

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

CROMWELL ST



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.

Issue 0066

Summer Selection 2019

Wi-Fi: [streatcoffee](#)

BREAKFAST all day

Muesli of puffed stuff, candied walnuts, pepitas, crimson raisins served with St. David Dairy yoghurt, fresh fruit and apple juice or whole milk [GF]	13
Toasted STREAT Bakery bread <i>or</i> fruit toast with St. David Dairy butter	8
<i>with GF Precinct gluten free bread</i>	2
Simple breakfast — mini muesli yoghurt cup, 63°egg and STREAT Bakery toast	12
Sweet ricotta fritters with chocolate custard, blood orange foam and pistachio	17
Madame Cromwell Croque — Salt Kitchen ham, country terrine, roasted pork, Dijon, béchamel in a gruyere toasted sandwich with a fried egg	21
Son in law eggs with chilli relish, coconut dressed vegetables and roti	17
Haloumi beet hash with sorrel, witlof, roasted carrot hoummus and pomegranate dressing [GF]	18
<i>add bacon</i>	5
<i>add poached egg</i>	2.5
Fried egg brik pastry with spicy mushrooms, silver beet and 3 cheeses	19
<i>add bresaola crumb</i>	2
Japanese breakfast platter of grilled asparagus, sesame eggplant, tofu & shiitake croquette and bio-dynamic brown rice [w]	17
<i>add miso salmon</i>	7
<i>add 63° egg</i>	2.5
Caramel pork belly with twice-cooked boiled eggs, Chinese donut, lettuce, herbs and pickled vegetables	20
Eggs on toast — scrambled, poached, 63°	10
<i>with GF Precinct gluten free bread</i>	2

SIDES

Tomato relish	2
Poached egg	2.5
- Mashed avocado	4 ea
- Sautéed greens	
- Fresh cherry tomatoes and basil oil	
- Marinated feta	4.5ea
- Vegan macadamia feta	
Salt Kitchen Lincolnshire sausages	5
Salt Kitchen bacon	5.5
Corn fritters	6

Vegan, Vegetarian or Gluten-free? Ask our friendly staff which of our delicious meals will suit you!

WE'D LOVE YOUR HELP

HERE'S A FEW WAYS YOU CAN GET INVOLVED:

SHARE

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 ([streat.com.au](#)), 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: [f](#) [@](#) [@STREATMelbourne](#)

Call us on: (03) 9629 4222

STREAT

LUNCH from 11.30am

Mexi-steak baguette with tomato salsa, salted ricotta, cos and avocado	21
Indian kati roll with roasted cauliflower, spiced paneer, date & tamarind chutney and tomato cucumber salad	18
Soba noodle salad with smoked duck breast, tsuyu dipping sauce, spring onion, leek and snow peas	19
Heirloom zucchini, artichoke and pea Spanish rice with PX sherry vinegar dressed leaves [GF, VV]	18
<i>add heirloom tomatoes</i>	4
Rustichella casareccia pasta with caponata, golden raisin puree, pine nuts and basil [w]	17
<i>add stracciatella cheese</i>	4
Coconut roasted chicken with prawn cracker, Malaysian rice and herb salad	20

EXTRA

Broccoli salad with chilli, garlic and olive oil [w]	8
Grilled chicken wings with Jamaican jerk marinade	10
Leaf salad with chardonnay mustard dressing and toasted hazelnuts [GF, VV]	9
Fat chips with seaweed salt and Japanese spicy mayo [GF]	8

FROM OUR BAKERY subject to availability

Beef <i>or</i> curried chicken pie plated with leaf side salad	13
Sausage roll <i>or</i> spinach & ricotta roll plated with leaf side salad	12
Free range ham, cheese & tomato toastie	11
Tomato & cheese croissant <i>or</i> free range ham & cheese croissant	10/11

PASTRIES & CAKES ARE AVAILABLE AT FRONT COUNTER

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 social enterprises. We run four cafés, a coffee roastery, an artisan bakery and a catering & functions business, but the only reason we exist is to help disadvantaged young people who really need a hand.

STREAT's seven businesses provide 70% of its funding, with the remaining 30% coming through philanthropic donations, marketing and fundraising. We have 70 professional staff (chefs, bakers, baristas, managers) and have now served over 2.5 million meals and coffees since we opened our first food cart in Federation Square in 2010. In that year we trained 9 young homeless people. **In total we've now worked with over 1500 young people from across Victoria.**

Here's the help we provide:

HEALTHY SELF — wrap-around support including individual case management, linkages to other specialist service providers (drug and alcohol, mental health, housing services), group Work Readiness programs and creative and social activities.

HEALTHY JOB — hospitality programs including accredited Cert II courses and work experience programs. We also provide workplace training and mentoring across our cafés, kitchens and bakery.

HEALTHY HOME — assistance and support in finding a safe and long term place to live through partnerships with a wide range of housing services across Melbourne.

DRINKS

COFFEE Roasted onsite by STREAT

Social Blend — our house blend available how you like it	4
Feature roast — our rotating single origin or feature roast	4
Batch brew — rotating filter roast	4.5
Iced filter — rotating filter roast served chilled	4
Pour-over — rotating filter roast made to order on our Modbar (2 cup)	8
Vietnamese iced coffee with espresso pearls	6

TEAS & OTHER HOT DRINKS

Good Morning / Earl Grey	4 ea
Sencha Green / Peppermint / Chamomile / Lemongrass & Ginger	4 ea
<i>Melalueca citrolens</i> ancient leaf tea — high in antioxidants, this tea has been hand-picked and used as a remedy by the Alawa people of the Northern Territory for thousands of years	4.5
Chai — Prana chai brewed with milk	4.5
Hot or Iced chocolate — Grounded Pleasures Noir	4.5

PREMIUM BLACK TEA Hand sourced

Afternoon Pekoe — directly sourced from Sri Lanka, this delicate tea has soft tannins & notes of apricot	4.5
Daintree Black Tea — directly sourced from the Daintree Rainforest, this tea has a heady floral aroma, mild tannins with flavours of citrus zest & muscatel	4.5

Sparkling Water now available **\$4 UNLIMITED**

SOFT DRINKS

STREAT Soda — ask your waiter for today's flavour	5
Daylesford Organic Cola / Lemonade / Ginger Beer 330ml	4.5 ea
Lemon lime bitters — organic lemonade, fresh lime & bitters	4.5
Emma & Tom's still water 600ml	3.5
Remedy Kombucha — Original / Lemon Ginger / Cherry Plum / Raspberry Lemonade / Peach / Blood Orange Switchel	5.5 ea

JUICES & NON-DAIRY SMOOTHIES

Orange / Apple — squeezed daily by Market Juice	5 ea
Lassi Come Home — Banana, mango & coconut smoothie	9
It's Easy Being Green Smoothie - Secret green goodness	9
Gym Junkie — Banana, almond milk, cacao & peanut butter <i>add espresso shot</i>	10 / 0.5

ALCOHOL

Bloody Madam — signature recipe with Fair quinoa vodka	15
Madame Hotense's Strawberry & Orange Mimosa	12
Aperol Spritz — sparkling wine, aperol & soda	12
Saigon Mojito — Blind Tiger Gin, cucumber & Vietnamese mint	14
Pimm's Mini Jug — Good for two, better for one	14

BEER & CIDER

Struman's Organic Lager 330ml (Port Melbourne)	10
Stomping Ground Guava Smash Sour Ale 375ml (Collingwood)	10
Brewmanity Social Beast Pale Ale 375ml (Port Melbourne)	10
Sample ¾ IPA 375ml (Collingwood)	10
Mountain Goat Fancy Pants Amber Ale 375ml (Richmond)	9
Faire Ferments Apple Cider 330ml (Goulburn Valley)	10

WINE

Marquis de la Tour Blanc Brut (France)	11 / 50
Trentham Estate 'River Retreat' Pinot Grigio '17 (Trentham)	10 / 48
Tahbilk Chardonnay '16 (Nagambie)	11 / 50
Dalfarras Rosato '18 (Nagambie)	11 / 50
Goodwill Pinot Noir '16 (Yarra Valley)	11 / 50
Kooks Shiraz '17 (Barossa)	10 / 48

STREAT'S PLANET PLAN

We've always been passionate about maximising our social footprint whilst minimising our environmental one. This year we're raising the bar further. Over the last six months we've been working with Heath Wallace and Melbourne Uni student interns David, Yvonne, Tim and Josh to baseline our current impact and create this plan. Outlined are our planned activities for the upcoming years along with our highlighted progress to date. We'd love your ideas and involvement.

COMMUNITY & CONNECTEDNESS

1. We connect People to their Planet

- Understand what it means to be the custodians of our land and have the local Wurundjeri undertake a smoking ceremony and cultural training at Cromwell (*Ceremony with Uncle Colin Hunter Jr held on 1 Aug 18*)
- Understand key features of our sites (traditions, sunshine, wind, heat, aspect, rainfall) and create site eco plans (*full Cromwell site assessment undertaken in Aug18*)
- Create green spaces and places where people feel connected to the planet (*ongoing*)
- Establish ways for staff, trainees, customers and other stakeholders to suggest green initiatives and help implement them (*new Green Team staff member -May18, Horticulturist starts Sept18*)
- Educate all of our stakeholders on green initiatives they can personally take – encourage One Planet Living with all people live sustainably within the earth's resources
- Develop a Planet module for STREAT's youth and staff training programs
- Expand our youth training program from hospitality to also include urban horticulture

2. We show leadership in sustainable business and eco-innovation

- Transparent measurement, evaluation & reporting of footprint (separate metering of electricity, water & gas, purchase order tracking)
- Secure and allocate funds for staff to get involved in green initiatives, with the plan to employ a Sustainability Officer and staff within 5 years (*Funds allocated for a 0.2 FTE Sustainability Manager*)
- A wide range of people and partners involved in open innovation projects with the organisation – e.g. incubation of new eco products, value chain innovations (*new coffee ground soap added to retail products, starting work with collaborators on new eco products*)
- Undertake closed loop designing for our entire operations – potential links with new Alphington Food Hub
- The costs of carbon, water, and ecosystem services are internalised into product pricing
- Help catalyse greening the streets we operate on, with a strong focus on building the Cromwell Commons with our neighbours
- Start Farmily, an urban agriculture farm which trains young people and the community to grow, cook and share healthy food, live meaningfully and sustainably, and feel connected
- Help grow and build the social enterprise sector by increasing the no. of social enterprises, B Corps & ethical enterprises in our supply chain — (*we've had 30 to date, and we'll keep adding more!*)

PLACES

3. We design and build places that are nurturing and green

- Green indoor and outdoor spaces created to support emotional and physical health – areas for prayer or contemplation, multiple furniture types encouraging people to dwell (*hammocks, deck chairs, rugs for sitting on the grass, outdoor furniture - ongoing*)
- Buildings designed with passive heating/cooling, insulation, & strong thermal properties – extensive use of plants for shade/cooling at Cromwell (*ongoing*)
- Strong use of natural light and ability to see circadian rhythms and seasons – large windows at Cromwell
- Sites strong in olfactory & acoustic deliciousness – bread fresh from oven, freshly ground coffee, freshly picked herbs, birds singing in the trees (*ongoing*)
- Water capture, efficiency, filtration and treatment onsite – tank water for gardens, non-chemical eWater system, dual flush toilets, water efficient equipment, wicking garden beds, self-watering indoor plant pots, drip irrigation system
- Minimisation of airborne contaminants – filtering of coffee roastery emissions, strong use of indoor plants to purify air, low VOC paints used, strong ventilation and cross-breezes through louvre windows
- Child, dog and family-friendly spaces – toys, dog bowls, play equipment (*ongoing*)

ECO & FOOD SYSTEMS

4. We regenerate and improve the land we're the custodians of

- Removal of asbestos and gas tank at Cromwell, soil improved (*undertaken during construction 2016*)
- Increase the biodiversity at Cromwell with a focus on increasing native species — (*19 new native species planted in March18, potted 16 new indigenous food plants added Aug18*)
- Habitats created at Cromwell for wildlife, including insect and bird boxes (*new insect box added Aug18*)

5. We produce and procure locally

- Increase the production of organic food grown onsite by creating kitchen gardens - beginning with herbs and leafy greens in beds and vertical gardens in 2018, building an arbour in 2019, - food miles to food metres. (*new Horticulturist starts Sept18 with focus on creating Cromwell's kitchen garden*)
- Continue our locavore focus by buying produce, goods and services locally within Melbourne and Victoria (*ongoing*)

6. Our meals are healthy for People and the Planet

- Further increase the number of healthy, vegetarian and vegan meals on our menu — (*try our new Green Team smoothies with re-usable metal straws; new vegan and gluten free items just added to our catering menu*)
- Step down high impact foods to the next level – lamb > beef > pork > chicken > fish > meat substitutes
- Encourage people to step down their milk impact – cow > almond > soy (we'll also explore making our own home-made soy milk to reduce packaging and transport)
- Only free range eggs, cruelty-free meats and sustainable seafood used — (*seafood now assessed using Good Fish Bad Fish rating and is fully sustainable*)

WATER

7. We capture and efficiently use water

- Harvest our own water onsite – installation of onsite water tanks
- Implement a range of water-saving or efficient technologies – possibilities include a drip-irrigation system, self-watering pots for indoor plants, onsite recycled water, a grey water system, or no-water composting toilets
- Xeriscape our Cromwell site with construction of water-efficient wicking beds, planting of native and drought-tolerant species — (*Cromwell wicking bed installed*)

MATERIALS & PRODUCTS

8. We don't use toxic chemicals at our sites

- Use 100% biodegradable soaps and earth-friendly chemicals
- Use eWater for all cleaning and sanitising at sites, where possible — (*all sites now using eWater*)

9. We only use or create low impact products

- Institute a concrete set of green and ethical principles in a supplier code of conduct
- Offer no bottled water for purchase (*switched to 100% recycled rPET bottled water Aug18, encouraging reusable water bottles through the implementation of an on-tap water system to be installed in new sites and retro-fitted in Melb Central site Oct18*)
- Development of our own Biodegradable Coffee Pods (*Aug18*)
- Increase the amount of regional coffee beans purchased from the Asia-Pacific region (*did our first test roast on Vanuatu coffee Aug18*)
- Internal and external printing is minimised, and when necessary we use 100% post-consumer recycled paper stock and wherever possible plant-based inks — (*this year's annual report was two A4 pages as opposed to last year's 40 page booklet*)
- Reclaimed and upcycled materials used where possible – crockery, furniture, soft furnishings — (*strong use of upcycled timber, materials and furniture at Cromwell, ongoing*)

ENERGY

10. We're striving to be energy self sufficient

- Review all appliances and create a database listing appliance efficiency and environmental impact
- Install solar panels at Cromwell
- Buy 100% green power for the energy not generated by the solar panels
- Use of energy-efficient appliances and installation of power saving power points with auto turn off functions
- Maximise use of passive heating and cooling — (*huge reduction in use of office air-conditioning*)
- Investigate other energy and fuel generation options, including wind turbines, biofuel, solar panel windows, re-circulated air system for our coffee roaster
- Reduce the use of gas – including solar hot water heating, use of biofuels

TRANSPORT

11. We minimise transport emissions through reducing travel and use of low carbon transport

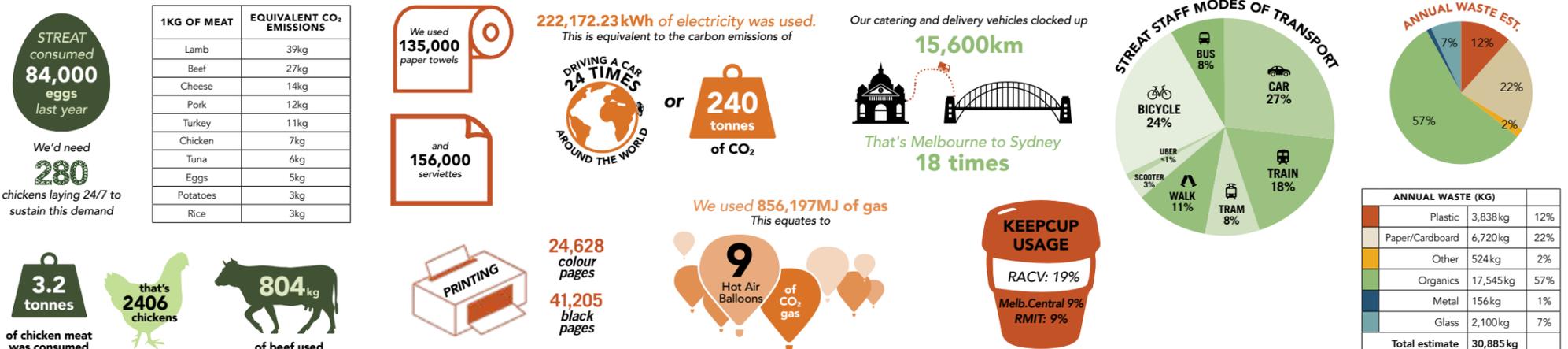
- Allow staff to work from home when possible, and install telephone and video conferencing technology to avoid travel
- Ensure all sites are accessible by public transport, and people are encouraged to travel that way (*ongoing*)
- Encourage trainees and staff to step down their transport from car > motorbike > car pool > public transport > cycle > scooter > walk
- Start a STREAT Cycles program and provide all trainees and staff with communal bicycles made from second hand or reclaimed materials
- Implement a hard limit on acceptable supplier distance and increase the goods and services procured locally
- Institute vehicle log books to track fleet usage (*ongoing*)
- Reduce the emissions of our delivery and logistics – where possible deliveries are human powered, electric or biofuel vehicles used, carbon emissions offset

WASTE

12. We're aiming to become Zero Waste in the coming decade

- Further reduce and recycle takeaway coffee cups – 30c discount offered, retail Keep Cups, recycling program (*ongoing*)
- Increase recycling of waste – separate into categories: soft plastics, compost, co-mingled recycling and landfill
- Reduce the large amount of paper waste – e.g. hand dryers, reduce size of napkins, minimise photocopying
- Have a Zero Waste Challenge – including retail products, menu items
- Reduce baking paper waste by purchasing non-stick trays or silicone mats
- Undertake value chain innovation projects to reuse, recycle and regenerate our by-products – e.g. development of retail products like pet food made with leftovers, stocks made with food scraps, cushions made from coffee sacks (*new coffee soap being retailed Aug 18, ongoing*)
- Installation of commercial worm farm to divert their organic waste from landfill (130,000 new worm/employees started Aug 18)

THE FOLLOWING STATISTICS ARE STREAT'S ANNUAL BASELINE MEASURED IN 2017



STREAT operates on the traditional lands of Wurundjeri People of the Kulin Nation and we wish to acknowledge them as Traditional Owners. We would also like to pay our respects to their Elders past, present and future.

GREEN FUNDERS

We would like to acknowledge and thank our new supporters of our green initiatives: Fouress Foundation, The McLeod Family Foundation, Roberts Family Foundation and Liping Meng.