

# BRUNCH

Our kitchen closes at 3pm daily

## Summer porridge

Orange blossom & saffron peach, raw cashew caramel with runny cream 15  
VEGAN\* Swap for almond milk

## Goodness Muesli GF + VEGAN

Rhubarb, raspberry, chia seeds & beetroot, coconut yoghurt, almond milk 16.5

## Avocado WHEAT FREE, NUTRIENT DENSE, NUT FREE

Smashed on midnight baker bread, ricotta, vine tomatoes, basil, extra virgin olive oil 17

## Pumpkin Pie Pancake ALLOW 15 minutes

Vanilla crème diplomat, caramelized banana, black sesame maple, salted Lewis Road butter 19

## Energizer NUT FREE

Old school pickled beets, cottage cheese, avocado, pumpernickel, rocket, smoked salmon 18.5

## Mushrooms

Cauliflower puree, buffalo mozzarella, honeyed hazelnuts, sourdough 18  
+ ADD chorizo 4.5

## Green Eggs and Ham NUT FREE

Scrambled eggs, free range ham, smashed peas, gruyere, truffle oil & toast \*sourdough or grain 18

## Fitness Bowl GF

Haloumi, Aoraki smoked salmon, sauerkraut, tahini dressing, turmeric nuts & seeds, 21  
fresh orange, rocket, poached egg

## Free Range Eggs NUT FREE

Poached or fried & toast OR scrambled & toast \*sourdough or grain 9.5/12

## Braised Beef Cheek Quesadilla

Organic black beans, manchego, sriracha sour cream, guacamole, fresh lime 19

## Kumara Rosti GF, NUT FREE

Poached eggs, whipped goats cheese, baba ganoush, rocket, prosciutto 20.5  
VEGETARIAN\* Swap for avocado

## Weekend Benedict NUT FREE \*only available Saturdays/ Sundays & Public Holidays

Pulled free range pork, pickled fennel, hollandaise, wilted spinach 19.5

## SIDES

Poached egg 2.5 / Side toast 2.5 / Avocado 3.5  
Wilted spinach & green goddess VEGAN 4.5 / Grilled haloumi 4.5 / Chorizo 4.5  
Free range bacon 6.0 / Aoraki smoked salmon 6.0 / Sautéed mushrooms VEGAN 6.0  
Swap to GF toast + 1.0 / Midnight nutrient dense baker bread + 1.5

## KIDS ONLY

Boiled egg & soldiers 6.5  
Avocado, bacon & toast 9  
Free range ham, scrambled eggs & toast 9  
Kids pancake, vanilla ice cream, banana & maple syrup 11

see other side

# COLD DRINKS

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## Green Smoothie

Spinach, banana, coconut water, echinacea 9

## Super Blue Antioxidant

Acai, blueberries, coconut water, banana, almond butter 9

## Raw Cacao Protein

Almond milk, chocolate protein, almond butter, banana, psyllium husk 9.5

## Juices

Carrot, apple, ginger 8

Pineapple, apple, mint 8

Lemon, orange, apple 8

Cucumber, apple, lemon 8

## Antipodes sparkling water 500ml

+ see our drinks selection cabinet 5.5

## EIGHTHIRTY COFFEE

All double shot. We use organic milk.

Short Black	3.2
Long Black	3.6
Short Macchiato	3.3
Long Macchiato	3.7
Piccolo	3.7
Flat White	4.2
Cappuccino	4.2
Small Latte / Latte	4.2 / 4.6
Mocha	4.6
Chai	4.6
Kids Hot Chocolate / Hot Chocolate	4.0 / 4.6
Fluffy	1.0
Almond turmeric latte with ginger & cinnamon	4.7
Almond milk	+0.8
Soy Milk / Runny Cream	+0.5

## TEAS

### Harney & Sons Tea

English, Earl Grey, White Peach, Paris, Peppermint, Chamomile, Green 4.5

Lemon, honey, ginger + echinacea

4.6

## WHOLE CAKES & CATERING

see our online menus