

Orchardst

P
O
T
E
N
T



O
R
G
A
N
I
C

MENU

{ *Manifesto* }

{ *Coffee* }

{ *Botanical Tea* }

{ *Food* }

{ *Elixir Bar* }

{ *Herbal Compendium* }

Bondi Paddington Manly Bronte

MANIFESTO

Welcome to Orchard St.

{Our Manifesto} We exist to elevate the collective experience of wellness through connecting you with Mother Earth.

{Our philosophy} Activism through Herbalism. This earth needs us vibrantly awake and radiantly well. We are here to invite you to embody your innate potential with the healing power of nature. We believe plant medicine serves as a conduit for connection, bridging the gap between ourselves and Mother Earth, to create a positively thriving way of being.

{Our Values} We value treading lightly in all we do. From our continuous pursuit for sustainable sourcing, to our dedication to low impact packaging, to the conscious way we run our stores, everything we do to nourish your health, is done with the 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.

{ *Manifesto* }

{ *Coffee* }

{ *Botanical Tea* }

{ *Food* }

{ *Elixir Bar* }

{ *Herbal Compendium* }

Bondi Paddington Manly Bronte

ORGANIC



COFFEE



FAIR TRADE

FROM MADDING CROWD; FULLY TRACEABLE, CHEMICAL-FREE COFFEE BEANS FROM SMALL ORGANIC FARMS IN PERU AND COLOMBIA. SELECTED AND ROASTED FOR ORCHARD ST. PLANT BASED MYLKS.

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

The Standards

espresso\$4.50 sgl / \$5.00 dbl
long black..... \$5.00 reg / \$6.00 lrg
piccolo. macchiato \$5.00
latte. flat white. cappuccino. \$5.50 reg / \$6.50 lrg
mocha \$5.80 reg / \$6.80 lrg
extra shot coffee..... + \$1.00
decaf + \$0.20

Over Ice LB \$6.50 / Latte \$7.00

Dirty

Dandy\$8.00 reg / \$9.50 dbl
Sticky Chai..... \$9.00 lrg

Bullet Proof

double espresso. MCT oil. organic ghee. cinnamon \$8.00

For the wee ones

Babyccino ~ Choice of freshly made mylk, gently warmed and
sprinkled with cacao and stardust \$3.00
Kids Cacao ~ Our house cacao with a sprinkle of coconut sugar and
a dollop of love, on gently warmed mylk of choice \$4.50

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

{ Coffee }

{ Botanical Tea }

{ Food }

{ Elixir Bar }

{ Herbal Compendium }

Bondi Paddington Manly Bronte

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	\$5.50
Iced Tea	\$6.50
Sticky Chai	\$8.00

CALM TEA {Relax & Unwind }

licorice. camomile. verbena. 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.

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.

STICKY CHAI {Harmonise & Restore }

organic black tea. wild raw australian honey. tulsi. amla. ginger.
cardamom. cinnamon. cloves. nutmeg. star anise. black pepper. mylk
of choice.

{ *Botanical Tea* }

{ *Food* }

{ *Elixir Bar* }

{ *Herbal Compendium* }



FOOD



Toast & Spreads

Locally baked gluten-free sweet or savoury breads, served toasted by the slice.

BANANA BREAD..... \$8.00
Our beloved buckwheat and almond banana bread; subtly sweet and deeply satisfying.

LIFE FORCE LOAF \$7.50
A grounding sprouted seed loaf packed with minerals and protein, without nuts.

GOOD GUT LOAF \$7.50
A gut-loving, sweet potato, sprouted quinoa and seed loaf with a hint of chilli!

{+} Avocado..... \$2.50

{+} Sauerkraut \$3.00

{+} Dukkah FREE

Cashews, sesame seeds, cumin, coriander, salt, toasted sesame oil

{Spreads}

N°1 Sun Butter \$3.00

Crunchy Australian macadamias blended with turmeric powder, coconut oil and sea salt.

N°2 Roast Almond Butter \$2.50

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

{ Food }

{ Elixir Bar }

{ Herbal Compendium }



ELIXIR BAR



{ Weave the power of plants into your daily beverage ritual }

01 BASE FLAVOUR

MATCHA ~ 100% pure whole stone ground young green tea leaves.
Organically grown in Wasuka, Kyoto prefecture, Japan

CACAO ~ Heirloom peruvian single origin, ceremonial grade,
Criollo cacao powder. Hand harvested, naturally fermented, sun-
dried.

TUMERIC ~ A potent anti-inflammatory and antioxidant-rich blend
of fair-trade, organic Ayurvedic spices: turmeric. cinnamon.
cardamom. ginger. black pepper. cayenne.

DANDELION ~ Wild harvested herbal coffee alternative with
purifying and prebiotic potential: wild-harvested roasted
dandelion root (Europe). roasted chicory root (India).

CHAI ~ A harmonising Ayurvedic inspired blend of organic masala
chai spices, without caffeine: cinnamon. ginger. star anise.
cardamom. nutmeg. fennel. cloves. black pepper.

02 HERBAL ELIXIR

RISE ~ *Energy, focus & stress*
siberian & panax ginseng. ginkgo.

REST ~ *Stress, liver & beauty*
tremella. gynostemma. schisandra.

SHINE ~ *Inner peace & calm*
jujube. tulsi. passionflower.

{OUR MYLKS} house made almond. coconut. OMG oat.

{+} EXTRAS\$2.50 each
ashwagandha. shatavari. maca. vegan collagen. ghee. reishi.
lion's mane

CEREMONIAL CACAO\$8.50

{ Elixir Bar }

{ Herbal Compendium }

} COMPENDIUM }

~ ELEVATE THE COLLECTIVE STATE OF BEING ~

ALOE VERA Possesses soothing and anti-inflammatory benefits for the gastrointestinal tract, as well as prebiotic and antibacterial properties for a healthy gut microbiome.

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

ASHWAGHANDA An adaptogenic herb that lowers cortisol levels in the body, assists with a healthy stress response, improves energy and lowers anxiety.

ASTRAGALUS A potent Traditional Chinese herb to protect and strengthen the immune system, is energizing to the body and provides anti-inflammatory and cardioprotective support.

BEE POLLEN A superfood that is packed with an abundance of amino acids, vitamins, minerals, enzymes and antioxidants as well as immune boosting properties.

BENTONITE CLAY A powerful detoxifier that binds to heavy metals, improves gut health, kills off parasites and bacterial infections, whilst possessing high levels of calcium, magnesium and silica.

BLACK WALNUT Most well-known for its ability to eliminate worms and parasites whilst cleansing the gut due to its anti-fungal, anti-microbial and anti-parasitic properties.

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

BROCCOLI SPROUT Contains up to 40x more vitamins than mature broccoli and contains the highest levels of Sulforaphane of any food which is a powerful liver and gut detoxifier, enhances mitochondria function and supports healthy hormone balance.

BROMELAIN An enzyme extracted from Pineapple that assists with the digestion and assimilation of proteins, which promotes healthy digestion, lowers gut-inflammation and helps to restore a healthy microbial balance in the gut.

BURDOCK Assists with healthy liver and kidney detoxification, burdock is a potent blood purifier, supporting healthy lymphatic drainage, skin healing, and lowering inflammation in the body.

CACAO Ceremonial grade Criollo Cacao that is a powerful antioxidant and abundant in minerals such as magnesium. It is honoured for its aphrodisiac properties and high levels of PEA, a chemical the brain releases when in love.

CALENDULA Possesses anti-inflammatory, antimicrobial and anti-fungal properties, that when used topically can soothe and calm inflammation and irritation in the skin.

CALIFORNIAL POPPY A relaxing sedative that not only assists with sleep and lowering anxiety, but due to its alkaloid and anti-spasmodic activity, it also is a natural pain reliever that lowers muscle tension in the body.

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

CARDAMON Supports a healthy metabolism and aids in digestion.

CAT'S CLAW A powerful immune-enhancing herb, native to the Amazon rainforest, possessing antimicrobial, anti-fungal, anti-viral and anti-parasitic properties, and also known to lower pain and inflammation in the body.

CAYENNE Packed with capsaicin, a plant compound known for its anti-viral and anti-parasitic activity, as well as aiding digestion, lowering inflammation, improving metabolic health and reducing pain.

CHAMOMILE A herbal flower that helps to reduce indigestion and digestive discomfort whilst also working as a mild sedative to support overall relaxation and assist with sleep.

CHARCOAL Charcoal works as a powerful detoxifier as it helps to bind and eliminate toxins in the body. This includes heavy metals, endotoxins and toxic "die off" byproducts of gut cleanses.

CHICORY Contains high levels of inulin, a prebiotic that is widely studied for its ability to support the growth of healthy gut bacteria.

CHLORELLA A blue-green algae that is a powerful chelating agent to detoxify heavy metals from the body. It is also rich in alkalising chlorophyll, iron and protein.

CINNAMON HUSK Sweet and woody, used to warm and soothe, rich in manganese, antioxidants and trace minerals that support healthy hormones and blood sugar balance.

CLEAVERS Improves lymphatic drainage and kidney detoxification, which helps to flush waste, toxins and excess fluid from the body, which may reduce bloating and skin conditions.

COLLAGEN Rich in amino acids, collagen supports a healthy gut lining and immune system whilst also improving hair, skin, bone, joint and nail health. Used as a beauty booster for healthy ageing by improving skin elasticity and reducing wrinkles.

CORIANDER SEEDS Contains up to 87% Linalool, an essential oil that promotes detoxification, promoting a healthy gut and liver. Also binds and removes heavy metals

COMPENDIUM

~ ELEVATE THE COLLECTIVE STATE OF BEING ~

DANDELION ROOT A potent yet gentle liver and gallbladder tonic that promotes healthy digestion and secretion of bile, which supports healthy digestion of fats. This improves sluggish bowels, enhance detoxification pathways, and reduces bloating and indigestion.

DANDELION LEAF A kidney tonic that assists with reducing fluid retention, also rich in potassium and other minerals, making it a safe diuretic and cleansing alternative ensuring a healthy electrolyte balance.

DULSE Particularly rich in iodine and other vitamins and minerals, a smoky-tasting salty seaweed that contains all trace minerals needed by humans.

ECHINACEA A powerful and gentle immune stimulating herb that helps increase the activity of cells to fight infections, colds and viruses.

ELDERBERRY A medicine chest worth of benefits, most well-known for its immune enhancing and anti-viral properties, rich in vitamin C and antioxidants, as well as upper respiratory and lung support.

FENNEL Stimulates gastric juices and enzymes to promote healthy digestive function, which reduces gas, indigestion, cramps and bloating, especially in response to high fibre foods such as beans.

FENUGREEK A culinary spice that promotes healthy blood sugar balance, testosterone levels and breast milk production.

GARLIC A rich source of multiple anti-microbial compounds such as Allicin, which works as a natural antibiotic against a wide spectrum of bacteria, fungi and viruses, and parasites as well as boosting the immune system.

GINGER A powerful anti-inflammatory and immune-boosting digestive aid that relieves gas, cramping, indigestion and bloating due to its benefits in promoting a healthy digestive fire.

GINGKO One of the oldest living trees, this is a longevity tonic that is powerful at boosting focus, cognition and mental clarity.

GLOBE ARTICHOKE Promotes healthy production of bile in the liver and gallbladder, which helps maintain healthy digestion, microbial balance, detoxification and healthy digestion of fats.

GOTU KOLA A calming nerve and adaptogen that lowers stress and anxiety, whilst improving concentration and overall cognition.

HEMP Rich in protein, healthy fats, vitamins and essential minerals such as zinc and magnesium.

HIBISCUS Rich in the naturally occurring pigment, Cyanidin which possesses

potent anti-aging, anti-inflammatory and cardioprotective properties.

JIAOGULAN An adaptogenic herb that is both calming and energising whilst enhancing the body's resilience to stress. It is packed with anti-aging and detoxifying properties as well as packed with antioxidants.

JUJUBE Relieves anxiety and promotes a healthy sleep due to its effect on GABA and Serotonin neurotransmitters, as well as enhancing healthy digestive function.

LEMON BALM A calming herb that possesses strong relaxing and anti-anxiety effects as well as relieving digestive issues related to nervous excitability.

LEMON MYRTLE An Australian Native that possesses stronger anti-microbial activity than Tea Tree and Eucalyptus and is a powerful treatment for infections and as an anti-septic.

LEMON PEEL High nutritional value such as flavonoids, antioxidants, vitamin C, B6, A, E, potassium, manganese and copper whilst assisting with healthy digestion, lowering inflammation and preventing bacterial infections, whilst cleansing the blood.

LEMONGRASS Fragrant and rich in Citrol which possess strong anti-bacterial, anti-fungal, and anti-septic properties as well as reducing muscle cramping, anxiety and reducing inflammation.

LICORICE An adaptogenic herb that assists with healthy cortisol breakdown and supporting healthy adrenals and overall vitality. Also benefits overall gut health as well as fighting viral infections.

LIONS MANE A powerful cognitive enhancer that improves overall brain health, mood and stress responses in the body with a potent antioxidant profile.

LUCUMA A natural, antioxidant rich sweetener Native to South America that is high in anti-aging and anti-inflammatory polyphenolic compounds.

MACA An adaptogenic herb that lowers cortisol levels in the blood, supports healthy hormone balance in men and women and enhances stamina and libido.

MARSHMALLOW A soothing gel-like root that soothes, calms and promotes healing of an inflamed, irritated and leaky gut lining, due to its mucilaginous polysaccharides.

MARY'S THISTLE A powerful & clinically researched liver protecting herb that promotes healthy detoxification and digestive function, as well as assisting in the production of glutathione, a master antioxidant that provides systemic cellular protection and longevity benefits.

COMPENDIUM

~ ELEVATE THE COLLECTIVE STATE OF BEING ~

MATCHA An energising antioxidant rich tonic known for its high amino acid profile and anti-inflammatory effects.

NETTLE A powerful blood purifier, detoxifier and gentle diuretic that is rich in vitamins and minerals such as iron, calcium and Vitamin C.

NUTMEG Improves digestion by stimulating the secretion of digestive enzymes which can alleviate symptoms such as bloating, gas, and indigestion whilst possessing potent anti-inflammatory and cardiovascular benefits.

OLIVE LEAF Possesses widespread longevity, cardiovascular and immune boosting benefits, primarily due to its high levels of Oleuropein, a potent antioxidant with anti-inflammatory properties.

PANAX GINSENG Enhances energy, vitality, alertness and is a powerful adaptogen that assists the body's resilience to mental, emotional and physical stress.

PASSIONFLOWER A sedative herb that calms the nervous system, relieves tension and is particularly beneficial for conditions such as insomnia, anxiety or nervousness.

PAU D'ARCO Powerful against harmful organisms such as bacteria, viruses, parasites and fungi due to its high levels of quinoids, benzenoids, flavonoids and lapachol.

PHGG A clinically researched prebiotic soluble fibre derived from gaur beans that assists with a healthy microbiome diversity, which in turn lowers inflammation and enhances healthy and regular bowels. It enhances Bifidobacterium and butyrate-producing bacteria in the human large intestine and is enzymatically predigested, making it suitable for those sensitive to fibre.

PEPPERCORN Assists with maximising the absorption of multiple nutrients, as well as a broad spectrum of anti-inflammatory, digestive, metabolic and cardiovascular health benefits.

PEPPERMINT Relaxes the muscles in the digestive system which alleviates cramping, bloating and indigestion as well as relieving intestinal gas due to its carminative properties.

POMEGRANATE A powerful broad spectrum anti-microbial, anti-fungal and anti-parasitic that also promotes the growth of beneficial bacteria growth. A rich source of Ellagic acid, which has the ability to disrupt biofilm, the resistant 'shield' created by chronic pathogenic infections.

RASPBERRY LEAF A uterine tonic that prepares the body for healthy labour that is rich in Vitamin C and anti-inflammatory flavonoids such as rutin and quercetin.

REISHI A medicinal mushroom that possesses a broad spectrum of longevity promoting benefits that is also relaxing and calming to the nervous system and possesses strong adaptogenic properties.

RHUBARB ROOT A powerful laxative that gently detoxes the bowels to ensure the removal of waste and prevent the re-circulation of toxins. Due to its high levels of anthraquinones, it relieves constipation due to its stimulating peristaltic effect on the large intestine. The presence of tannins moderates the laxative effect, making it a gentle choice for cleansing.

ROOIBOS A deliciously healing, caffeine free, antioxidant rich herbal tea option native to South America. It is high in minerals, it also is known to have a calming effect, while improving skin quality.

ROSE Promotes healthy and glowing skin due to its ability to promote healthy collagen production as a result of its high levels of Vitamin A and E, as well as its anti-bacterial, antioxidant and anti-inflammatory properties.

ROSEHIP A potent source of Vitamin C for a healthy immune system, healthy collagen production, skin elasticity and assisting with wound healing.

SCHISANDRA A powerful liver and adrenal tonic, shown to repair and regenerate healthy liver cells as well as boost glutathione levels, a potent antioxidant, in the body.

SHATAVARI Is a hormone balancing adaptogen, that supports a healthy stress response in the body as well as providing tonifying effects on the reproductive system, and boosting libido.

SIBERIAN GINSENG A powerful adaptogen that not only enhances the body's resilience to stress but also has an energising effect on the body, restoring vigour, improving longevity and improving memory.

SHE OAK An Australian Bush Flower that supports feminine physiology, increases hydration, rebalances hormones and improves fluid regulation.

SHIITAKE Rich in vitamins, minerals, and polysaccharides that protect against cell damage, boost the immune system and possess anti-inflammatory properties.

SKULLCAP A relaxing nervine that calms the nervous system and eases anxiety, ideal for nervous tension, overthinking and exhaustion.

SLIPPERY ELM Repairs the gut lining and reduces intestinal permeability (leaky gut) due to its rich content of mucilaginous compounds that stimulate nerve endings in the digestive tract to secrete healthy mucus.

} COMPENDIUM }

~ ELEVATE THE COLLECTIVE STATE OF BEING ~

SPIRULINA A blue-green algae that is rich in essential nutrients vital for a plant based diet, such as iron, B-vitamins, protein and Omega-3 fatty acids. It also has potent antioxidant activity due to its high levels of beta carotene and phycocyanin, as well as the capacity to effectively bind and remove heavy metals.

STAR ANISE Known for its warming and licorice-like flavour, it is also an antioxidant powerhouse that can boost the immune system, assist with digestion and aid with respiratory health.

THYME A powerfully medicinal culinary herb that strengthens the immune system whilst possessing potent anti-microbial benefits for a healthy gut.

TREMELLA A beautifying and hydrating tonic that is abundant in antioxidants and a rich source of vitamin D, protecting against oxidative stress and inflammation that has been used for centuries in TCM.

TRIPHALA A triad of Ayurvedic herbs that cleanse the colon, flush out toxins and promote healthy gut and liver function.

TURMERIC Rich in Curcumin which lowers inflammation, and provides powerful antioxidant potential to support systemic health and well-being. Activates liver phase 1 and 2 detoxification pathways, and reduces gas and bloating.

TULSI A highly valued adaptogenic Indian herb that lowers cortisol and stress hormones in the body, as it improves the body's resilience to stress. It also offers immunomodulating and anti-allergenic properties.

VERBENA A lemon scented herb used in Ancient Incan communities to lower anxiety and inflammation as well as support a deep sleep due to its sedative properties.

WORMWOOD An intensely bitter herb with potent anti-parasitic and gut cleansing properties, due to its high levels of Thujone and Artemisinin. Helps to support microbial balance, healthy digestion, and fights inflammatory digestive conditions to restore healthy vitality.

YELLOW GENTIAN A bitter digestive herb that promotes healthy liver and digestive function through its stimulation of digestive juices and bile.

YERBA MATE An energising South American herbal tonic that improves focus, energy levels and concentration due to its high levels of stimulating xanthines, caffeine and theobromine.