

## BREAKFAST (Available All Day)

Sourdough or grain toast w/ spreads | 11

Eggs Benedict (bacon), Royale (salmon), Florentine (spinach) | 22

Manuka honey toasted granola, almonds, coconut yoghurt & apple syrup | 13

Toasted Bagel – w/ your choice of x2 Toppings - Cream Cheese, Pesto, Bacon, Avocado, Tomato, Spinach, Eggsx2, Salmon, Halloumi | 16

Buttermilk pancakes, blueberry compote, maple syrup, whipped cream | 20

Five grain toast, tomato, pesto, avocado | 15

3 egg omelette, house baked beans, grilled halloumi, rocket | 22

Creamy Te Mata mushrooms, holly bacon, hash browns, toasted sourdough | 22

Avocado pea smash, feta, beetroot purée, hazelnut dukkha, soft poached eggs, on sourdough | 22

Harvest Breakfast w/ 2 Eggs, Bacon, Sausage, Spinach, Tomato, Hash Brown, Creamy Mushrooms & Toast - Small Single Portion | 22

Large Double Portion | 26

### GF/DF/V BY REQUEST

*Please inform us of any allergies or dietary requirements.*

*We can adjust most meals to meet your needs*



## LUNCH (Available 11am onwards)

Maina-style seafood chowder, toasted sourdough | 20

Cauliflower & cheese risotto, feta, rocket, toasted hazelnut | 22

Buttermilk fried chicken taco, red cabbage, carrot & sprout slaw, avocado smash, sriracha aioli | 23

Smoked salmon fettuccine, spinach, peas, lemon, shaved parmesan | 24

Pork belly open sandwich, apple sauce, slaw, fries | 24

American-style beef burger aged cheddar, pickles, house-made mustard sauce, fries | 23

Traditional fish & chips, green salad, fries, tartare, lemon | 23

Fries – straight cut OR waffle w/ aioli and tomato sauce | 8.5

## PIZZA -20-

Smoked salmon, red onion, cream cheese, capers, mozzarella

Ham off the bone, fresh pineapple, mozzarella

Tomato, pesto, rocket, feta, mozzarella

Chicken, brie, cranberry sauce, spinach, mozzarella

Mushrooms, caramelized onion, blue cheese, thyme, mozzarella

Bacon, chorizo, tomato, BBQ sauce, red onion, mozzarella

## SALAD -22-

Cajun chicken salad, candied walnuts, semi dried tomatoes, avocado, ranch dressing

Sweet & sour pork belly salad, cos lettuce, apple, pickled ginger, chilli, toasted seeds

Warm Thai chicken salad, mung beans, mint, coriander, shallots, crispy noodles, coconut cream dressing

Hot smoked salmon Caesar salad, garlic croutons, shaved parmesan, soft poached egg

Grilled halloumi salad, roasted root vegetables, olives, kale chips, golden raisins, buttermilk dressing

## SANDWICHES - \$19 WHOLE/\$10 HALF- (Fresh or toasted on house baked bread)

Free-farmed ham, house mustard, swiss cheese, tomato, BBQ aioli

Corned beef, sauerkraut, pickled gherkin, swiss cheese, aioli

Beef brisket, onion jam, salad leaves, aged cheddar cheese, chipotle aioli

Salami, pesto, tomato, provolone, red onion, rocket

Roast chicken, smoked manuka cheddar, aioli, red onion, salad leaves

## COFFEE

White | 4.5  
Black | 3.5  
Large | 0.5  
Chai or Turmeric Latte | 5  
Hot Chocolate | 5  
Decaf | 0.5  
Caramel/Vanilla | 0.5  
Soy/Almond | 0.7  
Coconut/Oat | 1

## T-LEAF TEAS -ALL 4.5-

English Breakfast  
Earl Grey Blue Flower  
Gunpowder Green  
Jasmine Pearls  
Tokyo Lime  
Coconut Rough  
Berrylicious  
Kawakawa Fire  
Pure Peppermint  
Liquorice Star  
Chamomile  
Lapsang Souchong  
Chai  
Orange  
Lemon Honey Ginger (syrop)

## ICED TEAS -ALL 4.5-

Blackcurrant & Honey  
Cranberry & Lime  
Lemon Honey & Ginger

## FIZZ -ALL 5-

Lemmy Lemonade  
Razza Raspberry Lemonade  
Lemon Lime Bitters  
Mac's Ginger Beer  
Ginger Ale  
Coke  
Diet Coke  
Sprite

## JUICES

Apple | 5  
Feijoa | 5  
Orange | 5  
Tomato | 5  
Henry's 73 Sparkling Orange | 6

## SODAS -ALL 5.5-

Watermelon & Mint  
Elderberry & Herb  
Lemon & Ginger Kombucha

## MINERALS

Antipodes Sparkling (500ml) | 8  
Soda Water | 5  
Tonic Water | 5

## ICED DRINKS -ALL 5.5-

Iced Chocolate  
Iced Coffee  
Iced Mocha  
Iced Americano  
Ice cream and cream | 1.5  
Caramel/Vanilla | 0.5  
Soy/Almond | 0.7  
Coconut/Oat | 1

## SMOOTHIES -ALL 9-

### DETOX

Blueberries, banana, date, boysenberries

### REBOOT

Mango, pineapple, banana, passionfruit

### BOOSTER

Banana, mango, spinach, lime juice, apple

### PROTEIN | 2

Chocolate or Vanilla

## WINE & BEER

*Please ask staff to see a wine list*

