

W E L C O M E

LUNCH

11.30am until 2.00pm

Chickpea Tagine

Falafel, spinach, harissa, greek yoghurt, cress, mint, flat bread -19.50

Grilled Chicken

Avocado, beetroot, quinoa, witloaf, greens, raspberry vinaigrette and almonds - \$21

Seoul Bowl

Kimchi fried rice, spring onion, cucumber & daikon pickle, corriander & fried egg
Beef - \$22
Tofu - 19.50

Gnocchi

Mushroom, tomato, edamame, kale, pecorino, sage & walnut crumble - \$19 (G.F)

Halloumi Salad

Almond, hummus, sundried tomatoes, kumara, roast peppers, mesculin, crumbed egg, sesame & sumac - \$22

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.

COFFEE

long Black	4.5
Flate White	4.5
Mocha	4.5
Chai	4.5
Single Origin / Filter	4.5
Soy / Almond / Coconut Milk +	1.0
Large / Decaf	+50c

ICED COFFEE

Cafe Latte	4.5
Americano	

HOT CHOC

Homemade marshmallow	4.50
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ALMIGHTY JUICES

Carrot + Orange + Tumeric	5.0
Guava + lime + Basil	
Apple + Orange + Mango	

RAW JUICES

Orange + apple + beetroot	6.5
Lemon + honey + ginger	
Orange	
Apple	

NOBLE & SAVAGE TEAS 4.5

English Breakfast (caramel notes, full bodied)	
Classic Earl Grey (fragrant Italian bergamot)	
Peppermint Breeze (crisp and clean)	
White Noise (floral & silky)	
Chamomile Blossom (delicate, apple notes)	
Imperial Sencha (subtle green leaf)	

COLD BEVERAGES 4.5

Karma Cola / Sugar free Karma Cola	
Lemmy / Gingerella / Red Grapefruit	
Blood Orange / CoAqua Coconut Water	

KOMBUCHA 5.0

WATER 4.5

Otakiri Artisan Water	
Still or Sparkling	



W E L C O M E

ALL DAY BREAKFAST 7:30am until 2pm

Granola	Coconut and chia granola, preserved mandarin, seasonal fruits, berries, coconut yoghurt and mint - \$16.50
French Toast	Brioche toast, berry compote, macadamia raspberry meringue, coconut and mango icecrea, maple - \$21
Omelette	Swiss cheese, mesculin, chives side, apple & tomato chutney freedom toast - \$17.50
Prosciutto on Rosti	Agria rosti, tomatoes, olives, roast garlic whipped feta, rocket, balsamic with poached or scrambled eggs - \$20.50
Eggs Benny	Toasted English muffin, sautéed spinach, poached eggs, kimchi hollandaise with choice of Mushroom - \$18 Ham - \$20 Salmon - \$23
Smoked Salmon Tatara	Pickled onion, tomatoes, lemon, basil, cress, sesame, creme fraiche, rye toast with poached or scrambled eggs - \$22.0
Eggs your way	Poached, scrambled or fried with sourdough - \$12.50 Add third egg - \$3
Sides	Bacon / halloumi / spinach / sautéed mushrooms - \$7 G.F toast or bagels / freedom toast - \$6

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White	4.5
Mocha	4.5
Chai	4.5
Single Origin / Filter	4.5
Soy / Almond / Coconut Milk	+1.0
Large / Decaf	+50c

ICED COFFEE

Cafe Latte	4.5
Americano	
HOT CHOC	4.5
Homemade marshmallow	.50

ALMIGHTY JUICES 5.0

Carrot + Orange + Tumeric	
Guava + lime + Basil	
Apple + Orange + Mango	

RAW JUICES 6.5

Orange, apple, beetroot	
Lemon + honey + ginger	
Orange	
Apple	

NOBLE & SAVAGE TEAS 4.5

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