

MENU

WWW.SOURCD.COM.AU

SOURC'D

2/160 ESPLANADE,
ALDINGA BEACH

(08) 8546 3511

@POURING.LOCAL

ARTISAN COFFEE

ORIGIN: COLOMBIA & COSTA RICA

TASTING NOTES:

WHITE // Hazelnut, caramel & peanut

BLACK // Grapefruit acidity, praline, peach & light cocoa silky-mouthfeel

ESPRESSO

a single shot of espresso 3

MACCHIATO

a single shot of espresso stained with foam 3.5

PICCOLO LATTE

a single shot of espresso with a small layer of foam 3.8

FLAT WHITE

espresso with flat steamed milk 6oz 3.8
12oz 4.8

LATTE

espresso with steamed milk and a small layer of foam 6oz 3.8
12oz 4.8

CAPPUCCINO

espresso with almost equal parts steamed milk and foam dusted with chocolate 6oz 3.8
12oz 4.8

LONG BLACK

hot water topped with espresso 6oz 3.5
12oz 4.5

MOCHA

rich chocolate mixed with espresso & steamed milk 6oz 4.9
12oz 5.9

NUTELLA LATTE

essentially a mocha, with a hazel-nutty twist 6oz 4.9
12oz 5.9

VIENNA COFFEE

your choice of Black or White coffee topped with whipped cream 6oz 4.3
12oz 5.3

DIRTY CHAI LATTE

Club Cinnamon Chai infused milk poured over a shot of espresso 6oz 4.9
12oz 5.9

EXTRAS

ALTERNATIVE MILK

Bonsoy // Milk Lab - Almond Milk // Lactose Free 0.5

DECAF

the same great SOURC'D blend.. just decaffeinated. 0.5

HONEY (DOO BEE)

1

EXTRA ESPRESSO SHOT

1

HOT DRINKS

HOT CHOCOLATE

rich chocolate with steamed milk and a small layer of foam 6oz 3.9
12oz 4.9

CHOCOLATE VIENNA

a hot chocolate, topped with whipped cream 6oz 4.4
12oz 5.4

CHAI LATTE

6oz 3.9

Club Cinnamon OR

12oz 4.9

Vanilla Honey

chai with steamed milk and a small layer of foam (Gluten free, 98% fat free, low in caffeine, and no trans-fat)

BABYCCINO

a warm milk drink, frothed up topped with choccy dust & mini marshmallows 1.0

TEA / THE DANDY TEA CO.

certified organic hand blended traditional, herbal and fruit teas.

THE QUEENS BREAKFAST

a bold traditional English Breakfast, that holds beautiful depths of flavour

WILD CHERRY ROOIBOS

South African Rooibos with dehydrated Adelaide Hills cherries

CHINESE SENCHA

a clean, fresh green from China with a signature emerald green colour

IMMUNITY

immune boosting & anti-inflammatory ingredients such as turmeric & ginger

FRENCH EARL GREY

a decadent blend of Sri Lankan black tea with organic rose and vanilla bean

INDONESIAN GREEN

a beautiful earthy green with a hint of spice.

ROSELLA BLOSSOM

SA grown whole wild hibiscus blossoms.

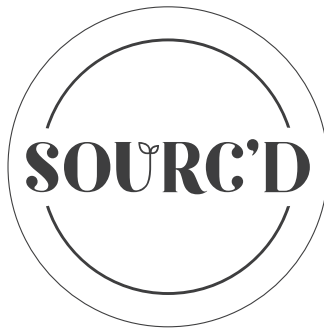
PEPPERMINT, PLEASE

Strong and flavourful South Australian pure peppermint

Pot 3.9

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SUPER LATTE

VEGAN // GLUTEN FREE // HOT OR COLD

GYPSY ROSE 6oz 4.1

beetroot, maca, inulin,
strawberry, cinnamon, nutmeg

GOLDEN STATE 6oz 4.1

pumpkin, tumeric, inulin,
carob, cinnamon, ginger,
cayenne

BLUE DREAM 6oz 4.1

butterfly pea flower, maca,
inulin, lucuma, date,
cinnamon

ICED DRINKS

ICED COFFEE 6.5

fresh espresso poured over ice, milk,
vanilla ice-cream and topped with
whipped cream

ICED CHOCOLATE 6.5

rich milky chocolate &
vanilla ice-cream poured over ice
and topped with whipped cream

ICED MOCHA 7

rich milky chocolate, fresh espresso
& vanilla ice-cream poured over ice
and topped with whipped cream

ICED CHAI 6.5

milky chai & vanilla ice-cream
poured over ice & topped with
whipped cream & cinamon

ICED LATTE 6

fresh espresso poured over ice
cubes and skim milk
no added sugar // **low fat**

ALL OF OUR DRINKS ARE
PROUDLY MADE WITH...



MILKSHAKES

The Real Milkshake Co.

100% Natural Flavour and Colours //
No synthetic flavours or 'Nature Identical'
commonly used by other manufacturers
Gluten Free // Australian sourced ingredients 5

CHOCOLATE

made with unalkalized cocoa which creates a rich
and silky smooth syrup with no bitterness

VANILLA

packed with that unforgettable Madagascan
Vanilla Bean flavour. This ones all about the
flavour than the sweetness. Heavenly

CARAMEL

a vintage version of the classic flavour. Buttery
notes with a hint of old English Toffee.
Mouth wateringly good

STRAWBERRY

a bowl of freshly picked strawberries smuggled
into a scrummy milkshake

BANANA

Paddlepop realness!

NUTELLA MILKSHAKE 6

SOURC'D COFFEE MILKSHAKE 6

SMOOTHIES

SUNSET DELIGHT 6

bananas, strawberries & mango blended in
natural yoghurt & milk

MIXED BERRIES 6

strawberries, blackberries, blueberries & Doo
Bee honey blended in natural yoghurt & milk

CHOC BANANA 6

frozen bananas, Nutella & milk - easy as

GREEN SMOOTHIE 6

frozen kiwi, kale, mango & spinach

EXTRAS

ALTERNATIVE MILK 0.5

Bonsoy, Milk Lab: Almond Milk,
Lactose Free

WHIPPED CREAM 0.5

CHIA SEEDS 0.5

RAW LIQUID SUGAR 1

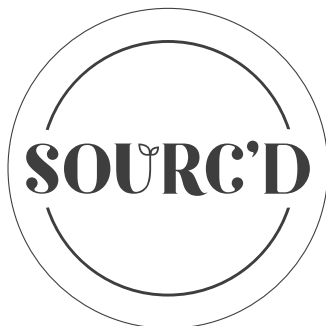
sweeten up your drink with Australian ethically
sourced liquid raw sugar

HONEY (DOO BEE) 1

EXTRA ICE CREAM 1.5

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BREAK-FAST

TOAST & JAM 4

2 slices of golden toast served with a side of jam by Garden2Kitchen (V)

RAISIN TOAST 4.5

2 slices of locally handmade raisin toast by the Aldinga Bakehouse served with butter (V)

GRANOLA PARFAIT 6

crunchy granola served with Fleurieu milk Natural Yoghurt & mixed berries with a drizzle of Doo Bee honey (V)

CHEESE CROISSANT 5

melted cheese nestled inside a croissant made for SOURC'D by The Aldinga Bakehouse

HAM & CHEESE CROISSANT 6

leg ham & melted cheese nestled inside a croissant made for SOURC'D by The Aldinga Bakehouse

BAKED BEANS ON TOAST 5

a simple classic. warm baked beans on a slice of golden toasted rustic sourdough

MUSHROOMS ON TOAST 6

easy as. warm buttery mushrooms & wilted baby spinach on a slice of golden toasted rustic sourdough

BACON & SMASHED EGG ROLL 8.5

bacon, smashed egg & your choice of sauce inside a roll made for SOURC'D by the Aldinga Bakehouse

STUFFED OMELETTE 12

a single omelette folded over with mushroom, cheese, tomato & baby spinach served with a side of baked beans a slice of golden toasted rustic sourdough

BREAKFAST STACK 18.5

rustic potato rosti, omelette, bacon, cheese, tomato and mushrooms topped with a dollop of chilli jam, served with a slice of rustic sourdough bread

VEGETARIAN STACK 18.5

rustic potato rosti, omelette, cheese, tomato and mushrooms topped with a dollop of chilli jam, served with a side of baked beans and a slice of golden toasted rustic sourdough

TOASTIES

simple, but big on flavour

CHEESE TOASTIE 3.9

a simple delight - cheese melted between 2 slices of golden toast (V)

HAM & CHEESE TOASTIE 4.9

leg ham & cheese nestled between 2 slices of golden toast

GOURMET PANINIS

not your grandma's paninis

THREE CHEESE 8.5

oozing with a blend of cheddar, brie & parmesan cheese with a generous dollop of yummy chutney by Garden 2 Kitchen topped with a refreshing baby spinach & rocket leaf mix (V)

BASIL PESTO CHICKEN 8.5

loaded with flame grilled chicken, house made pesto-naissance & melted cheese topped with a refreshing baby spinach & rocket leaf mix

LOADED HAM & CHEESE 8.5

loaded with smoky leg ham & oozing with melted cheese with a generous dollop of yummy caramelised onion & lemon myrtle relish by Garden2Kitchen

TUNA MELT 8.5

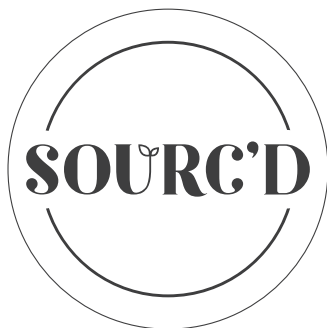
zazzed up tuna, oozing with melted cheese topped with a refreshing baby spinach & rocket leaf mix

(v) - made with vegetarian friendly ingredients

P.S. we also have gluten free bread rolls, crackers & granola available (+\$1) vegan cheese also available (+\$2)

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PAN-CAKES

a stack of three fluffy pancakes with a choice of toppings & whipped cream OR ice cream 12

MAPLE SYRUP & PECAN

BANANA & NUTELLA

MIXED BERRIES & HONEY

MANGO & PASSIONFRUIT

BACON & MAPLE SYRUP

WAFFLES

the real deal: toasted waffles slightly crunchy at the edges and fluffy inside

single serve 7 // double serve 12

S'MORES

with melted chocolate, toasty marshmallows served with Golden North vanilla ice cream & whipped cream

BANOFFEE

with sliced bananas, melted chocolate, salted caramel sauce served with Golden North vanilla ice cream & whipped cream

MAPLE PECAN

with chopped pecans, real maple syrup served with Golden North vanilla ice cream & whipped cream

MALTEASERS

with chocolatey malteaser spread, Golden North vanilla ice cream, whipped cream & Malteasers

MIXED BERRIES

with mixed berries, a drizzle of Doo Bee honey served with Golden North vanilla ice cream & whipped cream

BIG BITES

WHAT'S UP DAWG 10

a juicy American hotdog topped with cheese, bacon bits, crispy dried shallots crushed crisps and smothered in american mustard, tomato & Bar-B-Q sauce. Served up with a side of fresh salad

JUAN IN A MILLION DOG 10

a juicy American hotdog with a Mexican twist. Loaded with cheese, bacon bits, a generous dollops of guacamole & sour cream and topped with sliced jalapeños & mayo, served up with a side of tortilla chips

BLT DOG 10

a juicy American hotdog loaded with cheese, bacon bits, lettuce & tomato mayo. Served up with a side of fresh salad

THE VEGGIE DOG (v) 10

a toasty hotdog bun filled with crispy falafels topped with your choice of 'the whats up dawg', 'the juan in a million dog' or 'BLT dog' just minus the bacon (V)

NACHOS A PRETTY FACE (v) 9

FOR 1 9

FOR 2 15

warm crunchy tortilla chips covered with melted cheese, loaded with guacamole, sour cream & mild salsa

EXTRAS // jalapeños +2, pulled pork +5, chorizo +5, chilli lime chicken +5

QUESA-DEAL WITH IT 9

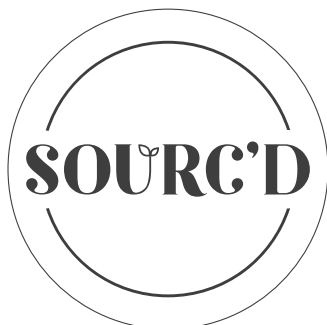
flame grilled chicken breast swimming in melted cheddar cheese, toasted between a flour tortilla, paired with salsa & sour cream - swap out the chicken for falafel & salsa for a Vegetarian option (V)

BAGELS 8.5

our bagels should give you that light crispy crust, yet somewhat chewy inside.

your choice of filling:

- chargrilled vegetables + cream cheese with a smudge of moroccan carrot dip
- chilli lime chicken, melted cheese + jalapeños served with a side salad
- pepperoni pizza served with a side salad



LITTLE BITES

finger foods.. but not as you know them

PARMESAN GARLIC TOASTIES 4

2 golden slices of rustic sourdough bread smothered with garlic butter and parmesan cheese

BLUE CHEESE, PEAR & HONEY CROSTINI 6

3 toasted crostini topped with Adelaide blue cheese, juicy pear & a drizzle of Doo Bee Honey (V)

GUACAMOLE & SHRIMP CROSTINI 6

3 toasted crostini topped with authentic guacamole & marinated lime shrimp

MOZZARELLA & PESTO ARANCINI 5.5

4 crunchy mini arancini balls stuffed full of mozzarella & pesto goodness, topped with parmesan & served with a side of avocado dipping sauce (V)

PRAWN DUMPLINGS 5.5

3 steamed prawn dumplings served with ginger, soy sauce & sesame seed oil

MINI MEATBALLS & DIPPING SAUCES 5.5

8 flavorful beef mini meatballs, served with sides of Garden2Kitchen sweet chilli & BBQ dipping sauces

BEEF & POTATO CROQUETTES 6.5

3 crunchy croquettes stuffed with beef and potato with your choice of tomato or BBQ sauce

PLATTERS

you can't buy happiness, but you can buy a platter to go with your wine and that's pretty much the same thing..

BAKERS PLATTER 12

a platter of warmed bread with Brian's Olive Oil, balsamic vinegar & Spice Girlz dukkah

BAKED BRIE WITH MAPLE PECANS 14

baked creamy brie topped with warmed pecans & generous drizzle of maple syrup served with a side of toasted baguette minis & crackers (V)

- or, why not try Honey & Almonds as an alternative topping -

DIPPING PLATTER 15

locally handmade creamy lemon & white bean dip, slow roasted moroccan carrot dip & spinach basil & cashew dip with crackers & pita bread

LOADED HUMMUS DIPPING PLATTER 15

a platter of soft feta cheese, panino vegetable mix, brian's olives & crackers surround a creamy hummus dip

CHEESE & DRIED FRUIT PLATTER 27

BD farm paris creek organic cheddar, Adelaide blue cheese & Australian Gold creamy brie with Natures Fruit dried apples, pears and dried apricots. Served alongside Brian's Olives, Tarronga Almonds & crackers.

ANTIPASTO & CHEESE PLATTER 35

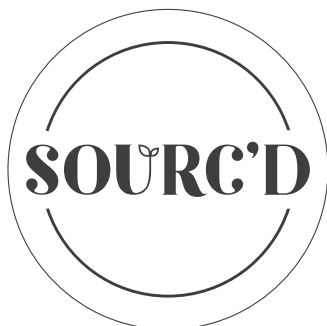
a selection antipasto meats with BD farm paris creek organic cheddar, Adelaide blue cheese & Australian Gold creamy brie with Natures Fruit dried apples, pears and dried apricots. Served alongside Brian's Olives, Tarronga Almonds & crackers.

TAPAS PLATTER 35

a selection of spicy chorizo, pickled octopus, spicy meatballs, pan con tomate, Brian's olives, soft feta cheese, gherkins & warmed bread.

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TAPAS

wines trusty amigo. great to nibble on or combine a few options for a 'DIY' platter

BOWL OF JALAPEÑOS (V)	2
BOWL OF BRIAN'S OLIVES (V)	2.5
BOWL OF GHERKINS (V)	2.5
BOWL OF PICKLED ONIONS (V)	2.5
BOWL OF TARONGA ALMONDS (V)	3.5
BOWL OF MIXED NUTS (V)	3.5
FETA CHEESE (V)	4
CHARGRILLED PANINO VEGETABLE MIX (V)	4
PAN CON TOMATE GARLIC BREAD (V)	4
CABANOSSI SAUSAGE	4.5
SARDINES IN OIL & CROSTINI	5
BABY BELL PEPPERS STUFFED WITH SOFT CREAM CHEESE (V)	5
CRUMBED CALAMARI RINGS	5.5
SLOW COOKED RED WINE CHORIZO	5.5
CACCIATORI (MILD) SAUSAGE	5.5
SPICY MEATBALLS (X6)	6
SMOKED OYSTERS IN OIL & CROSTINI	8.5
PICKLED OCTOPUS	10
ANTIPASTO PLATE	12

DAILY PAIRS

*pair one of our big bites with a glass of local boutique wine or craft beer**

THURSDAY SAUCY NACHOS	15
FRIDAY LOADED DOGS	15
SATURDAY PULLED PORK ROLL	17
SUNDAY SLOW COOKED RED WINE CHORIZO	21
MONDAY SAUCY NACHOS	15

DID YOU KNOW..

HAPPY HOUR(S)

FRIDAY & SATURDAY 5PM - 7PM
all cocktails // \$10
craft beer on tap // \$8 Pints

WINE & BEER FLIGHTS

can't decide which Wine or Beer to have? why not do a flight. sample your choice of 5 local wines or 5 craft beers* // \$12pp
- ask our crew for more info!

ORDERING WINE

you can order any of the wine we are currently stocking to be delivered to your door! visit > www.sourcd.com.au
*by pre-booking a wine flight or attending a tasting event you will be able to purchase any of our boutique wines to take home with you on the day!

OUR MISSION

Local is at the heart of everything we do here at SOURC'D.

Our mission is to provide an inviting and comfortable place for locals & visitors of the area to enjoy a variety of locally sourced produce and beverages.

Great Wine // Great Coffee // Great Food.. all with a sea view & a smile

Local Flights

Can't decide which wine or Beer?

LOCAL BOUTIQUE WINE FLIGHT

Sample your choice of 5 Local Boutique Wines that are currently pouring by the glass.

* Available Thursday through Sunday. 30ml Serving Size per wine.

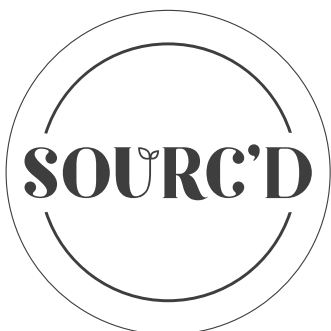
\$12 PP

LOCAL CRAFT BEER FLIGHT

Can't decide? Sample 5 Local Craft Beers with our Beer Flight.

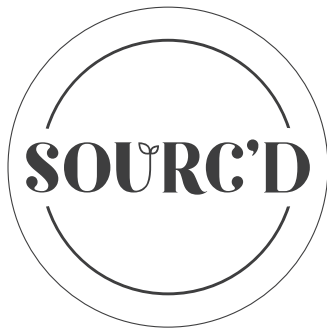
* Minimum 2 people. 50ml serving size

\$12 PP



Happy
Hour(s)

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Happy Hour(s)



Fri & Sat
5-7pm

COCKTAILS

TAP BEER

Cocktails \$10

Tap Beer — Pints \$8