

# BRUNCH

Weekdays 7.00am - 2.00pm / Weekends 7.30am - 2.00pm

## PORRIDGE 18

Pumpkin pie porridge, apple & boysenberry, runny cream (NF)  
OR oat milk (VEGAN)

## PANCAKE 22

Blueberry compote, kaffir lime mascarpone, maple (NF)

## HALOUMI SCRAMBLE 25

Spinach, spring onion, chili salt, sourdough (NF)

## CHORIZO 25

Sauteed baby potatoes, chili jam, fried egg, thick yoghurt (GF, NF)

## SMASHED AVOCADO 23

Mozzarella, slow roasted tomato, preserved lemon oil, basil,  
homemade seeded loaf (GF, NF)

## ROAST PUMPKIN 23

Ricotta, roasted kale, chimichurri, homemade seeded loaf (GF, NF)

## ADD ONS

Poached or fried egg 4

Free range bacon / Smoked salmon 7

Chorizo sausage 8

Haloumi / Slow roasted tomatoes 6

Crispy potatoes / Avocado 5

Saffron aioli / Chili jam 3

Swap Sourdough to homemade seeded toast (GF) +2 / or add side 5

## CREAMY MUSHROOMS 26

Percorino, porcini, sourdough, kale (NF)

## KUMARA ROSTI 27

Baba ganoush, saffron mayo, poached egg, rocket, prosciutto (GF, NF)

## MINCE ON TOAST 26

Mustard sour cream, Havarti, poached egg (NF)

## MEXICAN 26

Pulled pork & Manchengo quesadilla, organic black beans, siracha  
sour cream, guacamole (NF)

## FITNESS BOWL 27

Aoraki smoked salmon, avocado, rocket, haloumi, beetroot sauerkraut,  
tahini yoghurt, poached egg, tumeric nuts & seeds (GF)

## FREE RANGE EGGS ON TOAST 12 / 16

Poached or scrambled (NF)

## KIDS

Pancake, maple syrup, fruit 12

Boiled egg & grain soldiers 6

Avocado smash on grain toast 6

Marmite & cheese melt, grain toast 5

Roasted baby potatoes with tomato sauce (GF) 6

Mini scrambled egg, sourdough 9

Add kids side bacon 4

ALLERGENS - Let us know if you have any allergies. While we do our best to cater for allergies, traces may be present in our kitchen. GF - Gluten free | NF - Nut free

## ALLPRESS COFFEE

Black 4.5

White

Small 5.2

Medium 5.5

Large 6

Fluffy 2

Kids hot chocolate (8oz) 5.5

Hot chocolate (12oz) 6

Chai / Matcha latte / Tumeric (12oz) 6

Iced black coffee 5.5

Iced chocolate / Mocha / Latte 7

Oat / Soy / Almond / Coconut milk +0.8 / Decaf +0

## STUDIO RED TEA 5.5

NZ Breakfast & Kawakawa

Earl Grey & Manuka Leaf

Lemon, Ginger, Horopito & Lemongrass

Rose Petal & Vanilla

Peppermint

Green

Hot toddy - Fresh lemon, honey, ginger & echinacea 6

## SMOOTHIES 12.5

**GREEN** spinach, banana, coconut water, Echinacea, lean clean protein (V, GF, DF, NF)

**RAW CACAO** almond milk, choc protein, almond butter, banana, psyllium husk (V, GF, DF)

**BLUE** acai, blueberries, coconut water, banana, almond butter (V, GF, DF)

**TUMERIC GLOW** mango, Two Islands collagen powder, passionfruit, coconut milk,  
banana (GF, DF, NF)

## FRESH JUICES 9

**CUCUMBER**, spinach, apple, lemon

**PINEAPPLE**, apple, mint

**CARROT**, apple, ginger

**LEMON**, orange, apple

See our drinks cabinet  
for chilled drinks

1.25% surcharge applies to all paywave & credit card transactions.  
Our 'catering' and 'cake' menus can be found on our website.