

An Introduction to GoodLife



How good is GoodLife?

We live in a world where we can have any type of food, any time of year. Even if it's not naturally in season, or locally produced.

But there's always something missing in the flavour, isn't there? You have to wonder how good it is for you, as well. And if you can't have goodness or flavour, what's the point of eating?

At GoodLife, we place an enormous importance on sourcing produce that's organic, fresh, in season and from regional South Australia. And when we do have to go further afield, it is only in a continual pursuit of quality and flavour. That means we spend a lot of time at local farms, markets and with organic growers. So when you tuck into your GoodLife organic pizza, know that the burst of flavour you experience is as nature intended it.

What is an organic pizza?

You see, when we say organic we mean food from a method of sustainable farming that works with nature to create a balance between plants and the organisms that coexist with them. Organic growing ensures food and beverage production or farming practices that do without the use of artificial fertilisers, pesticides and herbicides with an overall approach to sustainable agriculture and fair trade. Typically this also means better taste, and higher vitamin levels.

But not all organic is organic.

GoodLife is Australia's first and only certified pizza restaurant to date. We are certified by NASAA (National Association for Sustainable Agriculture Australia). Certification is the system by which genuine character of organic produce is established. Certification is based upon a set of conventions including written standards, stat decs, inspection, lab testing, independent assessment and legal contractual arrangements. Certification is necessary to prevent internal fraud.

It's not easy being green.

Way back in April 2003, when we opened the doors to GoodLife, not many people were talking about organic food. Some thought it meant vegetarian, others thought it meant alternative or hippy food. Now the world gets it. They understand the delicious benefits of organic food. Especially organic pizzas. But when we start talking about being green and we invent the world's first carbon neutral pizza, people start scratching their heads again.

The environment is important to us because we believe good food shouldn't cost the earth. So we've changed the way we do things at GoodLife to achieve a Carbon Neutral status. That means we don't take anything from the planet we don't give back. But in the end, it's all about good food and good friends. And when you have both, you've got a good life.

What's on the menu?

We have a menu based primarily on nine pizzas' (four vegetarian) with seasonal updates, and use a specials board to present special "in season or unique produce" brought to us by suppliers. Yes we do takeaway, but we don't deliver unfortunately. Catering is also possible please contact us for more info.

Allergies- Our pizzas do naturally contain gluten and yeast, but we can provide warm Free range Chicken or Springs smoked salmon salads for customers allergic to yeast or gluten. Or we can provide small gluten free pizza bases for a small extra charge. We can also make 'Vegan' pizzas for people who do not eat cheese or dairy.

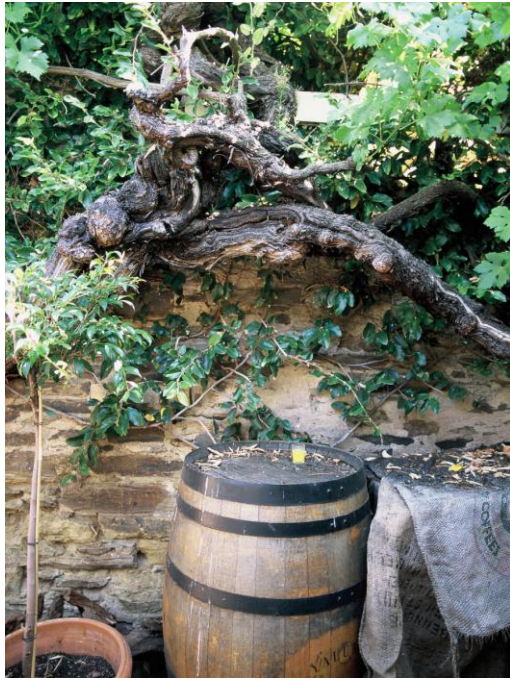
Cakeage- Feel free to bring your own Birthday cake but please note we do have a 'cakeage'. This operates in the same way as 'corkage'. It is \$2.50pp and includes service and preparation of cake for consumption.

It's got your name on it.

We encourage bookings, especially for busier periods and weekends. For larger groups and our busier occasions we require a credit card number to secure the booking, we do not process a deposit however should you need to cancel your reservation or reduce the numbers in your party we ask for 24 hours notice. Failure to do this may incur a cancellation fee of \$10.00 per person cancelled.

The image shows the word "facebook" in its characteristic blue, lowercase, sans-serif font with rounded edges. The letters are slightly spaced out and have a subtle drop shadow effect.

At GoodLife we're always up to something new. GoodLife Facebook will keep you up to date with all the latest instalments at GoodLife- from a new organic wine release to our latest pizza special's changes. Hundreds of friends are already in the know, so we'd love it if you joined the updates.



But that's enough about us. Here's what others think about us.

- “Best Pizza Restaurant” Restaurant and Catering Australia 2005, 2007 & 2010
- “Best Pizza Restaurant” Restaurant and Catering SA 2003, 2004, 2005, 2006, 2007, 2008, 2009 & 2010

GoodLife Central
170 Hutt St
Adelaide
SA 5001
p) 08 8223 2618
f) 08 8223 2101

GoodLife Glenelg
L1, Cnr Jetty Rd and Moseley St
Glenelg
SA 5045
p) 08 8376 5900
f) 08 8295 3355

GoodLife North Adelaide
5/11 O'Connell St
North Adelaide
SA 5066
p) 08 8267 3431
f) 08 8267 6295