

W E L C O M E

BREAKFAST 7:30am until 11am

Salmon waffles	Buttermilk wholemeal waffles, smoked Ōra King 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
Superbowl	Organic steel cut oats & quinoa bircher, rhubarb, berries, coconut yogurt & granita - \$16.5
Stoned & baked	Seasonal stone fruits roasted with kaffir lime maple syrup, polenta & almond crunch, frozen coconut yogurt - \$16.5
Eggs not bene	Two poached eggs on english muffin, baked ham, avocado béarnaise sauce - \$19.5 / or with salmon - \$22
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 Grilled tomato / Sauté potatoes / Spinach / Avocado - \$5 Add an egg - \$3 / Swap to freedom loaf - \$2

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

TURKISH COFFEE

with turkish delight

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

COLD PRESS \$8

Red	Beetroot, carrot, apple, celery
Amber	Kerikeri organic orchards OJ
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 (Caramel notes, full-bodied)

AOTEA TONICS \$5

Calm / Focus / Vitality

KOMBUCHA \$5

WATER \$4.5

Organic Coconut Water
Otakiri Artisan Water
Still or Sparkling





LUNCH

11:30am until 2pm

- Chicken salad** Tandoori spiced chicken, baby gem salad, grilled corn, almonds, green lentils, buttermilk-dill dressing - \$19.5
- Tomatoes** Three way tomato salad with parmesan loaded grilled polenta, basil, N Z pinenuts & olive oil - \$19.5
- Stir fry** Noodles, asian greens, ginger, soy, coriander, chili & cashew
– with tofu - \$19.5 / beef - \$22 / prawns - \$24
- 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, organic spelt, chickpea & cauliflower salad, pistachio, mint, pomegranate & 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 or allergies so we can prepare your meal to suit. Thank you.

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