

broth bar & larder

DINE-IN OR TAKE-AWAY MENU

hot broth

	baby broth	small	large
chicken	3.5	6.5	10.5
beef	3.5	6.5	10.5

broth flavour bombs

all 0.5

lemon juice, freshly grated ginger, fish sauce, tamari, chilli flakes, turmeric, minced garlic, paprika, dulse flakes, cumin, sumac

broth based soups

see clipboard sign

meal of the day

see clipboard sign

sides

activated nuts, green olives, fermented veggies	4
gruyere raw milk cheese	4
bread (Iggys sourdough or Spring Wholefoods gluten-free) & butter	1.5

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OUR STORY

Broth Bar & Larder is an extension of my kitchen. It was born out of a desire to create a small and inviting space to enjoy home-made, nourishing and completely unprocessed foods made to the same standard that my children and I eat at home. I feel that there is a deep yearning inside each of us for the forgotten foods of yesteryear. It is so engrained in the fabric of our DNA that when people consume it, it touches their soul. It feels right. This is the food your great grandmother would have made. This is my type of food. Through this establishment, I share with you my passion for simple pleasures and conscious consumption.

Broth Bar & Larder encompasses both our retail space and our commercial kitchen. All our **Star Anise Organic Wholefoods** products are handcrafted on-site according to traditional preparation techniques, displaying transparency to consumers. These products are available dine-in or takeaway from the Broth Bar, or can be purchased pre-packaged from the Larder (pantry).

Our hand-made products are a reflection of our **philosophy** which is to combine the wisdom of ancestral diets with the latest developments in nutritional medicine and robust science to create the cleanest, ethically-sourced & properly-prepared wholefoods to heal, nourish, satisfy & delight.

Our **mission** is to bring nutrient-dense traditional wholefoods back to the modern table for vibrant health and longevity...starting with a simple cup of broth which can be so satisfying, hugely comforting, and rich in complex flavours and nutrients.

The ingredients that go into our products are meticulously sourced from the finest provenance. All Star Anise Organic Wholefoods products are free from refined sugars, gluten, industrial seed oils, tap water, **agave syrup**, and (other than the pâté & some soups) also free of dairy. Our products do not contain any artificial or processed ingredients. Our kitchen is **free of microwave ovens, non-stick cooking ware and chemicals**. We pride ourselves on our commitment to purity and authenticity.

Broth Bar & Larder is the fusion of two worlds:
combining olde world wisdoms, traditions and artisan crafts, with a slick contemporary edge.
We offer you traditional wholefoods for a modern world.

with gratitude,
Soulla Chamberlain & the Star Anise Organic Wholefoods team

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OUR SUPPLIERS

We are deeply concerned about the provenance and processing of our ingredients. We are completely transparent about who our suppliers are and encourage our customers to ask questions and seek information about the source of individual ingredients. Ingredients used in our wholefood creations are **certified organic** wherever possible. Where organic certification of a product is not possible (eg sea salt) we opt for the least processed and most natural product. We meticulously source from farmers and suppliers committed to ethical and sustainable farming practices, preferring local where possible.

Beef bones used in the beef broth are 100% pastured and certified organic from Arcadian Meats.

Chicken frames and wings used in the chicken broth, and chicken meat used in the soups or casseroles, are 100% pastured and certified organic from Inglewood Farms.

Lamb, beef, pork or sausages used in the meals of the day are 100% grass fed from The Meat Store.

Fish frames used in the fish broth are from 100% wild Australian fish from local fish mongers.

Wild fish used in the meals of the day is from David Jones.

Herbs and spices are supplied by Ovvio Organics or Honest to Goodness.

Salt used is unrefined Australian sea salt free of anti-caking agents.

Vegetables and fruit are supplied by Eco Farms, Just Organics or local green grocers.

Frozen fruit is supplied by Harvestime.

Dates, dried fruit, and coconut oil are supplied by Honest to Goodness.

Coconut milk is supplied by Honest to Goodness and is BPA free and guar gum free.

Nuts, seeds and buckwheat are supplied by various farmers or wholesalers, opting for Australian-grown where possible.

Raw cacao power supplied by Loving Earth.

Raw cacao butter is supplied by HBC or Honest to Goodness.

Wild salmon, tuna and roe is supplied by **The Canadian Way**.

Pure Canadian maple syrup is supplied by Jakeman's.

Artisan bread is supplied by Iggy's (sourdough) or Spring Wholefoods (gluten-free).

Extra virgin cold pressed olive oil is supplied by Toscana Olives in Victoria.

Fish sauce (sweetener-free) is supplied by Red Boat.

Butter used is 100% pastured and sea salted supplied by Organic Dairy Farmers.

Raw milk cheeses are Parmigiano Reggiano from Italy and Gruyere from Switzerland.

Fermented cod liver oils are supplied by Green Pastures.

Collagen Hydrolysate and **Gelatin powders** are supplied by GelPro.

We use a **reverse osmosis water filtration system** supplied by The Water Shop.

Our tamper-proof plastic containers for the sale of our frozen stock and soups are BPA free & recyclable and liquids are only poured into them when cooled.