+0.5]

topped with house granola, fresh fruits, bee pollen, cacao nibs,  
coconut and chia seeds

loving earth acai, banana, dates, almonds, berries, almond mylk, ice			<b>18.5</b>
gluten free granola [+2]			



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

<p><b>Vitamin Sea</b> 9 carrots, orange, ginger add a pinch of turmeric and a spoon of honey for extra cold &amp; flu fighting power [ +1]</p>	<p><b>A Paradise Of Refreshmint</b> 9 pineapple, mint, lemon, apple</p> <p><b>Make Your Own</b> 9 your choice of either <b>orange, apple</b> or [Extra <b>watermelon</b> with 2 other Fruit <b>options:</b> +0.5] cucumber, kale, lemon, carrot, ginger, pineapple, beetroot, mint, parsley, tomatoes</p> <p><b>Straight</b> 7 orange or apple or watermelon</p>
<p><b>Aloha</b> 9 pineapple, orange, watermelon</p>	
<p><b>Fountain Of Youth</b> 9 lemon, apple, beetroot, ginger, kale</p>	
<p><b>Green Power</b> 9 apple, cucumber, kale, lemon, coconut water</p>	
<p><b>In A Heart Beet</b> 9 beetroot, apple, carrot, lemon, ginger</p>	

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

<p><b>Babychino</b> 2.50 mylk choices organic bon soy, coconut , almond [ +0.5]</p>	
<p><b>Kids Shake</b> 5 banana   strawberry   chocolate   vanilla ice cream, regular milk</p>	
<p><b>Egg On Toast</b> 9.5 organic egg on organic sourdough, organic butter [gluten free sourdough +1]</p>	
<p><b>Avo On Toast</b> 9.5 avocado on organic sourdough [gluten free sourdough +1]</p>	
<p><b>Sophia's Kids Banana Pancake Stack</b> 9.5 coconut yoghurt, berries, banana, 100% pure maple syrup [gluten free &amp; vegan]</p>	

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**M O R N I N G 7 AM - 1:30 PM**

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<b>Housemade Granola With Fruit</b>   seasonal fruit, pistachio, exmouth honey & organic yoghurt [make it vegan coconut yoghurt [+3] [gf gluten free granola [+3]	<b>16</b>
<b>Vegan Banana Pancake Stack</b>   coconut yoghurt, berries, banana, 100% pure maple syrup, pistachios [gluten free & vegan]	<b>18.5</b>
<b>Eggs On Toast</b>   two free range eggs (poached, fried or scrambled), organic sourdough & organic butter [gluten free sourdough +2] [gf two pieces paleo pumpkin bread +5.5]	<b>14.5</b>
<b>Turkish Fried Eggs</b>   two free range fried eggs, haloumi, mint, yoghurt, garlic, green harissa, toasted almonds, kale chips on organic sourdough [gluten free sourdough +2] [gf two pieces paleo pumpkin bread +5.5]	<b>21.5</b>
<b>Mushroom Omelette</b>   free range eggs, field mushrooms, spinach, baked almond feta & organic sourdough [gluten free sourdough +2] [gf two pieces paleo pumpkin bread +5.5]	<b>19</b>
<b>Avocado On Sourdough</b>   biodynamic avocado, pepitas, organic feta, beetroot chips, activated charcoal salt, chili on organic sourdough [add an free range egg +3] [make it vegan - baked almond feta +2.5] [gluten free sourdough +2] [two pieces of paleo pumpkin bread +5.5]	<b>19.5</b>
<b>Tomato Dukkha Eggs</b>   two free range poached eggs, fresh tomatoes, almond sesame dukkha, greens, maple & organic sourdough	<b>20</b>
<b>Smashed Pumpkin</b>   almonds, chickpeas, organic feta, alfalfa, coriander, cumin, fennel on organic sourdough [add an organic egg +3] [make it vegan - baked almond feta +2.5] [gluten free sourdough +2] [two pieces of paleo pumpkin bread +5.5]	<b>20</b>

**O N T O P**

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[one free range egg +3] [organic feta +3]  
[haloumi +4]  
[baked almond feta +3] [vegan brie +3]  
[coconut yoghurt +3] [beetroot hummus+3] [vegan aioli +3]  
[raw or wilted spinach +3] [grilled tomato +3] [avocado +4]  
[mushrooms +4] [pink sauerkraut +4] [spiced pumpkin wedge +3]  
[green leaf side salad +6]

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**N O O N 11 AM - 1:30 PM**

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- Gatherers Plate** | haloumi, zucchini ribbons, beetroot hummus, 22  
cherry tomatoes, activated quinoa, dukkha, greens, mint,  
coriander, sumac poached egg & organic sourdough  
[make it vegan baked almond feta & avocado + 2.5]
- SoSo Good Veggie Stack Burger** | grilled sweet potato, field 20.5  
mushroom, capsicum, caramelized onion, sauerkraut, greens,  
vegan aioli on a traditional burger bun  
[vegan]  
[gluten free paleo burger bun +3 \*subject to availability]  
[add haloumi +4] [add vegan brie +4]
- Penne Bolognese** | brown rice penne, lentils bolognese, house 22  
cashew cream & cashew 'parmesan'  
[vegan & gluten free]
- Nacho Bowl** | organic black beans, avocado smash, house cashew 22  
sour cream, sauerkraut, pickled onions, organic cherry  
tomatoes & hot sauce  
[vegan & gluten free]

**o n t o p**

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[one free range egg +3] [organic feta +3]  
[haloumi +4]  
[baked almond feta +3] [vegan brie +3]  
[coconut yoghurt +3] [beetroot hummus+3] [vegan aioli +3]  
[raw or wilted spinach +3] [grilled tomato +3] [avocado +4]  
[mushrooms +4] [pink sauerkraut +4] [ [spiced pumpkin wedge +3]  
[green leaf side salad +6]

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