



NUTRITION REPUBLIC

nourish at home

MILKS

Organic Coconut Milk 1L	\$4.5
Pure Harvest Organic Almond Milk 1L	\$4.5
Paris Creek Full Cream Biodynamic	\$5
Non-Homogenised Milk 2L	
Organic Coconut Water 1L	\$5

ORGANIC COLD PRESSED JUICES 350ML

Energise <i>pineapple, cucumber, silver beet, spinach, kale, lime & mint</i>	\$8
Botanical <i>apple, spinach, kale, cucumber, celery, lettuce, lemon & ginger</i>	
Roots <i>beetroot, apple, lemon & ginger</i>	
Immunity <i>carrot, orange, pineapple, celery, lemon & turmeric</i>	
Tropical Bliss <i>orange, mango, passionfruit & lacuma</i>	
- 5 bottle special	\$30

PANTRY STAPLES

Organic Coffee Beans 250g / 350g	\$16 / \$20
Prana Chai Masala Blend 250g	\$22
Prana Chai Vegan Blend 250g	\$22
70% Mork Chocolate 250g	\$22
Chocolate Buckini Clusters 250g	\$9
Paleo Granola 250g	\$10
Raw Local Honey 500mL/670g	\$15
Organic Medjool Dates 350g	\$15
Organic Coconut Sugar 400g	\$9
Organic Cacao Powder 200g	\$7
Organic Coconut Flour 200g	\$5
White Chia Seeds 300g	\$9
White Quinoa 400g	\$10
Australian Almonds 300g	\$10
Organic Chickpeas 400g	\$8
Organic Red Split Lentils 400g	\$8
Organic Beluga Lentils 400g	\$8
Pasture Raised Biodynamic Eggs (30)	\$20
Organic Crushed Chilli Cashews 200g	\$12
Organic Super Seed Sprinkle 150g	\$8
Caramelised Peanuts 200g	\$8
Amazonia Raw Protein Vanilla 500g	\$45
Amazonia Greens Boost 120g	\$35

all food is gluten free, dairy free & refined sugar free



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BULK EATS & TREATS

Organic Gluten Free Bread Loaf (16-18 serves)* <i>vegan</i>	\$20
Spiced Cajun Buckwheat Patties (6 patties frozen) <i>vegan</i>	\$30
500g Nutrient Dense Plant Based Salad Bowl (2-3 serves) <i>vegan</i>	\$20
Grain Free Seasonal Vegetable Loaf (8-10 serves)*	\$40
Banana Bread Loaf (9-12 serves)*	\$35
Peanut Butter & Chocolate Cookies (4 cookies) <i>vegan</i>	\$18
Raw Cake Slices (5x pieces) <i>vegan</i>	\$30
Chocolate Brownie (4x pieces)	\$18
Raw Bars (5x pieces) <i>vegan</i>	\$20
Whole Raw Cake 21cm (standard topping) <i>vegan</i>	\$95
Whole Raw Cake 21cm (deluxe topping) <i>vegan</i>	\$115

* please note these items are baked fresh and only available certain days of the week. Once sliced they can be frozen!

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CAFE EATS AT HOME

Strawberry Fields Chia Pudding <i>vegan</i> topped with caramel buckini clusters, coconut chips, coconut yoghurt & strawberry	\$10
Chocolate Chia Pudding <i>vegan</i> topped with chocolate buckini clusters, toasted coconut chips, coconut yoghurt & strawberry	\$10
Bircher Muesli <i>vegan option available</i> Topped with coconut yoghurt, banana, strawberries & honey	\$10
Quinoa Egg & Vegetable Slice Served with cashew & cauliflower 'cheese'	\$8
Veggie Frittata <i>vegan</i> Served with apple & onion relish	\$8
Spiced Cajun Patty <i>vegan</i> Served with spiced beetroot hummus	\$8
Seasonal Vegetable Loaf Served with cashew & cauliflower 'cheese'	\$8
Plant Based Salad Bowl <i>vegan</i> Salad of the moment	\$14
Raw Cake Slice <i>vegan</i> Peanut butter & caramel, vanilla bean & berry, mocha mousse, choc mint, lemon berry, rainbow majik, classic chocolate	\$8
Raw Bars <i>vegan</i> Raspberry ripe, lemon almond & coconut, minty matcha, chocolate ripple, salted caramel protein slice, choc peanut protein slice (contains honey)	\$5



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TEA WITH PURPOSE

Support 40g peppermint, spearmint, echinacea, lemon grass, ginger, rose hip, orange peel, schisandra berry	\$8
Breakfast Republic 60g Daintree black tea, blueberries, blue flower petals, vanilla bean	\$12
Hello Sunshine 100g turmeric, ginger, cinnamon, cayenne pepper, black peppercorn	\$20
Green & Apple 70g Australian green tea, jasmine flowers, locally grown apples	\$14
Peace & Happiness 30g red rose petals, lemon balm, chamomile, lavender, blue flower petals, orange peel	\$8
Chai 70g Daintree black tea, cinnamon, cardamon, ginger, clove, star anise, red rose petal, nutmeg, roasted wattle seed	\$14

FERMENTED FOODS & IMMUNE BOOST

Gut Feeling Sauerkraut 600g	\$15.5
Gut Feeling Kimchi 600g	\$16.5
Mojo Kombucha 330mL - 6 bottle special	\$4.5 \$25
Jamu Tonic 200mL (20 serves)	\$28

BOTTLED WATER

pH8 Alkaline Water 500mL	\$2.5
pH8 Alkaline Water 1.5L	\$3.5

HOW TO PLACE YOUR ORDER

Message your order to Nicole on 0409505805, including:

- quantities of each item required,
- your delivery address and
- preferred delivery day and time.

Nicole will then confirm your order and arrange a delivery date and time with you.

Please note a \$50 minimum spend applies for all deliveries, with free delivery within the Adelaide CBD and North Adelaide.

A \$5 delivery fee applies for deliveries up to 5km from the Adelaide CBD and \$10 for 5-10km from the CBD.

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