Food for a healthy soul

By Elle Cecil

Having opened in mid 2017, Soulfoods Cafe @ Officer provides delicious, healthy, fresh foods and drinks with gluten, dairy and sugar free options in abundance.

A plant friendly, interesting variety of vegan choices make up the breakfast and lunch menu.

With customer satisfaction the team's first priority, Soulfoods Cafe @ Officer provides coffees with a full range of milk options, freshly squeezed juices and smoothie bowls.

The business also stocks a wide variety of Chelle's Soulfoods Raw Treats.

Like most businesses, Soulfoods Cafe has faced a difficult period throughout the coronavirus pandemic.

"It has been a hard time in the hospitality industry in the last 18 months, but we would like to thank our customers for being loyal and the continued support and patronage that has helped us get through it," says owners Judith Phillips and Shane Baker.

"We appreciate their support and send our heartfelt thanks to [all customers]."

The staff at Soulfoods Cafe are friendly, open and welcoming, with a variety of experience, to provide you with a wonderful dining experience.

"[Our staff] provide great knowledge and passion in the food and drinks we serve, maintaining the reputation that the cafe has gained," Judith and Shane say.

Soulfoods Cafe is located at 20/445 Princes Highway, Officer.

For more information, phone (03) 5942 1225.

Trading hours are Monday to Friday, 7am to 3pm, and Saturday 8am to 3pm.

Judith Phillips, Shane Baker and the rest of the team will welcome you at Soulfoods Cafe. 271635

Make Good Food choices at Emporium

Good Food Emporium is a treasure trove for gluten free shopping. They carry a very large selection of gluten free products from soups to snacks, bakery items, pies, frozen meals, spices, confectionary, alcoholic beverages and everything in between. At the new Deli counter you will find gluten free arancini, dips and smallgoods. The spacious café has plenty on offer too.

"If you are newly diagnosed as suffering from coeliac disease or non-coeliac gluten sensitivity, adapting your lifestyle may seem challenging" says Christine dos Anjos, founder of Good Food Emporium, who follows a gluten free diet herself, "but our nutrition team offer advice on navigating dietary changes and finding gluten free replacements for your favourite foods."

Book your free store tour to learn more about the do's and don'ts of living with coeliac disease, the variety of available foods, how to choose certified gluten free products and check the labels for ingredients and cross-contamination advice.

Chat with one of the friendly naturopaths about remedies for lingering symptoms like bloating or fatigue.

Ensuring that no one misses out on a treat, OMG Decadent Donuts pops up at Good Food Emporium fortnightly.

Go on, pen it into your diary, you won't be sorry.

Good Food Emporium Wholefood Grocer and Cafe is at 15/430 - 440 Princes Highway Narre Warren.

Gluten Free products available at Good Food Emporium in Narre Warren. 271160

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15/430-440 Princes Hwy. Narre Warren
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