

Orchardst

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MENU

{ *Manifesto* }

{ *Coffee* }

{ *Botanical Tea* }

{ *Food* }

{ *Elixir Bar* }

{ *Herbal Compendium* }

Bondi Paddington Manly Bronte

MANIFESTO

Welcome to Orchard St.

{Our Manifesto} We exist to connect you with the life enhancing power of supremely potent plant medicines.

{Our philosophy} Activism through Herbalism. This earth needs us vibrantly awake and radiantly well. As plant medicines enhance our own experience of wellness, they foster our reverence for Mother Earth. We believe plants have the potential to act as a conduit for connection between ourselves and nature, awakening awareness of non-duality; that We are Nature.

{Our Values} Offering an efficacious product while treading lightly is paramount to all we do. From our continuous pursuit for conscious sourcing, to our dedication to low impact packaging, to the sustainable way we run our stores. Everything we do to elevate your health, is done with Mother Earth in mind.

{Our Offerings} Our Elixir Bars illustrate how to weave plant medicines into your daily life through divine culinary concoctions. Every botanical offering you find here is also available in our retail Apothecary range so that you may create your own plant medicine pantry, bringing the life enhancing potential of plant medicines into your own home.

We hope we may, in some small way, shine a light on your plant path.

Thank you for being here,

X Kirsten & the Orchard St. Family

FOR DETAILS ABOUT OUR MORE EXOTIC INGREDIENTS,
SEE THE HERBAL COMPENDIUM.

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Bondi Paddington Manly Bronte

CERTIFIED
ORGANIC



COFFEE



FAIR TRADE
BEANS

LET YOUR DAILY RITUAL AVOID ONE OF THE HIGHEST
SPRAYED CROPS GLOBALLY, WITH CERTIFIED
ORGANIC & FAIR TRADE COFFEE.

Our coffees come with your choice of freshly house made nut mylks—
~ almond mylk ~ cashew mylk ~ coconut mylk ~ oat mylk (OMG)

The Standards

espresso \$3.50
piccolo. long black. macchiato \$4.00
latte. flat white. cappuccino. \$4.50 reg / \$5.50 lrg
mocha \$5.00 reg / \$6.00 lrg

Bullet Proof

double espresso. MCT oil. organic ghee. cinnamon \$7.00

Botanical Brews \$7.50 reg / \$9.00 lrg

SPIKED MAYAN LOVER

espresso. cacao. passion elixir powder. maca.
cayenne. cinnamon. coconut sugar.

SHROOM LATTE

espresso. seven shrooms (chaga. reishi. maitake.
shiitake. lion's mane. cordyceps. tremella).

Ceremonial Cacao \$6.00

For the wee ones

Babyccino ~ Choice of freshly made mylk, gently warmed and
sprinkled with cacao and stardust \$2.00

Kids Cacao ~ Our house cacao with a sprinkle of coconut sugar and
a dollop of love, on gently warmed mylk of choice \$3.50

ELEVATE YOUR DAILY COFFEE RITUAL WITH TONIC HERBS
AND MEDICINAL MUSHROOMS ON OUR ELIXIR BAR MENU.

{ Coffee }

{ Botanical Tea }

{ Food }

{ Elixir Bar }

{ Herbal Compendium }

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CERTIFIED
ORGANIC



BOTANICAL TEA



NATUROPATH
DESIGNED

THE ORCHARD ST. TEAS ARE NATUROPATH-DESIGNED
BLENDS OF CERTIFIED ORGANIC HERBS OFFERING A
DELICATE BALANCE OF THERAPEUTIC PURPOSE AND
EARTHLY FLAVOUR.

Teas \$4.50

CALM TEA {Relax & Unwind }

licorice. camomile. verben. passionflower. lemon balm. rose petals.

DETOX TEA {Cleanse & Clear }

turmeric. rooibos. dandelion root. peppercorn. cinnamon. coriander seed.

IMMUNE TEA {Protect & Defend }

echinacea. ginger. olive leaf. elderberry. rosehip. thyme.

ENERGY TEA {Energy & Focus }

tulsi. yerba mate. lemongrass. siberian ginseng. lemon peel.

DIGEST TEA {Soothe & Ease }

peppermint. ginger. fennel. licorice . lemon myrtle.

GLOW TEA {Radiance & Purity }

hibiscus. lemon peel. nettle. rosehip. calendula.

SHE TEA {Balance & Support }

peppermint. nettle. raspberry leaf. ginger. rose petals. fenugreek seed.

JIAOGULAN TEA {Adapt & Tonify }

organic jiaogulan leaf.

STICKY CHAI {Harmonise & Restore }

organic black tea. wild raw australian honey. tulsi. ashwaganda. ginger. cardamom. cinnamon. cloves. nutmeg. star anise. black pepper.

{ *Botanical Tea* }

{ *Food* }

{ *Elixir Bar* }

{ *Herbal Compendium* }



FOOD



Breads & Spreads

Nourishing baked gluten-free breads, served by the slice with your choice of spreads.

BANANA BREAD..... \$7.20
A deliciously moist banana bread baked with dates, walnuts.

LIFE FORCE LOAF half serve \$7.00 / full serve \$12.50
A grounding protein-rich, sprouted seed loaf without nuts.

{+} avocado and dukkah quarter \$3.00 / half \$5.00
{+} sauerkraut \$3.00

{Spreads} per slice \$2.00
N°1 Turmeric Macadamia Butter
N°2 Tahini
N°3 Roast almond butter
N°4 Raw wild honey or coconut nectar
N°5 Hazelnut chocolate spread

Elixir Bowls \$18.00
Blended beautifully thick with banana and chia seeds.
Topped with longevity rawnola, bee pollen and coconut flakes.

BE GREEN
Matcha + Purity Elixir Powder on cashew mylk
with spirulina and maca.

BE IMMORTAL
Cacao + 7 Shrooms + Passion Elixir Powder on cashew mylk
and jiaogulan with almond butter and dates.
{+} Espresso \$2.00

BE VEDIC
Turmeric + Adapt Elixir Powder on coconut
and cashew mylk with ashwagandha and wild honey.

BE AMAZONIAN
Acai + Radiance Elixir Powder on coconut water
with lucuma, tocotrienols and berries.
{+} Beauty Chef 'GLOW' inner beauty powder \$2.00

DAILY SWEET & SAVOURY MUFFINS, BREKKY POTS AND SALADS TO-GO!
CHECK THE FRIDGE FOR CURRENT PLANT-BASED OFFERINGS.

{ Food }

{ Elixir Bar }

{ Herbal Compendium }



ELIXIR BAR



{ Be Your Own Alchemist }

01 FLAVOUR

espresso. chai. cacao. turmeric.
matcha. salted caramel. dandelion.

02 ELIXIR POWDER

purity. passion. immunity. radiance.
focus. adapt.

{see → for ingredients}

03 BASE

house made mylk; almond, cashew,
coconut.
OMG oat mylk
coconut water. {iced only}

Hot \$8.00 reg / \$9.50 lrg

Iced \$13.00

{+} Nourishment \$2.00 each

banana. MCT oil. chia seeds. sprouted
pea protein. almond butter. organic
ghee. bee pollen. lucuma. spirulina.
cacao nibs. maca. hemp seeds. tahini.
extra shot coffee.

{+} Avocado..... \$3.00

{+} Tonic Herbs..... \$2.00 each

shatavari. triphala. astragalus.
mucuna. ashwagandha. rhodiola.
eucommia bark. camu camu. maca.

{+} Mushrooms..... \$2.00 each

reishi. cordyceps. chaga. lion's mane.
seven shrooms.

{+} Sweetness..... Free

wild honey. stevia. dates. coconut
nectar or coconut sugar.

ELIXIR POWDERS

Be your own alchemist with our
transformative range of 6 naturopath
formulated Elixir Powders, interweaving
the therapeutic benefits of botanical
medicines from Western, Ayurvedic and
Traditional Chinese sources to enhance
your daily life experience.

N°1 PURITY

{Renew & Refresh}

st. mary's thistle. burdock.
cascara. schisandra. dandelion
root. globe artichoke. triphala.
ginger.

N°2 PASSION

{Lust & Joy}

maca. ashwagandha. tribulus.
damiana. shatavari. horny goat
weed.

N°3 IMMUNITY

{Rejuvenate & Strengthen}

astragalus. gubinge. cat's claw.
camu camu. andrographis. shiitake
extract. echinacea angustifolia.

N°4 RADIANCE

{Translucency & Glow}

acai powder. camu camu.
dandelion leaf. silica.
horsetail. rosehip. nettle.

N°5 FOCUS

{Awaken & Clarify}

rosemary. brahmi. ginkgo.
gotu kola. siberian ginseng.

N°6 ADAPT

{Stability & Support}

tulsi. astragalus. siberian
ginseng. ashwagandha. shatavari.
schisandra.

{ Elixir Bar }

{ Herbal Compendium }

COMPENDIUM

~ ELEVATE THE COLLECTIVE STATE OF BEING ~

ACAI A potent antioxidant, preventing against free radical damage and supporting immunity. Offers a gentle and sustaining energy boost.

ASHWAGHANDA A classic Indian adrenal tonic herb to support through times of stress, improve immune resilience and enhance sleep.

ASTRAGALUS A powerful traditional Chinese tonic herb with immune supporting, anti-inflammatory, adaptogenic and longevity enhancing properties.

BRAHMI An adaptogenic Ayurvedic herb, supporting the ability to cope with stress while promoting cognitive function.

BURDOCK A 'blood purifier' which supports lymphatic drainage, clearing skin conditions and irritations. Enhances liver's detoxification capacity. Acts as a diuretic.

CAMU CAMU One of the highest natural sources of Vitamin C. Potent antioxidant and anti-inflammatory properties.

CASCARA A colon cleanser, this Native American 'sacred bark' acts as a laxative through stimulating, strengthening and toning the muscles of the colon.

CAT'S CLAW Anti-viral and immune-modulating properties alongside anti-inflammatory and digestive tonic benefits make this South American bark much revered.

CHAGA 'The King Mushroom' to increase vitality and stamina, mental clarity and endurance through times of physical and mental stress.

CORDYCEPS A highly revered medicinal mushroom giving a boost in vitality and resilience, enhancing oxygenation of the body.

CORIANDER SEEDS Coriander acts as a heavy metal chelater, binding to toxin ions and supporting their removal from the body. It also contains linalool, an essential oil that helps detoxify the liver and increase appetite.

DAMIANA Nervine tonic useful in alleviating depression and anxiety and enhancing libido in both men and women.

DANDELION ROOT High bitter content aids digestive complaints and constipation. Dandelion additionally stimulates liver and gallbladder function, promoting optimum detoxification.

ECHINACEA An incredibly beneficial immune stimulating herb used to increase the activity of cells responsible for fighting infection.

GINGER Possesses powerful anti-nausea, carminative, aromatic, digestive and anti-inflammatory actions, beneficial in alleviating morning sickness, soothing an upset stomach and increasing digestive enzymes to neutralize stomach acid.

GINKGO Powerful antioxidant, cognition enhancing and neuroprotective qualities.

GLOBE ARTICHOKE A revered detoxification tonic, globe artichoke stimulates bile flow, assisting fat digestion, lowering cholesterol and enhancing the removal of toxins.

GOTU KOLA Adaptogen and nervine tonic useful in reducing anxiety and improving concentration and cognitive performance.

GUBINGE Also known as Kakadu Plum, Gubinge is wildcrafted by the Nyul Nyul people from the Kimberley's in WA, and is the highest natural source of vitamin C on the planet.

GYNOSTEMMA Adaptogenic and antioxidant rich, this tonic herb supports energy production, boosts immunity, regulates blood sugars and enhances longevity.

HORSETAIL High in silica with mild diuretic and tonifying properties. Specific for reducing inflammation and water retention.

LICORICE Holds the ability to slow cortisol breakdown, preventing adrenal depletion and alleviating physical stress.

LION'S MANE Adaptogen for the brain and nervous system. A potent catalyst for brain tissue regeneration helping to improve memory and cognitive functions.

MACA Increases stamina and endurance, relieves mild depression and enhances libido.

MUCUNA As a source of L-Dopa and 5-HTP, Mucuna enhances dopamine and serotonin levels; reducing cortisol and enhancing feelings of wellbeing. Also shown to significantly improve sperm quality.

NETTLE The 'seaweed of the land' nettle has a high vitamin and mineral profile, notably iron and vitamin C. Also acts as blood purifier and gentle diuretic.

NONI This 'beauty fruit' is packed with vitamins and minerals, providing antioxidants to halt premature aging and add radiance to the skin.

COMPENDIUM

~ ELEVATE THE COLLECTIVE STATE OF BEING ~

PANAX GINSENG Holds the ability to strengthen the body's adaptation to mental, emotional and physical stressors. Enhances energy and alertness.

PASSIONFLOWER Most recognised for the sedative effect it exerts on the nervous system, relieving tension and calming the whole body. Ideal for insomnia, anxiety or nervousness.

PAU D'ARCO Possesses immune-enhancing, antibacterial, antifungal, antiparasitic and depurative actions for an all-round intestinal cleanse.

PEARL A high calcium content boosts bone health, calms the nervous system and enhances your glow from within.

PINE POLLEN Elevates libido, cognitive function and general vitality in both men and women. Antioxidant levels limit the effects of premature ageing, reduce inflammation and support immunity.

REHMANNIA A yin-balancing Chinese tonic herb- Rehmannia provides adrenal and nervous system support, enhances circulation and relieves blood sugar irregularities.

REISHI A powerful immune-modulating and boosting mushroom, used to re-balance chronic infections, immune deficiency, slow ageing and as a tonic for convalescence.

RHODIOLA Adaptogen, antioxidant and general tonic to improve physical and mental performance. Specifically useful in supporting the body through chronic fatigue.

ROSEHIP An excellent source of Vitamin C to boost your immune system and build resilience to colds and flus. Valuable in regenerating skin cells, healing wounds and scars, and promoting skin elasticity and tone.

SCHISANDRA Stimulates phase 1 and 2 liver detoxification while protecting and restoring the liver. Antioxidant and adaptogenic qualities improving ones physical, mental and exercise performance.

SHATAVARI General and sexual tonic effective in boosting low libido. Ayurvedic medicine touts this herb 'the wife of a thousand husbands'.

SHILAJIT A comprehensive body-strengthening tonic. Anti-ageing, tissue regenerating, energy promoting, blood purifying, libido enhancing and bone strengthening.

SIBERIAN GINSENG Adaptogenic action enhances resistance to various bodily stressors. Regular use can restore vigour, improve memory and increase longevity. A gently energizing herb to aid convalescence.

SILICA A vital trace mineral required by the body for strong and flexible joints, glowing skin and strong bones.

SKULLCAP Displays relaxing, yet restorative effects on the nervous system, ideal for nervous tension or exhaustion.

ST MARY'S THISTLE A powerful liver antioxidant, used to enhance detoxification while protecting, regenerating and restoring liver cells. Beneficial in reducing heavy metal loads, liver toxicity, liver damage, nausea, abdominal bloating and flatulence.

TOCOTRIENOLS An incredibly rich source of vitamin E and potent antioxidant that enhances cognitive function, digestive health and promotes the integrity of hair, skin and nails.

TRIBULUS General tonic and aphrodisiac; enhancing physical, emotional, mental and sexual performance.

TRIPHALA A triad of Ayurvedic herbs to cleanse the colon; flushing toxins from the body while promoting correct liver function.

TULSI Valued in India for thousands of years and most recognised for its immunomodulating, adaptogenic and anti-allergic actions to help your body adapt to mental, emotional and physical stress whilst boosting your immunity.