

## SIMPLE

### TOAST 8

Ciabatta 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

### CRISPY CHICKEN 10

Crispy chicken pieces

### FISH & CHIPS 12.5

## 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

### CHIA PUDDING 14 df gf

Chia cacao pudding with seasonal fruit

### 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, grilled tomato 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 19.5 gf v

Poached eggs, baby spinach, basil pesto Add bacon 23

### SEAFOOD CHOWDER 17.5

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

### AVOCADO SMASH 21 v

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

### MEXI-BOWL 21 gf

Tortilla, chilli beans, avo, salsa, sour cream, greens

Add CHORIZO 25

### SALMON POKE BOWL 24 df gf

Marinated salmon, miso sauce, brown rice, quinoa, seaweed salad, avo, pickled ginger

### CRISPY CHICKEN BURGER 24 df

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

### LAMB SALAD 24 gf

Pulled lamb shoulder, feta, cherry tomatoes, greens, cashew mayo

### PORK SALAD 24 df gf

Pork belly, pineapple, mint, greens, chili lime coriander vinaigrette

### LENTIL FILO ROLL 25 (vegan option)

Curried Lentil and vegetables, in filo pastry, coconut-curry glaze, fried leeks, mint yoghurt