



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
- Porridge** Organic steel cut oats, citrus, quince, pistachio crunch, turmeric – cardamom infused coconut yogurt - \$16.5
- Fry up** Kumara, chorizo, red onion, lentil & spinach hash, beetroot ketchup, fried egg - \$18 / two eggs - \$21
- 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 - \$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 +\$1
Soy / Large +50c

NEW FOR WINTER \$5

Aztec hot choc with beet marshmallow

SMOOTHIES \$9

- Lassie** Mango, banana, coconut, orange, turmeric
- Choconut** Pils peanut butter, raw cacao, dates, banana, almond milk
- Berry blast** Blueberry, ginger, banana, coconut, spirulina, oats

HOUSE COLD PRESS \$8

- Red** Beetroot, carrot, apple, celery
- Amber** Mandarin orange and melon
- Green** Kiwi, cucumber, apple, spinach, ginger

ALL GOOD SODAS \$4.5

Karma Cola / Gingerella / Blood orange Bitter lemon / 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 / Kumarahou leaf / Horopito leaf / Tea tree leaf

WATER \$4.5

Organic Coconut Water
Otakiri Artisan Water
Still or Sparkling



W E L C O M E

LUNCH 11:30am until 2pm

- Soup** Changes daily, served with a proper baguette and sea salt butter - \$14.5
- Mushrooms** Warm salad of sauté portobello & swiss browns, beluga lentil, parsnip puree, sage, pine kernels, 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
- Katsu** Chicken katsu cutlet sandwich on hand-made bun, shaved cabbage, coriander, black sesame kewpie - \$19
- 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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