

MENU

Goodness muesli	16
coconut collagen yoghurt, rhubarb & poached tamarillo, almond milk GF, DF	
Pumpkin pie porridge	17
pear & boysenberry, gingernut crumb, runny cream	
French toast	19
cinnamon sugar, caramelized banana, butterscotch, burnt butter, Lewis Road ice cream	
Green eggs & free range ham	19
scrambled egg with free range ham, smashed peas, gruyere, truffle oil, sourdough	
Avocado toast	19
dukkah cauliflower, lemon ricotta, crisp sage, roasted vine tomatoes	
Creamy mushrooms	22
sourdough, spinach, Parmigiano-Reggiano	

SIDES

Poached or fried egg	3
Avocado / Haloumi	4.5 / 5
Wilted greens with green goddess	6
Roasted vine tomatoes	6
Free range bacon	7
House smoked salmon	5.5
Swap toast for GF	+ 1

ALLPRESS COFFEE

All coffees are doubles	
Black	4
White	4.5
Large	+.5
Soy, Almond, Coconut / Decaf	+.8 / + .5
Chai / Mocha	5 / .5
Turmeric almond milk Latte	5.5
Fluffy / Kids hot chocolate / Large hot chocolate	1 / 4.5 / 5
Iced black / Iced white	5 / 5.5
+ collagen to coffee	+2

TEAS

English, Earl grey, White peach, Paris, Peppermint, Chamomile, Citron green, Blackcurrant	4.5
Lemon, honey, ginger & echinacea	5

FRESH JUICES

Cucumber, apple, spinach, lemon	8.5
Pineapple, apple, mint	8.5
Carrot, apple, ginger	8.5
Lemon, orange, apple	8.5

Keto	24
free range pork belly, pork sausage, poached eggs, green goddess GF	
Fitness bowl	24
haloumi, house smoked salmon, avocado, rocket, beetroot sauerkraut, tahini yoghurt, turmeric nuts, poached egg GF	
Kumara rosti	22
baba ganoush, goats cheese, poached eggs, rocket, prosciutto GF	
Mexican	22
beef quesadilla, organic black beans, manchego, sriracha sour cream, guacamole	
Free range eggs on sourdough	10 / 12
poached / scrambled	

KIDS MENU

Boiled egg & grain soldiers	6
Mini scrambled eggs, sourdough	9
Kids avocado on sourdough	6
Peanut butter & raspberry jam sourdough	6
Kids French toast, maple	10
+ ice cream	+ 2.5

SMOOTHIES

Green	9.5
Spinach, banana, coconut water, echinacea V, GF	
Raw Cacao	9.5
Almond milk, chocolate protein, almond butter, banana, psyllium husk V, GF	
Blue	9.5
Acai, blueberries, coconut water, banana, almond butter V, GF	
Turmeric glow	11
Mango, collagen, passionfruit, coconut milk, banana GF	

COLD DRINKS

Antipodes still 500ml / Sparkling 500ml	6
+ see our drinks cabinet	

FOR INFO ON OUR CATERING OR CAKES

www.catroux.co.nz