### **Smoothies**

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

#### Cacao Superfoods

Banana, date, cacao, almond 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, almond milk
14

#### **Berry Antioxidiser**

Raspberries, strawberries, blueberries, blackberries, banana, lemon 14

#### **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 almond milk 15

#### Kids everyday smoothies and nut milks

Choose a kid size version of:

- · Strawberry goji nut milk
- Cacao superfoods smoothie

### **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

#### 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

#### The Wild Fermentary Kefir

- Ginger root
- Beet and berry
- Berry blush
- 9 330ml

#### Planta Maté

- · Lime and kawakawa
- 7 330ml

#### Good Sh\*t Soda

- Ginger
- Tropical
- · Cola

7.5 330ml

# little bird kitchen

## Plant-based milk options Special Editions

- · Boring oat milk
- · House-made almond milk
- House-made coconut, cashew & brazil milk +1
- · 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

#### 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

#### Mocha Maca Mug

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

### Extras

- +1 add espresso shot
- +1 add ice

#### 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

#### 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

### Tea

#### English Breakfast (Bohemia)

A beautiful, full leaf organic black tea

#### Earl Grey (Bohemia)

A rich, full leaf, organic earl grey

#### Himalayan Masala Chai (Bohemia)

Autumn flush Himalayan black spiced tea

#### Everyday Green (Zealong)

A clean smooth NZ grown green tea

Hibiscus flower, pink rose petal, elderberry, vanilla

Dandelion leaf, lemon myrtle, peppermint, juniper

#### Blue Velvet Tonic

Infusions

Peppermint

Citrine Tonic

berry, licorice root

Hibiscus Rose Tonic

Organic Bohemia Tea blends

Organic dried peppermint leaf

Butterfly pea flower, lemongrass, cardamom

#### Turmeric Tonic

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

### 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

#### 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

### Matcha & Hojicha

#### Matcha or Hojicha Tea

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

#### 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 +1 for iced

## 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

### 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

#### Little Bird Everything Bircher (Until 11am)

Made with our Everything Oats and house-made nut milk, topped with seasonal fruits 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

#### Kumara Hotcakes

Spiced kumara hotcakes with grilled banana, maple syrup, walnuts and macadamia butter 24

Choose extra toppings

- +5 Vanilla cashew ice cream
- +5 Berry compote

#### Cacao and Orange Waffle

Light & crisp cacao & buckwheat waffle topped with blackberry compote, salted coconut cream, house-made choc sauce topped with orange and cacao crumb

#### Kimchi Pancakes

Delicious chickpea and kimchi pancakes topped with mixed greens and radish salad with spicy sweet chilli and cashew aioli 24

#### Sourdough Toastie

Spiced date & tangy tamarind chutney, curried sauerkraut, tomato, avocado, and cheddar cheese on GF sourdough with cashew aioli and coriander 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

### 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, teff 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

#### Creamy Kale Salad

Kale salad with a creamy sesame dressing, kumara noodles, seaweed crackers, shiitake mushrooms and avocado

26

#### Summer Dosa

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

#### Soup of the Day

Please see specials board +3 Little Bird sprouted loaf +5 GF sourdough 19

### 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