

Coffee

Americano / Long Black / Machiatto / Short Black.....	\$4
Cappuccino / Flat White / Hot Chocolate / Latte / Mochaccino.....	\$5
Chai Latte.....	\$5.5
Jug of Pouring Cream.....	\$1.5

Kids Drinks

Iced Chocolate.....	\$4.5
Hot Chocolate.....	\$4.5
Fluffy.....	\$2.5
Kids Banana Smoothie.....	\$5

Alternative Milk Options

Otis New Zealand Grown Oat Milk / Alpro Unsweetened Coconut Milk / Alpro Soy Milk.....all for 50c extra

Booze

	glass	bottle
DULCET Sparkling Brut Gisborne	\$10	
CRAB FARM Chardonnay Hawkes Bay	\$10.5	\$40
SAUVIGNON BLANC of the Month	\$11	
MOUNT BROWN Pinot Gris Wairarapa	\$11	
MATAWIHI ESTATE 'Mt Hector' Pinot Noir Wairarapa	\$11	\$40
MOUNT BROWN Rosé Wairarapa	\$11	\$40
HEINEKEN / PERONI LIBERA / CIDER / PALS (low carb)		\$8
PANHEAD PILSNER / PANHEAD PALE ALE		\$9

Hakanoa Syrups

Certified Organic

Lemon, Honey & Ginger.....	\$6
Vanilla Syrup.....	\$1
Caramel Syrup.....	\$1

Iced Drinks & Smoothies

Iced Chocolate.....	\$7	<i>Handmade Smoothies</i>	
Iced Coffee.....	\$7		
Iced Mocha.....	\$7	Keto with Strawberry, Blueberry and Coconut Milk (sugar-free).....	\$8.5
Iced Latte.....	\$5.5	Mango with Banana and Coconut Milk (DF).....	\$8.5
Iced Organic Vanilla.....	\$5.5	Green with Banana, Honey, Spinach and Milk.....	\$8.5
Iced Americano.....	\$5	Mixed Berry with Honey and Water (DF).....	\$8.5

Lighter Bites

MINI BREAKFAST (GF possible) + 1 scrambled egg, 2 bacon and 1 toast with butter.....	\$11.5
CHICKEN TACO (1x) + chicken, iceberg lettuce and aioli with shoestring fries.....	\$11
MINI PANCAKES (2x) + pancakes and maple syrup.....	\$11
SMALL CURLY OR SHOESTRING FRIES + tomato sauce / aioli.....	\$5

Menu

FULL GRILL (not GF possible)

+ 2 eggs your way, free range streaky bacon, creamy mushrooms, handmade potato cake, 2 breakfast sausages, baked beans, 2 thick slices of 5 grain toast, grilled tomato, butter.....\$26.00

NOURISH BOWL (V / GF / DF)

Our popular bowl is served Vegan standard + falafel balls, quinoa, cherry tomatoes, savoy cabbage, vege ribbons, herb and garlic hummus.....\$20.00
- additional options are as follows:
• add dukkha poached egg.....\$23.00
• add grilled chicken.....\$24.00
• add house smoked salmon fillet.....\$25.00

EGGS YOUR WAY (GF / DF possible)

+ free range eggs (fried / poached / scrambled with parsley), 2 pieces of 5 grain toast, butter, tomato relish.....\$12.00

*Add any **SIDES** from our list

BLUEBERRY PANCAKES

+ blueberry pancakes, maple syrup, fresh banana, caramel sauce, cream.....\$19.00
• add free range streaky bacon.....\$22.00

LAMBS FRY (GF possible)

+ seared liver, double smoked bacon bits, fried onion, mash, fresh spinach, sourdough and creamy sauce.....\$19.50

Bagel Options

SALMON

+ cold house smoked salmon fillet, pesto, zesty lemon creme fraiche, fried capers, spinach, pickled red onions.....\$19.00

BACON

+ Vandys dry cured streaky bacon, pesto, tomato and cream cheese.....\$16.00

JAM

+ classic raspberry jam and cream cheese.....\$8.00

*GF bagels 50c extra

Taco Options

PRAWN

+ 2 tacos with crumbed chilli prawns, iceberg lettuce, pineapple salsa and lemon mayo.....\$16.00

PORK

+ 2 tacos with bbq pulled Canterbury pork, shredded cabbage, apple sauce and aioli.....\$16.00

KUMARA (Vegan)

+ 2 tacos with baked kumara, tomato salsa, iceberg lettuce, coriander aioli and jalapeño hot sauce.....\$16.00

EGGS BENEDICT (GF possible)

+ 2 poached eggs, spinach, hollandaise sauce and sourdough
• add creamy mushroom.....\$21.00
• add free range streaky bacon.....\$21.00
• add house smoked salmon fillet.....\$23.00

MUESLI (Vegan possible)

+ housemade granola, Greek yoghurt, seasonal fruit.....\$15.00

CORN FRITTERS (Vegetarian possible)

+ fritter stack, tomato salsa, free range streaky bacon, onion jam, sour cream and guacamole.....\$21.00

KETO CHICKEN CAESAR (GF)

+ free range chicken breast, cos lettuce, croutons, crispy bacon, anchovies, parmesan, Caesar dressing, poached egg.....\$21.00

BEEF BURGER (Keto Bun optional - add \$2)

+ smashed Magills brisket patty, fried onions, housebaked bun, cheese, iceberg lettuce, secret burger sauce, shoestring fries.....\$21.00

RISOTTO (GF / DF & V possible)

+ chicken, mushroom, thyme, candied walnuts, pesto, shaved parmesan.....\$20.00

FRIES

+ curly OR shoestring with tomato sauce and aioli.....\$8.50

How We Roll:

Order up at the counter when you're ready.

If you have a large table, we are happy to take your order, just ask!

Please tell us if you have food allergies, don't just assume, especially coeliacs.

Sides

*All gluten free except for potato cake & sausage

- free range streaky
bacon.....\$6
- smoked salmon fillet...\$8
- breakfast sausage.....\$3
- creamy mushroom.....\$5
- tomato.....\$3
- wilted spinach.....\$3.5
- baked beans.....\$3.5
- potato cake.....\$3
- free range egg.....\$3
- hollandaise.....\$1.5
- avocado.....\$3
- Toast - 1 piece of toast & butter.....\$2.5

*Choice of 5 grain, sourdough, Keto or Gluten Free bread