

Smoothies

+5 add 15g scoop of
The Beauty Chef protein (vanilla)

Cacao Superfoods

Banana, date, cacao, house-made nut milk, little bird's trail clusters (Brazil nuts, pumpkin seeds, cashews, cacao nibs, chia, goji, cinnamon, ginger, orange)

14

Strawberry Goji Nut Milk

Strawberry, goji, lemon, house made cashew butter, coconut nectar, house-made nut milk

14

Berry Antioxidiser

Raspberries, strawberries, blueberries, blackberries, banana, lemon

14

Shakes

Iced Coffee Shake

Coffee, cashew ice cream, our chocolate sauce, house-made nut milk

16

Salted Caramel Shake

Cashew ice cream, maple, house-made nut milk, salted caramel sauce

16

Detoxifying Green

Grapefruit, lemon, kale, fennel, cucumber, celery, parsley, coriander, ginger, turmeric, chlorella

12

Creamy Wild Weeds

Foraged wild weeds, pineapple, banana, spirulina, basil, mint, lemon, avocado

14

Maca Protein Whip

Creamy choc smoothie with coconut yoghurt, avocado, maca, hemp, banana, dates, orange, cinnamon and house-made nut milk

15

Kids everyday smoothies and nut milks

Choose a kid size version of:

- Strawberry goji nut milk
- Cacao superfoods smoothie

7.5

Smoothie and Shake Specials

Check our specials board for new creations by our smoothie wizards

Cold Pressed Juice

Drink Your Greens

Kale, coriander, parsley, cucumber, celery, bok choy, fennel, broccoli, iceberg lettuce, lemon, green apple, ginger

9.5

Sunrise

Carrots, tangelo /orange, turmeric, lemon

9.5

Drop Your Beets

Beetroot, carrot, green apple, lemon, ginger

9.5

Clean Greens

Cucumber, spinach, lemon, ginger, spirulina, chlorella powder

9.5

Cucumber Cooler

Fennel, green apple, cucumber, mint, spinach, lemon

9.5

Hydration Aid

Filtered water, lemon juice, xylitol, chia seeds, turmeric juice, passionfruit powder, minerals

9.5

Defence Tonic 125ml

Tangelo/orange, lemon, ginger, turmeric, Oregano, cayenne pepper

8

Sparkling

New Leaf Kombucha

- Butterfly pea flower
- Hibiscus flower
- Kenyan purple
- Earl grey
- Gunpowder green

8 300ml

Please see our retail fridge for our seasonal sparkling drink selection.

little bird kitchen

Plant-based milk options

- Boring oat milk
- House-made almond milk
- House-made hazelnut milk +1

Coffee

Peoples Coffee - fairtrade, organic

Flat white, Latte, Cappucino

Served with any house-made nut milk or oat milk
6 small
7 large

Americano, Long Black or Short Black

5

Cold Drip Coffee

Cold drip water filtered coffee, served over ice
6 +1 with a side of house-made hazelnut milk

Little Bird Fat Black

Long black blended with coconut oil and coconut butter
8

Mocha Maca Mug

Espresso, raw cacao mix, maca and house-made nut milk
9

Extras

+1 add espresso shot

+1 add ice

Special Editions

Turmeric Latte

Freshly steamed almond milk, fresh turmeric, fresh ginger, vanilla, cinnamon, cardamom, nutmeg, black pepper and dates.
8.5 +1 with espresso shot
+1 for iced

Chai Latte

A house blend spicy Chai made from whole spices with freshly steamed house-made nut milk
7.5

Reishi Latte

Dandelion, reishi, and a touch of coconut sugar, blended with house-made nut milk and topped with raw cacao flaky chocolate
8.5

Hot Chocolate

Raw Cacao Mug

A blend of raw cacao and coconut sugar with a stick of Little bird chocolate in warmed house-made nut milk
8

Spicy Hot Chocolate

A warming blend of organic spices and raw cacao, served with house-made nut milk, sprinkled with our flaky chocolate
7.5

Magic Mushroom Mug

Cacao, maca, coconut sugar and a medicinal mushroom blend of chaga, reishi, lion's mane, cordyceps, shiitake, paria and maitake with warmed nut or oat milk
11 +1 with espresso shot

Tea

English Breakfast (Bohemia)

A beautiful, full leaf organic black tea
6

Earl Grey (Bohemia)

A rich, full leaf, organic earl grey
6

Himalayan Masala Chai (Bohemia)

Autumn flush Himalayan black spiced tea
6

Everyday Green (Zealong)

A clean smooth NZ grown green tea
6

Matcha & Hojicha

Matcha or Hojicha Tea

Organic ground green tea hand-whisked with 80°C hot water
7

Matcha or Hojicha Latte

Organic Matcha/ Hojicha tea hand-whisked with our house-made nut milk to make the perfect green tea latte - start your day with an antioxidant boost
8.5 +1 for iced

Infusions

Organic Bohemia Tea blends

Peppermint

Organic dried peppermint leaf
6

Citrine Tonic

Dandelion leaf, lemon myrtle, peppermint, juniper berry, licorice root
6

Hibiscus Rose Tonic

Hibiscus flower, pink rose petal, elderberry, vanilla
6

Blue Velvet Tonic

Butterfly pea flower, lemongrass, cardamom
6

Turmeric Tonic

Turmeric root, lemon verbena, ginger root, lemongrass, peppermint, coconut, vanilla bean
6

Fresh Herbs

Fresh Mint Tea

Packed with fresh mint, a beautiful refreshing tea
6

Fresh Lemongrass, Ginger, Turmeric

Inspired from travels to Bali, an invigorating tea with many health benefits
6

All Day

Açai Bowl

A smoothie bowl of antioxidant rich açai, raspberries, strawberries, blueberries, blackberries and banana topped with Little Bird granola, seasonal fruit and coconut yoghurt
20.5

Creamy Coconut Porridge (Until 11am)

Made with our Everything Oats and house-made nut milk, topped with caramelised pineapple, sweet miso granola, coconut yoghurt and chamomile syrup
19.5

Little Bird Bountiful Berry Granola Bowl

Little Bird's own granola served with seasonal compote, fresh fruit, coconut yoghurt and a side of house-made almond milk
20.5

Strawberry & Rose Kumara Hotcakes

Ground almond and kumara hotcakes served with a strawberry & rose compote, matcha coconut cream, praline and zesty lime salt
24
Choose extra toppings
+5 Vanilla cashew ice cream
+5 Extra compote

Creamed Corn Sourdough Toastie

Creamed corn toastie served on GF rosemary sourdough with plant based mozzarella, sweet pickled onions and almond gremolata
25

Little Bird Sprouted Bread

Sprouted millet, buckwheat, quinoa, chia, flax and coconut are cooked at low temperatures to create this amazing bread. Served with a small side salad of fresh organic greens

Two toasted slices with your choice of:

- Mushrooms w cultured nut cheese, chive + thyme
- Guac* (contains onion + tomato) + kraut with alfalfa

22

Half portion 14

**subject to seasonal availability*

Kimchi and Potato Waffle

Topped with probiotic yoghurt, cherry tomato confit, pickled daikon, herby greens with sprinkling of kimchi spiced vinaigrette and nori dust
26

Lunch *Available from 11am*

Bird Bowl

Our famous ever-changing sampler bowl which includes quinoa & courgette pasta with sweet pea pesto, sprouted lentils, Spanish roast butternut, cashew ricotta and apple & fennel slaw with preserved lemon
26

Vietnamese Crepe

A fermented quinoa, brown rice and turmeric crepe filled with an abundance of fresh herbs and veggies including: pickled carrots, avocado*, greens, bean sprouts, herbs, radish, crispy chilli cashews, fresh chilli and a Vietnamese dressing
26

**subject to seasonal availability*

Beetroot & Orange Salad

Pickled beetroot and fresh orange served on a bed of greens with maple roasted hazelnuts, cashew feta, avocado and chilli vinaigrette
26

Summer Dosa

Fermented rice & lentil dosa served with cashew & kimchi cheese spread, crunchy Korean style cucumber pickle, teriyaki mushrooms, nori seaweed, avocado, garden salad & activated almonds
25

Extras

+3 Dressing, Sauce

+5 Avocado, Mushrooms, Nut cheese

Raw Sweet Treats

Our famous sweets cabinet, like all our food, is made free from dairy, soy and cane sugar. We use natural, organic, raw, low GI sweeteners in small quantities - which are easier for your body to process and better for you.

The majority of our products are gluten free however there are a few cabinet treats that contain oats.

Please ask our staff for more details.

Fresh meals to go

We have some tasty raw salads and bowls, made fresh daily and ready to go sitting in our Little Bird Kitchen fridge. Great for a no hassle dinner or a lunch on the run.

Taking care of those allergies.

We do our best to accommodate as many allergy requests as possible. Please be very clear about the nature of any allergy with our staff, and be mindful that cross contamination of ingredients is a risk in a busy kitchen. **To be safe, we recommend anyone with a severe nut allergy does not dine with us.**

little bird kitchen