

# W E L C O M E

## BREAKFAST 7:30am until 11am

- Salmon waffles** Buttermilk wholemeal waffles, griddled smoked salmon, caper & dill crème fraiche, two poached eggs - \$21.5
- Egg n soldiers** Two soft boiled eggs, toasted brioche soldiers, smoked chili & lime butter - \$13.5
- Ripple** Rhubarb, raspberry & coconut yogurt ripple, almond & olive oil granola - \$16.5
- Asparagus** Grilled asparagus with two poached eggs, shaved zucchini & tahini yogurt - \$19.5
- Quesadillas** Grilled tortillas stuffed with pumpkin & vanilla ricotta, apple-maple & pumpkin seed salsa - \$16.5
- Eggs** Poached, scrambled or fried with sourdough toast & sea salt butter - \$12.5 / with freedom toast - \$14.5
- Toast** Sourdough, freedom loaf or best ugly bagel with choice of seasonal jam, lemon curd or peanut butter - \$7
- Sides** Dry cure bacon / Smoked salmon - \$6  
Mushrooms / Sauté potatoes / Spinach / Avocado - \$5  
Add an egg - \$3

## COFFEE

- Black** \$4  
**White** \$4.5  
**Choc** \$4.5  
**Chai** \$4.5  
**Cold, Black & Beautiful** \$4  
**Cold, Sweet & Milky** \$4.5  
**Single Origin / Filter** \$4.5  
**Almond Milk /Coconut milk** +50c  
**Large** +50c

## AZTEC HOT CHOC \$5

with beet marshmallow

## SMOOTHIES \$9

- Lassie** Mango, banana, coconut, turmeric, kaffir lime  
**Ruby** Strawberry, blueberry, rhubarb, ginger  
**Verde** Kiwi, apple, avocado, mint spirulina

## HOUSE COLD PRESS \$8

- Red** Beetroot, carrot, apple, celery  
**Amber** Tangelo orange and melon  
**Green** Cucumber, apple, spinach ginger, kale

## ALL GOOD SODAS \$4.5

**Karma Cola / Gingerella / Lemmy Blood orange / Grapefruit / Blackcurrant Apple & feijoa / Pear & ginger**

## ORGANIC TEAS \$4.5

**Detox** (light raspberry & liquorice)  
**China white** (Subtle green leaf)  
**Peppermint** (Crisp and clean)  
**Calm** (Floral & slightly sweet)  
**Earl grey** (Fragrant bergamot )  
**Breakfast** (Citrus notes, light tannin)

## NATIVE TONICS \$5

**Kawakawa leaf / Horopito leaf**

## KOMBUCHA \$5

## WATER \$4.5

**Organic Coconut Water**  
**Otakiri Artisan Water**  
Still or Sparkling



# W E L C O M E

## LUNCH 11:30am until 2pm

- Chicken salad** Tandoori spiced chicken, baby gem salad, cherry tomato, almonds, green lentils, buttermilk-dill dressing - \$19.5
- Mushrooms** Sauté portobello & swiss browns, grilled asparagus, shaved zucchini, nz pine nuts, crispy quinoa, parmesan - \$19.5
- Laksa bowl** Kumara noodles, green beans, pak choi, cashews, mung beans in coconut & lime laksa broth – w/ sticky ginger beef - \$22  
w/ grilled ginger tofu - \$19
- Croque** Classique grilled sandwich with baked ham, gruyère, potato, & béchamel sauce, iceberg wedge with dijon dressing  
– monsieur - \$18.5  
– madame (with egg) - \$21.5
- Lamb kofta** Grilled lamb kofta skewers with tamarind honey glaze, pistachio, mint, organic spelt, chickpea & cauliflower salad, roast garlic tzatziki - \$22
- Fish dish** Changes daily, your server will let you know what's cooking - market price

We only use free range meats, free range eggs, sustainable fish, organic milk and the finest quality fresh N Z produce we can find. Please inform your server of any dietary requirements. Thank you.

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