STREAT is a food systems social enterprise dedicated to helping young people who really need a hand. Make your next meal, coffee or event life-changing.

# CROMWELL ST 66

Issue 0100 Summer 2022-23

#### FROM THE KITCHEN

Japanese breakfast bowl with brown rice, pickled mustard greens, wakame, broccolini, red ginger, soy beans, shiso mayo and silken tofu [GF] [VE]	22 3
add 63° egg add Harris smoked salmon	8
Son in law eggs with chilli relish, sticky rice noodle, lightly pickled vegetables and roti. [v]	22
STREAT Breakfast — Skillet of cider glazed chorizo with chickpeas, baked eggs, Spanish cheese and STREAT toast.	25
Corn fritters with poached eggs, cos heart, guacamole, and a radish, orange and mint salsa [GF] [v]	24
add bratwurst sausage add Harris smoked salmon	6.5 8
Ricotta gnocchi with basil, pear tomato, leek, chayote, lemon marmalade and buffalo feta $\llbracket v \rrbracket$	24
Coconut and red curry grilled chicken salad with green mango, rice noodle and lime chilli & herb dressing [GF]	25
Sri Lankan vegetable curry with basmati pilaf, cucumber and mint sambal, lime pickles and string hoppers. [GF] [DF]	25
Korean marinated grilled pork belly on rice with kimchi, fried egg, crispy anchovies assorted banchan and gochujang sauce. [DF]	25
Eggs on toast — scrambled, poached, 63° with GF Precinct gluten free bread	13 2

# **SIDES**

House-made tomato relish / Japanese curry gravy / Extra egg	3ea
Mashed avo / Marinated feta / Sauteed spinach / Pan-fried cherry tomatoes / Mini hash brown triangles	5ea
Salt Kitchen maple-glazed bacon / Bratwurst sausage / Donati's cotechino sausage	6.5ea
Harris smoked salmon	8

#### **EXTRA**

Fried Brussels sprouts with okonomi sauce, ginger and sesame	10
Grilled chicken wings with Jamaican jerk marinade	12
Mini hash brown triangles with Japanese curry gravy	11
Fat chips with seaweed salt and Japanese spicy mayo	11

# FROM OUR BAKERY

subject to availability

Beef <u>or</u> curried chicken pie + leaf salad <u>or</u> crisps	15
Sausage roll <u>or</u> spinach & ricotta roll + leaf salad <u>or</u> crisps	14
Toastie with free range ham, cheese or tomato + leaf salad <u>or</u> crisps	14-16
Baked croissant with free range ham, cheese or tomato	10/11

Gluten Free [GF] | Dairy Free [DF] | Vegan [VE] Vegetarian [V]

# Look at our visual menu!



# SCAN THE QR CODE NO QR APP REQUIRED!

IOS: Open your camera app, hover over the QR code, and click on the link that appears!

Android: Long press the home button, click on the bottom-left Google Lens icon, hover over the QR code, and click on the link that appears!

MRYUM.COM.AU/STREAT



### **ABOUT STREAT**

STREAT is one of Australia's leading hospitality and food systems social enterprise. We run eight cafés, a coffee roastery, an artisan bakery and a catering & functions business and in 2022 we started to train young people in horticulture - urban farming and gardening. The only reason we exist is to help marginalised young people who really need a hand.

In the past decade we've supported over 3000 young people whilst gaining over 241,226 hours (that's over 40 years!) of life-skills support, hospitality and horticulture training and work experience.

Here's the help we provide:

**BELONGING** — social and creative activities, the chance to make new friends.

**HEALTHY SELF** — wrap-around support including individual case management, linkages to specialist services (drug and alcohol, mental health housing services), group life skills programs.

**HEALTHY JOB** — a range of vocational training programs (accredited courses, work experience programs, short courses), workplace training and mentoring across STREAT's cafes, kitchen and bakery.

**HEALTHY HOME** — ensuring all youth have safe and secure housing (housing services).

"You've given me hope, a future and a solid job – you believed in me before I believed in myself" - STREAT trainee.

# FOR DINE-IN RESERVATIONS (90 MINUTE SITTINGS) STREAT.COM.AU/CAFES (03) 9629 4222 OR CROMWELL@STREAT.COM.AU

Wi-Fi: streatcoffee

#### 10% SURCHARGE ON WEEKENDS

Thank you for your understanding

# **HOT DRINKS**

COFFEE Roasted onsite by STREAT	
Social Blend — our house blend made with St David Dairy milk Large cup	4.8 5.5
Batch brew — rotating filter roast	5
Iced filter — rotating filter roast served chilled	5
TEAS & OTHER DRINKS	
Good Morning / Earl Grey	4.5 ea
Peppermint / Chamomile / Lemongrass & Ginger	4.5 ea
Genmaicha Green and Brown Rice Tea	5
Gulbarn ancient leaf tea  — high in antioxidents, this tea has been hand-picked and used as a remedy by the Alawa people of the Northern Territory for thousands of years	5
Chai Latte — Tea Drop chai with milk	5.5
Hot Chocolate — Grounded Pleasures Noir	5.5
lced Chai / Iced Chocolate	7.5
MILK ALTERNATIVES	
Alternative Dairy Co. oat milk / Milk Lab almond milk / Bonsoy soy milk	+0.5 ea

# JUICES & NON-DAIRY SMOOTHIES

Squeezed daily at Queen Vic Market by Market Juice Orange / Apple	7.5 ea
Green Team — Kiwi, spinach, banana, apple, lemon & ginger	12
Mango Lassie Come Home — Mango, banana, coconut milk, toasted coconut	12

### **SOFT DRINKS**

Lemon lime bitters — fresh lemon, lime, bitters & Capi Lemon	5
Somersault soft drink Cola & Lime / Lemon Squash / Ginger / Raspberry & Vanilla	5.5 ea
Remedy Kombucha 330ml Lemon Ginger / Raspberry Lemonade / Cherry Plum	6.5 ea

# HARD DRINKS

Cromwell Bloody Madam — tomato, horseradish, Worcestershire & house-made Habanero spice mix with Grainshaker Wheat Vodka - non-alcoholic \$8	14
Aperol Spritz - classic 3-2-1 with Munificent Prosecco & orange wheel	13

#### Ask our staff about our summer cocktail menu

#### CANS

Brewmanity Social Beast Pale Ale 375ml (Port Melbourne)	11
Two Bays Brewing Co. Lager 375ml (Dromana) [GF]	12
Collingwood local brewery — ask our server for the current choice of local beer on offer	11
Coast Hard Seltzer Blood Orange 330ml (Torquay, Surf Coast)	10
WINE	
Munificent Prosecco '19 (King Valley)	11 / 46

Mount Langhi Ghiran Vine rd Pinot Gris '20 (Grampians)

Natural Wine Co. Organic Rose '17 (Central Range, NSW)

La Vue Pinot Noir '17 (Nagambie)

#### We respectfully acknowledge that every street we operate on is on the traditional lands of the Kulin Nation. We will continue to honour this, to pay our respects to their elders past and present and to tread gently on their land.

# STREAT

#### WHAT OUR TRAINEES SAY...

"They make us feel as though we existed, they could see us, they acknowledged us every time by saying hello and using our names every time!"

"They don't look at your past, they look at your future."

"STREAT is good for my head and heart."

"It's hard to say how or why, but a sense of connection slowly grows up over you, like a friendly plant."

#### **SOCIALLY & ENVIRONMENTALLY IMPACTFUL**

SINCE 2017 WE'VE SAVED OVER 28 TONNES OF USED **COFFEE GROUNDS** GOING TO LANDFILL preventing more than 52 tonnes of greenhouse gases

from being produced

#### OVER 80% OF OUR PRODUCE IS SOURCED IN VICTORIA

It's also fresh, local, seasonal, preservative and cruelty free (and half our menu is vego)



6 % SIX MONTHS AFTER COMPLETION, OF STREAT GRADUATES

ARE STILL IN EMPLOYMENT. EDUCATION OR TRAINING. (compared with only 27% in the government's national jobactive program)



**5.750 HOURS** OF SUPPORT PROVIDED BY MAGIC (our therapy dog)

## WE'D LOVE YOUR HELP

Here's a few ways you can get involved:

#### SHARE

11 / 45

11 / 45

11 / 45

Tell others about us, share a meal or coffee with family and friends at our various cafés and kiosks

#### **BUY OR DONATE**

Buy our coffee for home or work, buy a STREAT cookbook from a café or online, make a donation - we're a registered charity and all donations over \$2 are tax deductible.

#### **EVENTS & CATERING**

Christmas parties, canapes, daily catering, networking events, weddings, birthdays — we'll cater them all! Host a function here at Cromwell St. or we can come to a location of your choice.

Food, drinks, equipment & staff — we take care of everything.

Ask us today!

#### CONNECT

Join our mailing list www.STREAT.com.au Follow us on: 🕶 🖸 💆 @STREATMelbourne

Call us on: (03) 9629 4222