

issue 6: free!

postal

a c-one-zine



CL

BREAKFAST / 7 DAYS / 7AM-3PM

FRUIT PLATE \$11.90

with kiwifruit, tamarillo, plums,
pomegranate & passionfruit jelly
vege | vegan | dairy free | gluten free

.....

FEIJOA GRANOLA \$11.90

with roasted pear, dried fruit compote and
coconut milk and coconut yoghurt
contains nuts | vege | vegan | dairy free | refined sugar free

.....

CINNAMON PORRIDGE \$11.90

with caramelised banana, brown sugar & cream
*dairy free | vege | *on-request

.....

EGGS ON TOAST \$9.90

two eggs (poached, scrambled or fried) on toasted multigrain
vege | *paleo | *dairy free | *gluten free | *on-request

.....

BACON & EGGS \$14.90

bacon & two eggs (poached, scrambled or fried)
on toasted multigrain
*paleo | *dairy free | *gluten free | *on-request

.....

PORTOBELLO BENEDICT \$20.90

truffle roasted portobello mushrooms, hash brown &
kale chips served with two poached eggs & hollandaise
vege | *paleo | gluten free | *on request

.....

BACON BENEDICT \$20.90

bacon, hash brown, bacon belly & avocado served with
two poached eggs & hollandaise
*paleo | gluten free | *on request

.....

SALMON BENEDICT \$20.90

salmon, spinach, avocado & toasted multigrain served with
two poached eggs, salmon crackling & hollandaise
*paleo | *gluten free | *on request

.....

FRENCH TOAST \$20.90

with lemon curd, meringue, raspberry coulis,
brulee bananas & freeze-dried raspberry powder
vege

.....

SOUTHERN STYLE WAFFLE \$20.90

with deep fried cauliflower nuggets &
sriracha maple syrup
vege | vegan | dairy free

.....

OPEN BREAKFAST BURRITO \$20.90

with braised pork shoulder, black bean, quinoa,
guacamole, salsa, parmesan cheese,
chipotle mayonnaise & a poached egg
*vege | *dairy free | *gluten free | *on-request



PNEUMATIC EVENING MENU

7 DAYS / 3PM-9PM

KIDS PNEUMATIC COMBO \$11.90

your choice of slider with
curly fries & an activity pack
*dairy free | *gluten free | *vegan |
*vegetarian | *on-request

C1 Espresso
home of the world famous
pneumatic sliders.

We'll deliver your meal to
you through our pneumatic
network at 100km/h. These
are burgers from the future,
delivered to the present from
somewhere in the past (or
something like that).

We acknowledge that this is
the thin edge of the wedge,
an unholy fusion of food and
technology. It will herald a
time when burgers, robots
and chefs become self-aware
and destroy all humans. We
are also told these sliders
taste pretty good.

Choose any combination of 3 sliders and fries for \$22

CHICKEN

honey BBQ chicken with cherry
tomatoes & avocado aioli
*dairy free | *gluten free | *on-request

BEEF

beef patty with smoked cheese,
lettuce & house-made tomato relish
*dairy free | *gluten free | *on-request

JACKFRUIT

pulled pork style jackfruit with
roasted mushroom, avocado slaw &
tofu aioli
contains nuts | *dairy free | *gluten free |
*vegan | vegetarian | *on-request

PUMPKIN

pumpkin & buckwheat patty
with rocket, pine nuts &
a cashew coriander sauce
contains nuts | *dairy free | *gluten free |
*vegan | vegetarian | *on-request

PORK

mozzarella stuffed pork meatball
with lettuce & chipotle tomato sauce

LAMB

pulled lamb shoulder with
cucumber, lemon-coconut
tzatziki & cumin aioli
*dairy free | *gluten free | *on-request

CAULIFLOWER

southern style fried cauliflower with
chipotle aioli & pineapple salsa
*vegan | *dairy free | *on-request

CURLY FRIES \$9.90 delivered by pneumatic tube
vege | contains gluten

C1 ESPRESSO
white or black \$4.30
extra shots / soy milk / almond milk /
decaf / takeaways add 50c

CHEMEX FILTER \$9.90
full bodied mexican coffee with
smooth toasted peanut flavours

OTHER POTIONS
fat black \$6.90
honey, lemon and ginger \$4.30
hot blackcurrant \$4.30
chai latte \$4.30
turmeric latte \$4.30
charcoal latte \$4.30
beetroot latte \$4.30
matcha latte \$4.30
vienna \$6.90
.....

BLACK TEA \$5.90
english breakfast / ceylon /
earl grey / darjeeling

CHINESE BLACK TEA \$5.90
lapsang souchong

CHINESE GREEN TEA \$5.90
sencha / gunpowder /
jasmine dragon pearl

BLOOMING TEA \$9.90
blooming jasmine
blooming carnation

WHITE TEA \$5.90
jasmine silver tip

OOLONG TEA \$5.90
tie guan yin (iron goddess of mercy) /
apple & pomegranate

FLAVOURED GREEN TEA \$5.90
lime green / cinnamon green /
morrocan mint / mango green /
quince & ginger green

HERBAL TEA \$5.90
chamomile / peppermint /
roship / liquorice & peppermint /
lemongrass, kawakawa & ginger

CHOCOLATEY TISANES \$5.90
chocolate & chilli
chocolate & coconut

CHAI BLENDS \$5.90
black chai / green chai / rooibos chai

FRUIT TISANES \$5.90
lemon, lime & apple
strawberry & kiwifruit
mango & blackcurrant
wild berry
turkish apple
feijoa & apple

ROOIBOS INFUSIONS \$5.90
raspberry & vanilla rooibos
spiced orange rooibos

SODAS \$6.90
lucky ginger beer
fentimans curiosity cola
fentimans victorian lemonade

ANTIPODES 500ML \$6.90
still or sparkling

MONTHLY SPECIALS \$POA
available for a limited amount of time

ICED TEA \$12.90
colour changing jasmine white tea
with butterfly pea flower & lemon

OK! NECTARS \$6.90
feijoa / mango / banana / guava /
spirulina / berry

C1 FRESH JUICES \$6.90
a is for apple
g is for grapefruit
o is for orange
.....

SMOOTHIES \$8.90
feijoa / mango / banana / guava /
spirulina / berry / chocolate & berry /
mocha & banana / chocolate & mango
*dairy free | *on-request

ICED DRINKS
affogato \$6.90
liqueur affogato \$9.90
iced coffee \$8.90
iced chocolate \$8.90
iced mocha \$8.90
iced chai \$8.90
soda spider \$8.90
*dairy free | *on-request
.....

BEER
three boys wheat \$12.90
three boys pilsner \$12.90
vailima export lager 750ml \$12.90
vailima pure \$9.90
parrot dog ipa \$9.90
parrot dog pale ale \$9.90
parrot dog pilsner \$9.90
emersons pilsner \$12.90
emersons bookbinder \$12.90
yeastie boys porter \$9.90
yeastie boys tea leaf ipa \$9.90
yeastie boys digital ipa \$9.90
yeastie boys pacific ale \$9.90
two thumbs pale ale \$12.90
two thumbs oatmeal stout \$12.90

CIDER \$12.90
scoundrels & rogues apple

WINE \$12.90
black estate riesling
cloudy bay sauvignon blanc
waipara springs premo chardonnay
fromm la strada pinot gris
black barn rose
black barn merlot cabernet franc
main divide pinot noir

THREE FILLING OMELETTE \$20.90
choose 3 from the following:
bacon / mushrooms / spinach / cheddar / feta / potato / sausage /
tomato / salmon / onion / served on toasted multigrain
*vege | *dairy free | *gluten free | *on-request
.....

SALMON & AVOCADO ON MULTIGRAIN \$20.90
with salmon, avocado, lemon, beetroot relish & cream cheese
*gluten free | *on-request
.....

BLAT BAGEL \$24.90
with bacon, lettuce, avocado, tomato & aioli served with curly fries
*gluten free | *on-request
.....

BREAKFAST BURGER \$24.90
with beef patty, bacon crumb, fried egg, kraft cheese, maple mustard
& chorizo hollandaise served on a toasted bagel with curly fries
*gluten free | *on-request
.....

SUPER CHOICE BRO \$24.90
with bacon belly, baked beans, avocado, portobello mushroom, hash brown, spinach,
hollandaise, toasted multigrain & two eggs (poached, scrambled or fried)
*vege | *paleo | *gluten free | *on-request
.....

PEA & HAM HOCK SOUP \$11.90
with peas, ham hock, celeriac, mint, creme fraiche, lemon & toasted multigrain
*paleo | *dairy free | *gluten free | *on-request
.....

NACHOS \$20.90
with pulled pork, black beans, guacamole, cheese, salsa,
avocado ranch dressing & sour cream
*vege | *vegan | *dairy free | gluten free | *on-request
.....

BAGELS, TOAST & SPREADS
with butter \$4.90 / raspberry jam & butter \$6.90 / honeycomb,
raspberry jam & butter \$8.90 / basil pesto \$8.90 / hummus \$6.90 /
cream cheese \$6.90 / sundried tomato cream cheese \$6.90 /
peanut butter \$6.90 / vegemite \$6.90 / marmite \$6.90 / marmalade \$6.90
vege | *gluten free | *on-request
.....

EXTRAS
bacon \$6 / sausage \$5 / avocado \$5 / spinach \$5 / smoked salmon \$7 /
potato hash brown \$5 / eggs (2 poached, scrambled or fried) \$4 /
grilled tomato \$3 / fresh tomato \$3 / baked beans \$5 /
pan-fried mushrooms \$5 / extra toast \$2 / extra spreads \$2 /
gluten free sunflower & cassava toast \$2.50
.....

PNEUMATIC KIDS BREAKFAST \$11.90
beef patty, cheddar cheese & tomato slider,
curly fries & an activity pack
*gluten free | *on-request
.....

CURLY FRIES \$9.90
delivered via pneumatic tube to a station near you!
vege | contains gluten

C1 ESPRESSO

white or black \$4.30
extra shots / soy milk / almond milk /
decaf / takeaways add 50c

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cloudy bay sauvignon blanc
waipara springs premo chardonnay
fromm la strada pinot gris
black barn rose
black barn merlot cabernet franc
main divide pinot noir

have seen shambles

appear to have accepted a sub-
standard finish of the road surface.

If this were the Christchurch
City Council the lynch mob would
be protesting outside the council
chambers.

GRAEME SHARP
Kaiapoi

Vile lyrics in cafe

While standing in the queue at C1
Cafe in the old post office building
in Tuam St on Thursday afternoon
I was subjected to the most vile
lyrics that it has ever been my
misfortune to hear.

A rapper angrily and repeatedly
yelled that he was going to "F...

you!"

I am a liberal male in my mid-
forties and not generally prudish,
but this misogynistic, anti-social
tirade made my skin crawl.

C1 hires young attractive
women. Why should staff have to
put up with this in their
workplace?

If this was on radio or television
there would be a flood of
complaints resulting, I suspect, in
censure and a fine, but apparently
broadcasting it into a cafe and the
surrounding street via outdoor
speakers is OK.

CARL NIXON
St Martins

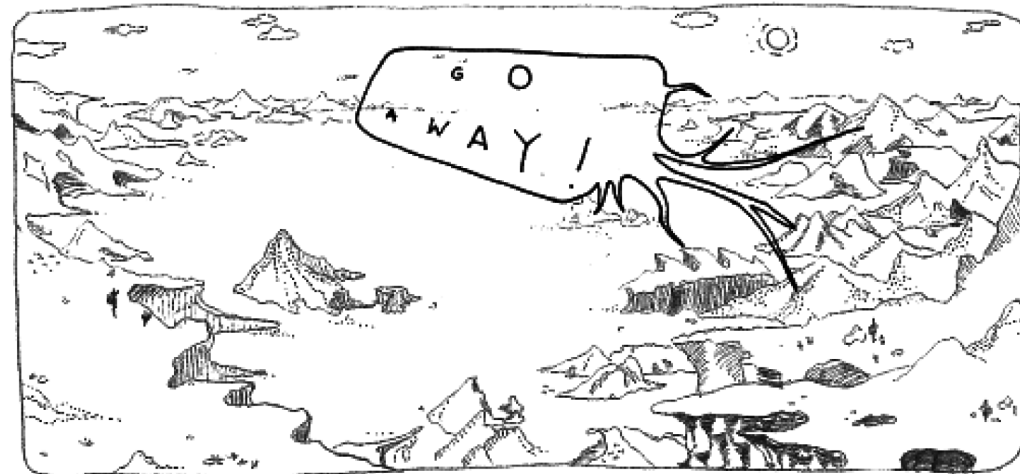
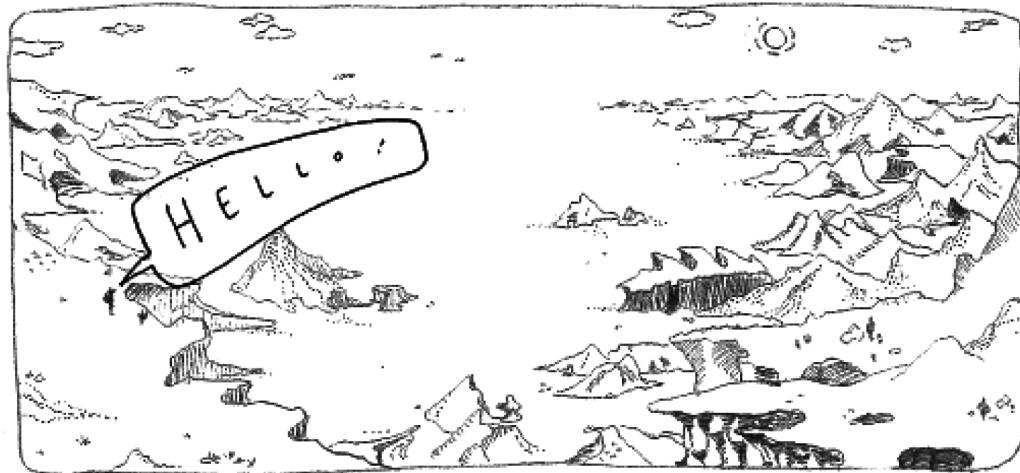
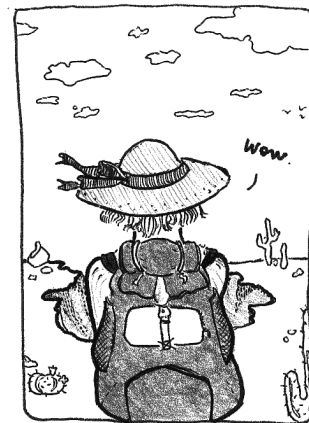
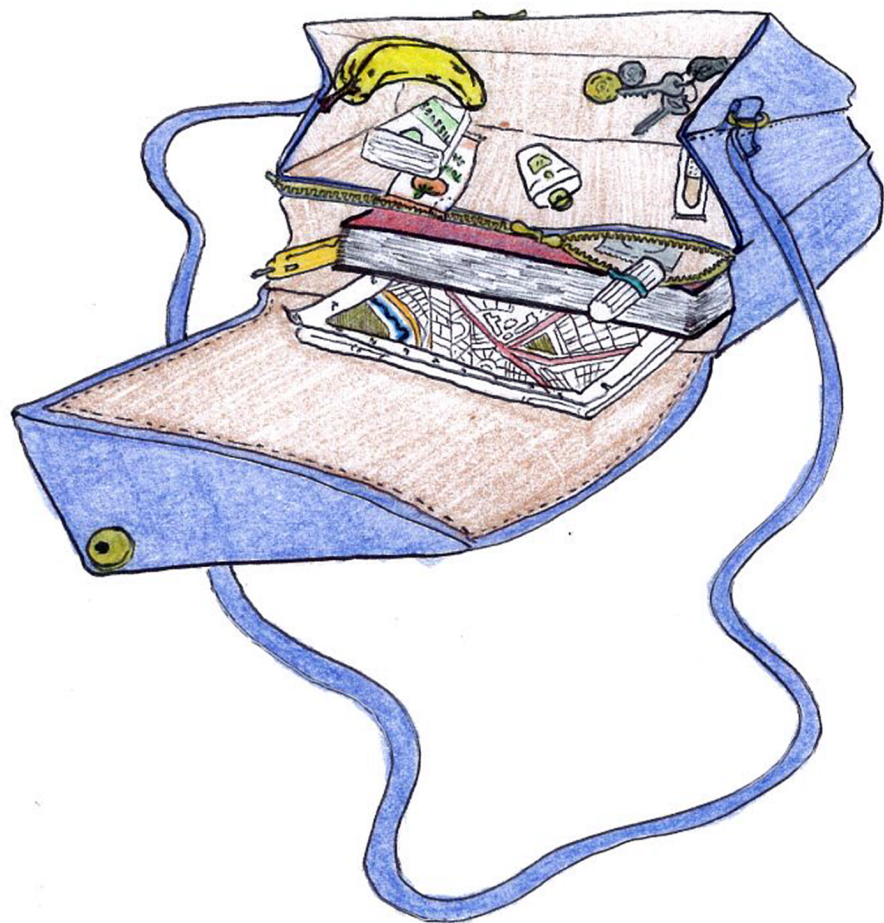
ROULETTE

G A BAD
TION TO
HETIC

THE
NUMBERS
ARE COMING

HANDBAG

of "just in cases"



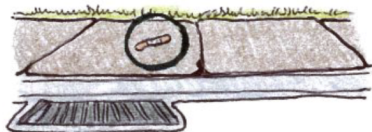
CRIME and PUNISHMENT

CRIME: OVERZEALOUSLY MOWING THE LAWN AND RUNNING OVER FLOWERS



PUNISHMENT: IN THE FINAL MOMENTS OF YOUR NEXT HAIRCUT, THE HAIRDRESSER WILL TRIM YOUR EYELASHES AND EYEBROWS AND YOU WILL SURVIVE BUT YOU WILL LOOK SILLY FOR A WHILE

CRIME: ALLOWING A PLASTER TO FALL OFF, AND LEAVING IT ON THE PAVEMENT



PUNISHMENT: EACH NIGHT, AS YOU CLOSE YOUR EYES TO SLEEP, YOU ARE PRESENTED WITH A VIVID MENTAL IMAGE OF A SMALL WOUND BELONGING TO SOMEBODY IN THE WORLD AT THAT MOMENT

CRIME: YOU DO NOT REPLACE A TOILET ROLL WHEN YOU FINISH IT.



PUNISHMENT: EVERY LINE OF ALANIS MORISSETTE'S 1995 "IRONIC" BECOMES A REALITY FOR YOU.

"HIGH STREET" - "LICHFIELD STREET"

There was a considerable expansion of the business portion of Christchurch in a south-easterly direction about the turn of the century, and some pressure was made on the Post and Telegraph Department to provide greater facilities in that direction. The shopping areas growing steadily in Lower High Street, Manchester Street, Cashel Street East and in other neighbouring streets, as well as the concentration in Lichfield Street of warehouse and other important business premises were strong factors to influence the Department's decision in the matter.

Towards the end of 1901, the Department began negotiations for premises in the area, and they selected an offer by Tonks, Norton & Co., of premises in Lichfield Street, which stood alongside the present "His Lordship's" Hotel. The building then on the site had been occupied by a Mr Cooke, a restaurant-keeper, and had a frontage of 33 feet by 66 feet running through from Lichfield Street to a right-of-way known as Green's Lane. It was then known as Cooke's Pie Shop. Years later a new building was erected on the site by the Bell Cycle Co. Ltd, and strangely enough, it is at present occupied by Messrs Tonks, Norton & Co. The street number is now "110".

Several letters passed between the Post Office and the Agents, and eventually Messrs Wood Brothers, the owners of the premises, instructed Tonks, Norton & Co., to arrange for a lease of five years with a right of renewal, at a rental of £175 per annum plus local body rates.

Historical notes prepared by the Department at the time the present building was built in 1932, state that the Lichfield Street office was opened on 3.12.1902 under Miss Isabella Louisa Scully as a non-permanent Postmistress. However, according to the "Post and Telegraph Official Circular" of the time, the opening was on 1.11.1902, when a permanent staff officer, Mr J.J. Hackshaw was transferred from Auckland to take charge of it. Included in the office were Money-Order and Savings Bank facilities, and telegrams could be sent from there also. The hours of attendance were 9 a.m. to 5 p.m., and the telegraphic code call was "LFS". There was no telegram delivery. Mr C.H. Moltzer was recruited to the permanent staff as a telegraph messenger, whose main work would no doubt be the transport of mails to and from the Chief Post Office.

We have not been able to determine whether it was originally intended that Lichfield Street be staffed as a permanent office, or whether Mr Hackshaw's services were required merely to teach the new Postmistress who was to be appointed. In any case, we have not been able to trace any further mention of him.

Miss Scully became non-permanent Postmistress and Telephonist on 3.12.1902, and from there on, for some time, all we have is a record of appointments and transfers, some on the permanent staff and some on the non-permanent. It would appear that most of the time, the Postmistress and her office assistant were non-permanent officers, while the Messenger was on the permanent staff.

- 2.3.1903: Ellen Walker East appointed non-permanent assistant
- 18.5.1903: Ebenezer Gibbard appointed Telegraph Messenger (Permanent staff at £26 p.a.)
- 1.2.1904: F.E. King of Christchurch Telegraph Office, transferred to Lichfield Street (probably as another messenger)
- 19.9.1904: C.H. Moltzer transferred to Christchurch Telegraph Office
- 12.10.1904: Ebenezer Gibbard promoted to Letter Carrier, Sumner
- 19.12.1904: J.J.W. Pollard of Christchurch Telegraph Office, transferred to Lichfield Street. (It is thought that this man later became one of the country's leading journalists and Editor of the "Southland Daily News" at Invercargill).
- 31.1.1905: Amy Miller appointed "Second Assistant" (Non-perm)
- 10.1.1906: Edwina Shields appointed second assistant on permanent staff at £40 p.a.
- 12.1.1906: J.J.W. Pollard transferred to Sydenham





REVISIONS
UNDER CRIMES ACT 2016
SECTION 92A(1308)

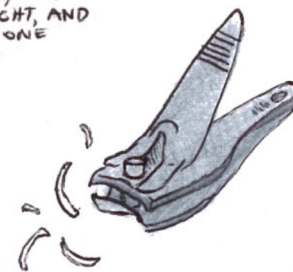
BY ROYAL
DECREE



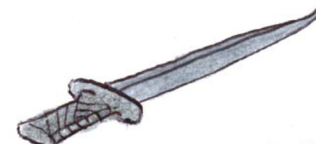
CRIME: USING THE INCORRECT BIN
(ESPECIALLY WHEN THEY ARE RIGHT
NEXT TO EACH OTHER?)



PUNISHMENT: NO ONE, NOT EVEN
YOUR IMMEDIATE FAMILY, EVER
YOUR NAME QUITE RIGHT, AND
YOU'RE THE ONLY ONE
TO NOTICE

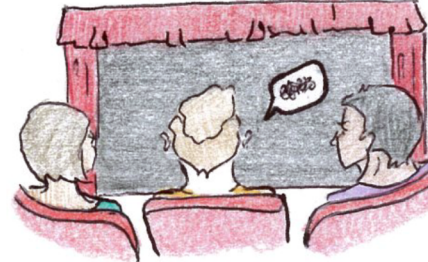


CRIME: CLIPPING YOUR FINGERNAILS
IN PUBLIC



PUNISHMENT: PUBLIC BEHEADING

CRIME: TALKING DURING A MOVIE



PUNISHMENT: YOU WILL ONLY EVR
HAVE UPSTAIRS NEIGHBOURS WHO MAKE
UNIDENTIFIABLE RACKETS IN THE EARLY
HOURS (- WAS THAT A BOWLING BALL?)



Let's Take a Walk, published by C1 Espresso, follows a family as they walk the streets of Christchurch. They share their memories of the city as it used to be and they recall how the earthquake felt. They look at the changes it has brought to their city, and begin to dream about the future. The story is told alongside beautiful, interactive illustrations of Christchurch's iconic buildings before and after the earthquake, including the High Street buildings, Knox Church and the Cathedral of the Blessed Sacrament. A city map at the back of the book allows readers to follow the family's journey through Christchurch. Written by Nicole Phillipson and illustrated by Hannah Beehre, this children's picture book is available now from C1 for \$50.



White tea

Silver tip white tea.



Cinnamon Green Tea

Cinnamon, rose petals and sencha tea leaves



Jasmine Dragon Pearl

Jasmine blossoms and green tea



Silver Needle & Carnation Blooming Tea

Silver needle tea and carnations.



Quince & Ginger green tea

Sencha, apple, ginger, wall flowers and sunflower petals



Mango Green Tea

Cornflower, rose blossoms, mango and sencha



Blooming Jasmine

Silver needle tea, jasmine, marigold and amaranth.



Lime green tea

Lemon, lime, daisies and sencha



Green Chai

Sencha tea leaves, cardamom, cinnamon, cloves and ginger



Spiced Orange Rooibos

Rooibos tea, orange and spice.



Sencha

Japanese green tea



Gunpowder

Chinese green tea



Iron Goddess of Mercy

Oolong tea



Apple & Pomegranate Oolong

Oolong tea, dried apple and pomegranate



Chocolate & Coconut

Rooibos tea, chocolate and coconut.



Chocolate & Chilli

Apple, chilli, chocolate, cocoa, safflower and strawberry



black chai

Black tea, cardamom, cinnamon, cloves, ginger,



Darjeeling tea

Darjeeling tea.



English Breakfast

English breakfast tea.



Earl Grey

Black tea, blue mallow blossoms, bergamot oil and



Lapsang souchong Black tea

Lapsang souchong tea.



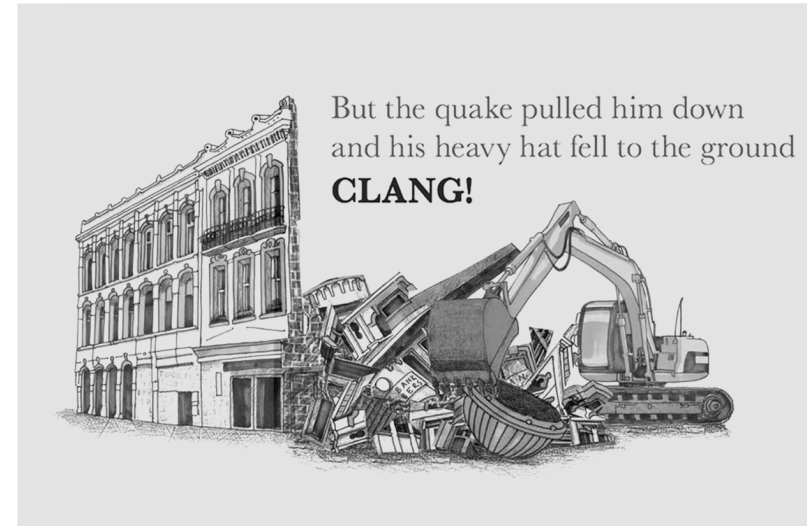
Ceylon Tea

Orange pekoe



Rooibos chai

Rooibos tea, cardamom, cinnamon, cloves, ginger, lemon zest, pepper and star anise.



illustrated by Samantha Stokes

What's Your Cup of Tea?

Oolong
Green tea
Fruit tisanes
Black tea

Chocolatey tisanes
Rooibos
White tea
Herbal



Lemongrass, kawakawa & ginger

Lemongrass, kawakawa
and ginger



Turkish apple

Apple and citric acid



Lemon lime & apple

Citrus peel, apple, rosehip
and hibiscus



Peppermint

Peppermint leaves



Fruit tisane

Mango, blackcurrant,
pineapple and lemon



Strawberry & kiwifruit

Strawberry, kiwifruit, rosehip,
apple and hibiscus



Wild berry

Elderberry, blackberry, strawberry,
raspberry and blackcurrant



Chamomile

Chamomile flowers



Cascara

Organic kofe
Samoa cherries



Saïjoa & Apple

Apple, feijoa, rose petals
and hibiscus



Rosehip

Rosehip



Liquorice root & peppermint

Liquorice root, peppermint
and fennel seed