

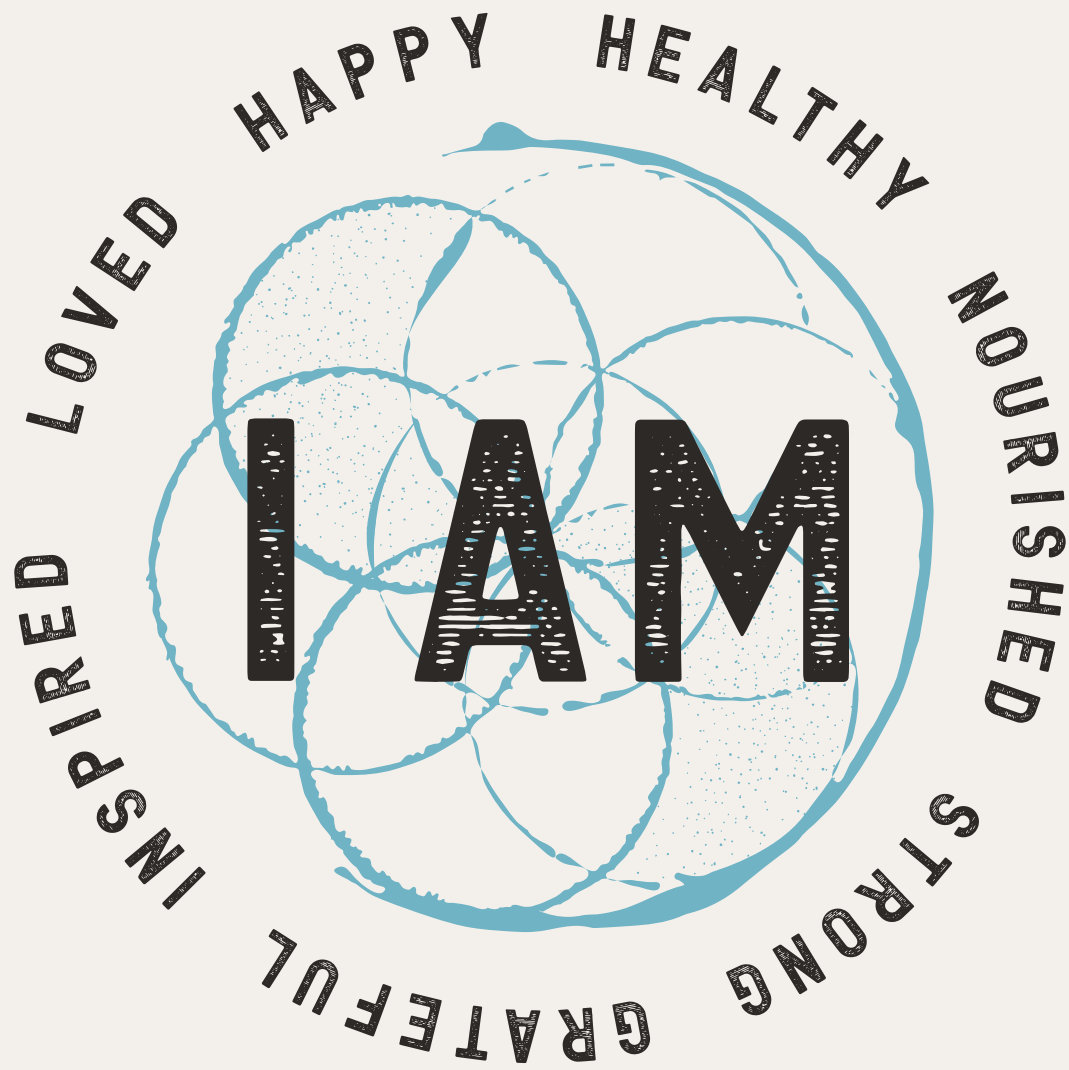


EST 2012
NUTRITION

REPUBLIC

MENU

ALL FOOD IS GLUTEN FREE, DAIRY FREE & REFINED SUGAR FREE
NUTRITIONREPUBLIC.COM.AU



A HEALTHY, HAPPY YOU

Our vision is to create spaces where people become healthier, happier & more conscious so they can live life to its fullest. We offer products, services & a customer experience that aligns with our vision for health and happiness. This essence flows throughout everything we do, in every way, for everyone. It is our responsibility, our passion & our gift to the world.

We believe in a better world - a healthy, happy world, starting with you! Our menu is simple and nourishing, predominately plant based, with all food items being gluten, dairy & refined sugar free. This is the way it will always be.

We only use real, natural, minimally processed ingredients & source local, organic or pesticide free ingredients where possible & when in season.

100% complete transparency is one of our highest values. Our menu has been thoughtfully created to provide you with flavoursome nutrition, inspiring you to consume consciously & nutritionally.

Nutrition Republic^{xx}



ORGANIC COFFEE BY D'ANGELO

We serve organic, fair trade & direct trade coffee, providing better outcomes for farmers.

The beans are global and the roasting is local by Tony D'Angelo. Our standard 30ml 'espresso' shot is pulled from 19.5 grams of coffee as a double ristretto, offering a rich, concentrated and full bodied yet smooth drinking experience.

We hand create every cup on our Slayer Espresso machines allowing our baristas full control of pre-infusion, extraction and temperature.

Our coffee cups are recyclable and if you bring your own cup you receive a discount.

We use Paris Creek Farms bio-dynamic and organic milk as we believe the milk created by pastured, grass-fed cows is better for your health, the environment and overall taste. We use Pure Harvest non-dairy milks as they contain no fillers, emulsifiers or refined sugars...

tip: always read the ingredients list!

Extra double shot 1.5

Single origin + 0.5

Swiss water decaf + 0.5

Espresso 4

Long black ^S 4 ^R 4.2

Macchiato 4.2

Piccolo 4.4

Latte ^S 4.5 ^R 5

Hot chocolate ^S 4.5 ^R 5

Babyccino 1.5

Cappuccino ^S 4.5 ^R 5

Flat white ^S 4.5 ^R 5

Mocha ^S 5.5 ^R 6

Iced black ^S 4.5 ^R 4.8

Iced latte 5.5

Iced chocolate 5

Organic dairy free milks by Pure Harvest +1
activated almond milk, coconut milk or rice milk



BE DIFFERENT

Original blended espresso

Espresso*, medjool date* & water, blended with ice

MILK +1
5.5

Chaga chocolate

Chaga* and 70% chocolate infused with almond or coconut milk, topped with cinnamon

S R
7 7.5

Adaptogenic latte

Cacao*, cordyceps, lion's mane, reishi, chaga, cinnamon*, mequite*, maca*, rhodiola* infused with almond* or coconut* milk, topped with cinnamon*.

S R
7 7.5

Note: this blend has a lovely earthy flavour. Ask for some raw honey^ or add some coconut sugar* if you prefer a hint of sweetness.

Prana Chai latte

Pot for one infused with milk*.

DAIRY FREE*
5

Golden latte

Pot for one. Our signature hello sunshine spiced turmeric tea infused with almond* or coconut milk*

6

Clarity coffee

Espresso* blended with MCT oil*

S R
6 6.5

Matcha latte

Matcha maiden* infused with milk*, topped with cinnamon*

S R
5 5.5

Beetroot latte

Beetroot*, turmeric*, ginger*, cardamon*, cinnamon*, nutmeg, black pepper, Jerusalem Artichoke Inulin* (prebiotic fibre), rice extract*, chai spice, monk fruit, hibiscus*, rosehip*, vanilla bean infused with almond* or coconut* milk

S R
6 6.5

Maca mocha

Espresso*, 70% Chocolate and Maca* Powder, the ultimate natural energy boost

S R
6 6.5

Blue majik latte

E3live* infused with coconut* milk, topped with spiced beetroot powder*

S R
6 6.5

Affogato

Organic double ristretto poured over our house made organic plant based ice cream

9

WILD & HAND CRAFTED TEAS

Pot for one

These nourishing signature blends have been purposely created using a combination of organic, local & wildcrafted ingredients

5

Breakfast republic

Daintree black tea^, blueberries, blue flower petals, vanilla bean* - +0.5 FOR MILK

Hello sunshine

Turmeric*, ginger*, cinnamon*, cayenne pepper*, black peppercorn*

Green & apple

Australian green tea^, jasmine flowers*, locally grown apples

Peace & happiness

Red rose petals, lemon balm*, chamomile*, lavender*, blue flower petal, orange peel

Detox

Dandelion*, yellow dock root*, uva ursi leaf*, nettle*, lemon myrtle*

Sweet licorice

Red rose buds, licorice*, cinnamon*, hibiscus flowers*

Support

Peppermint*, spearmint*, echinacea*, lemon grass*, ginger*, rose hip*, orange peel, schisandra berry

Chai tea

Daintree black tea^, cinnamon*, cardamon*, ginger*, clove*, star anise*, red rose petal*, nutmeg*, roasted wattle seed - MILK ON SIDE

Mumma bear

Fennel*, hops*, nettle, chaste tree berry*, jasmine flowers, calendula*

PROTEIN SMOOTHIES

Republicana

Banana, strawberry*, blueberry* & chia^

Almond butter*
11
2

Vanilla dream

Almond butter^, banana, chia^ & cinnamon*

Blueberries*
11
2

Mint bliss

Banana, mint*, kale*, matcha*, almond butter^, cacao butter* & cinnamon*

Hemp seeds*
11
1

Choc republic

Cacao*, banana, peanut butter & chia^

Maca* + 1
11

Berry happy

Mixed berries*, cashews*, coconut* & honey^

Acai* + 2
11

Date night

Medjool dates* & peanut butter

Espresso* + 2
11

Blueberry brekkie

Blueberry*, banana, coconut*, gluten-free cereal* & chia^

Acai* + 2
11

High on life

Cacao*, cashews*, banana, carob*, maca* & cinnamon*

Chaga* + 2
11

Mean tahini

Tahini*, medjool dates*, banana, chia^, cinnamon* & Himalayan salt^

Energise blend* + 2
11

STEP 01 PICK YOUR SMOOTHIE

STEP 02 PICK YOUR PROTIEIN

grass fed whey

organic pea

organic hemp

STEP 03 PICK YOUR MILK

organic dairy

organic coconut + 1

organic almond + 1

organic rice + 1

SIMPLE SMOOTHIES

Just nana

banana, raw honey^ & milk*

6

Choc nana

banana, chocolate, raw honey^ & milk*

7

Nana berry

mixed berries*, banana, raw honey^ & milk*

8

Golden nana

anti-inflammatory blend*, banana, raw honey^ & milk*

8





COCONUT WATER ELIXIR

Coco detox

Spinach*, kale*, pear, ginger, lemon & mint*

Greens boost
11

Coco immune

Orange, pineapple, carrot, beetroot & ginger

Anti-inflammatory blend
11

Coco berry

Strawberries*, blueberries*, blackberries*, raspberries* & mint*

Longevity blend
11

Coco love

Strawberry*, pineapple, dragon fruit, mint* & lemon

Chia seeds
11

Coco glow

Mango*, pineapple, turmeric, mint* & black pepper*

Kakadu plum
11

Coco rio

Pineapple, banana, kale*, greens boost* & mint*

Hemp seeds
11

+ 1

banana	maca*
cacao*	matcha*
chia seeds^	mesquite*
glutamine	mint*
greens boost*	pineapple
hemp seeds*	protein (whey, pea or hemp)*
kale*	

HEALTH TONICS

Served as a shot with a glass of filtered water

Kickstart

Warm filtered water, raw apple cider vinegar*, lemon juice, raw honey^ & cayenne pepper*

5

Jamu tonic

Warm filtered water, turmeric, ginger, garlic, chilli, cinnamon, black pepper, apple cider vinegar & lime

5

Honey + 0.5

BOOST YOUR SMOOTHIES & ELIXIR

+ 2

acai*	espresso*
almond butter^	kakadu plum*
avocado	mixed berries*
blueberries*	peanut butter
caramel sauce*	probiotic*
cauliflower*	tahini*
chaga*	MCT oil*
chia jam*	chocolate sauce*

ANTI-INFLAMMATORY BLEND

turmeric*, ginger*, cinnamon*, green mango*, lemon powder*, black pepper*

ENERGISE BLEND

cacao*, cordyceps, lion's mane, reishi, chaga, cinnamon*, mequite*, maca*, rhodiola*

LONGEVITY BLEND

beetroot*, blueberry*, pomegranate*, acai*, strawberry*

SPICED BEETROOT BLEND

beetroot*, turmeric*, ginger*, cardamon*, cinnamon*, nutmeg, black pepper, Jerusalem Artichoke Inulin* (prebiotic fibre), rice extract*, chai spice, monk fruit, hibiscus*, rosehip*, vanilla bean

E3LIVE +3

blue algae superfood*



CREATE YOUR BOWL

Stack bowl

A savoury slice stacked on a nutrient dense salad. Follow Steps 01 & 02 then load your plate (Step 03) as your tummy desires.

15

Plant based salad bowl

A hearty nutrient dense plant based salad bowl. Jump to Step 02 then load your plate (Step 03) as your tummy desires.

14

STEP 01

Choose your slice

Quinoa, vegetable & egg slice w cashew cheese

Seasonal vegetable loaf w cashew cheese

Plant based patty (v) w spiced beetroot hummus

Veggie frittata (v) w onion relish

STEP 02

Choose your salad

See display cabinet for fresh plant based salads

STEP 03

Supercharge your plate

Avo mash + 4

Single egg^ & super seeded sprinkle* + 4

Double egg^ & super seeded sprinkle* + 7

Sauerkraut* or kim chi* + 3

Super seed sprinkle* + 1.5

Chilli cashews* + 2

Plant based cashew cheese +1.7

Spiced beetroot hummus + 1.7

Apple & onion relish + 1.7

House made gf toast w dairy free butter* +4

Extra dressing +1

SAVOURY BITES

Avo mash

Toasted seasonal vegetable loaf, topped with avo mash, a grilled egg^ & our house made cashew cheese & grain-free super seed sprinkle*

17

Power bowl

Nutrient dense salad bowl topped with a grilled egg^, avo mash, your choice of kimchi* or sauerkraut* & grain-free super seed sprinkle*

24

Eggy stack

Grilled egg on a toasted quinoa, vegetable & egg slice, topped with our house made cashew cheese & grain-free super seed sprinkle*

13

Avo Mash + ^

Plant power

Warmed plant based patty stacked with avo mash, apple & onion relish & super seed sprinkle*. V

14

SMOOTHIE BOWLS

The americana

Almond butter^, banana, pea protein*, cinnamon*, maca*, cacao nibs* & coconut milk* topped with chocolate buckinis*, toasted coconut* & raw chocolate sauce*

18

The amazonian

Beetroot, pomegranate, acai & blueberry longevity blend*, strawberry*, banana & coconut milk* topped with caramel buckini mix*, coconut chips*, coconut yoghurt* & chia jam*

18

The frenchie

Tahini*, banana, dates*, mesquite*, vanilla*, pea protein*, cinnamon* & coconut milk* topped with chocolate buckinis*, toasted coconut* & caramel sauce

18

SWEET BOWLS

Bircher muesli

Topped with organic coconut yoghurt, banana, strawberries & raw honey^*. VO

14

Chia pudding

Chemical free chia seeds soaked in organic coconut milk, topped with buckini clusters*, coconut chips*, coconut yoghurt* & strawberry. Ask at counter for flavours. V

13

Grain-free granola

Freshly toasted paleo granola* topped with banana, strawberries & coconut chips*. served with warm coconut milk*. V

14

Protein porridge

Protein packed porridge* served warm Ask at counter for available toppings. V

14

The madagascan

Acai*, mixed berries*, banana, pea protein* & coconut milk* topped with chocolate buckinis*, coconut yoghurt*, toasted coconut* & strawberry.

18

The peruvian

Cacao*, peanut butter, banana, maca*, pea protein* & coconut milk* topped with strawberries, caramelised peanuts, toasted coconut* & raw chocolate sauce*

18

Bowl of the month

New flavour smoothie bowl each month chosen by our team. Ask at the counter.

POA

LOAD YOUR BOWL

banana +1	chia seeds^ +1	acai* +2	buckini clusters* +2	coconut yoghurt* +2
cacao* +1	hemp seeds* +1	almond butter^ +2	caramel sauce* +2	mixed berries* +2
cacao nibs* +1	protein (pea or hemp)* +1	avocado +2	chia jam* +2	paleo granola +2
chaga* +2	strawberries +1	blueberries* +2	chocolate sauce* +2	peanut butter +2

TOAST BAR

Made with a blend of besan, brown rice, quinoa & tapioca flour, our house made gluten free bread is egg, soy, yeast & refined sugar free. whole loaves available to purchase. enquire with the team. v

Hummus is life

Spiced beetroot hummus topped with our super seed sprinkle*

8

Gut loving

Avo, turmeric & ginger sauerkraut* & hemp seeds*

10

Health nut

Almond butter^, blueberries* & coconut chips*

9

Avo good day

Straight up vegan 'butter'^, avo smash & hemp seeds*

9

Egg on toast

Vegan 'butter'^, grilled egg^ & super seed sprinkle*

8

Avo Mash + ^

Banana caramel

Salted caramel sauce*, banana, toasted coconut* & cacao nibs*

8

Honey pot

Vegan 'butter'^, raw local honey^ & cinnamon*

6

PB & jelly

Natural peanut butter & seasonal jam* swap for almond butter^ +1

8

Happy little everymite

Vegan 'butter'^ & gf everymite*

5

Avo Mash + ^

Choc lover

Raw chocolate sauce*, banana, toasted coconut* & cacao nibs*

8

LOADED PALEO NANA BREAD

Toasted paleo banana bread topped with your choice of:

You're my jam

House made seasonal jam*, topped with coconut yoghurt*, fresh strawberry & coconut chips*

11

Nut's about you

Almond butter^, topped with fresh banana, cinnamon*, cacao nibs* & raw honey^

10

Stuck on you

Salted caramel sauce*, topped with fresh banana, coconut yoghurt*, cinnamon*, cacao nibs* & toasted coconut*

10

You're the sweetest

Raw chocolate sauce*, topped with fresh banana, strawberries, hemp seeds* & cacao nibs*

11



organic - refined sugar free - vegan

ICE CREAM BAR

One Scoop

5

Two Scoops

8

Our house made blend packed with delicious plant based goodness & no nasties. No gums, binders, emulsifiers or vegetable oils. Just real food your body will thank you for!

caramel sauce* + 2
chocolate sauce* + 2
chia jam* + 2
coconut yoghurt* + 2
raw honey + 0.5
banana + 1
strawberries + 1

peanut butter + 2
almond butter^ + 2
cacao nibs* + 1
caramel buckinis* + 2
chocolate buckinis* + 2
caramelised peanuts + 2
coconut chips* + 1

ADD ONS

DESSERT BAR

Banana Bread

toasted with house made vegan butter^
raw honey + 0.5
peanut butter + 2
almond butter^ + 2
caramel sauce* + 2
chocolate sauce* + 2
chia jam* + 2

5

Chocolate brownie

try it warm with coconut yoghurt*
& strawberries + 3

5

Carrot cake

6.5

Raw cake slices

All slices contain nuts.
See display cabinet for flavours of the day.

PRICE AT COUNTER
V

Protein slices

PRICE AT COUNTER
V

Raw bars v

PRICE AT COUNTER
V

House made cookies v

PRICE AT COUNTER
V

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WHOLE CAKES

Our delicious raw cakes are available to purchase for your next celebration. All raw cakes are gluten free, dairy free & refined sugar free, made with predominately certified organic ingredients. Our whole raw cakes are also vegan*.

All cakes are 21 cm in diameter and serve between 16-20 people nicely. For reference our whole cakes are sliced into 16x pieces in the café. All raw cakes contain nuts, therefore are not suitable for anyone with a nut allergy. For more information please speak to the team or head to our website under "Nourish" and complete the online form.

*excluding certain toppings, please confirm whether strictly vegan is required when ordering

BOWDEN

Plant 4, 1 Third Street
Bowden, South Australia 5007
0410 103 354

GOODWOOD

1/100 King William Road
Goodwood, South Australia 5034
0433 977 365

CATERING

Our real, wholesome, nourishing food is available for your next event, office meeting, special occasion or just because! Our menu is customisable and we're happy to brain storm and ideas with you, guide you through quantities required and answer any questions.

To enquire about our catering, please head to our website under 'Nourish' and complete the online form and our foodie team will be in touch with you as soon as possible.

Alternatively, please give Nicole
a call on **0409 505 805**.