

## SIMPLE

### TOAST 8

Ciabatta, fruit bread or whole grain  
w/ butter & jam

### EGGS ON TOAST 13

### CHEESE ROLL 5

### BACON BUTTY 9

Ciabatta roll w bacon, BBQ sauce

### BACON & EGG BUTTY 10.5

Roll w bacon, egg, BBQ sauce

### BLAT 12.5

Ciabatta roll, free range bacon,  
lettuce, avocado, tomato, aioli

### TOASTIE SANDWICH 9

Ham, cheese, tomato, spinach

## KIDS

### WAFFLE 8

Waffle, ice cream and maple syrup

### EGG ON TOAST 8

### PASTA 8

W cheese

### FISH & CHIPS 12.5

### HAM & CHEESE TOASTIE 6

## SIDES

(with meals)

### GARLIC BREAD 9

AGRIA FRIES w aioli 8

### GREEN SALAD 8

**EXTRAS** Free range bacon, Havoc  
free range sausage, potato rosti,  
mushroom, house beans 4  
House smoked salmon 7.5  
Gluten Free Bread option 1  
Avocado (in season) 5.5

\* All our eggs are free range

\* Certified NZ organic apple syrup

\* We use only 100% New Zealand  
Extra Virgin Olive Oil

\* Our chicken, bacon and sausages  
were free range

\*We cannot guarantee there will  
not be cross contamination for GF  
options

gf - gluten free df - dairyfree

v - vegetarian

## DAY MENU - Served until 4pm

### TOASTED MUESLI 14

Whole grains, seeds, nuts, dried fruit & goji berries served with stewed fruit, milk, yoghurt

### 3 GRAIN PORRIDGE 12.5 gf df

Amaranth, Millet + Quinoa, with seasonal fruit + coconut yoghurt

### BLACK RICE PUDDING w FRUIT 15 gf df

Black rice with grilled banana, orange segments, ginger, lemon grass + coconut yoghurt  
served Hot or Cold

### GREEN EGGS WITH HAM 18

Scrambled eggs, pesto, ham, cheese, ciabatta toast

### FULL BREAKFAST GRILL 24

Eggs any way, with ciabatta toast, free range streaky bacon, portobello mushroom, free  
range sausage, baked beans and house potato rosti

### EGGS BENEDICT 20 gf

Baby spinach, potato rosti, free range bacon, hollandaise  
Replace bacon w smoked salmon 22 vegetarian option 19

### SMOKED SALMON OMELETTE 21 (gf option)

### WAFFLES

Stewed fruit, yogurt, NZ organic apple syrup 16

Free range bacon and caramelised banana, apple syrup 21

### POTATO HASH AND MUSHROOM STACK 19 gf v

Poached eggs, baby spinach, basil pesto Add bacon 23

### SEAFOOD CHOWDER 17

Fish, prawns, squid, mussels in creamy sauce with garlic bread

### SOUP OF THE DAY

See our specials board

### AVOCADO SMASH 21 v

Avocado, tomato, feta, toast, olive oil, microgreens, pesto

### FISH BURGER 24 df

Orange Roughy fillet, coleslaw, wasabi mayo, lemon pickle, tomato, fries

### CRISPY CHICKEN BURGER 24 df

Free Range Chicken, soy coleslaw, sumac aioli, tomato, fries

### MIDDLE EASTERN WARM LAMB SALAD 24 gf

Lamb shoulder, roast winter veg, Israeli couscous, chermolah, mint yogurt

### ARANCINI 22 v

Rolled risotto mushroom blue cheese, w seasonal salad, walnut mayo

### PORK AND MISO BROTH 22 df gf vegan option

Crispy Havoc Pork belly, rice noodles, shiitake mushrooms, miso broth + wakame

**DUCK OPTION** Replace pork with pulled roast duck 24

**SMOKED TOFU OPTION** Replace pork with smoked tofu 20