

### PLEASE ORDER AT THE COUNTER

## BREAKFAST (all day)

HOUSEMADE MUESLI	15
Seasonal poached fruit, coconut yoghurt and maple syrup w' milk. Soy, coconut or oat add	+1
SKILLET FRENCH TOAST	20
Sticky roasted pear, crispy prosciutto and maple orange mascarpone. (20 min wait)	
EGGS ON TOAST	12
Poached, scrambled or fried on sourdough.	
SARDINES ON TOAST	12
Croatian tinned sardines (plain or hot pepper w' ajvar on sourdough rye.	)
MUSHROOM MEDLEY 2	0 V 0
Balsamic, cream and thyme sauce w' crème fraiche, roquette and sourdough toast	
FISH KEDGEREE 20	GF
Golden spiced rice, creamy smoked kahawai, poached egg, tomato kasundi, curry leaf & cashew oil w' coriander.	
MINCE ON TOAST	19
Savoury mince w' fried chilli and onion, fried egg on sourdough toast.	
Savoury mince w' fried chilli and onion,	23
Savoury mince w' fried chilli and onion, fried egg on sourdough toast.	

# SIDES

Gluten free bread
Poached or fried egg
Potatoes/avocado/balsamic roast tomatoes
Bacon/mushrooms/halloumi

# **GRILLED SANDWICHES** (gluten free +1.5)

#### REUBEN

19

21

Slow cooked corned beef, sauerkraut, russian dressing and swiss cheese on sourdough rye.

#### MOROCCAN

Lamb kibbeh w' buckwheat tabbouleh, greens, zaatar roasted carrots, yoghurt dressing, beetroot hummus and harissa on a toasted pide.

#### KHYBER PASS

19 V+

Cauliflower steak, wilted silver beet, lemon pickle, fennel roasted tomato, coconut yogurt and cashew curry oil on turmeric sourdough.

#### CHICK-A-TITA

19

Grilled Chicken w' bacon, mozzarella, agrodolce onions, cos lettuce and lemon anchovy aioli on a milk baguette.

# BOWLS

## LOW CARB BOWL

Charred broccoli and mushrooms, grilled halloumi, za'atar boiled egg and house made sauerkraut. Slow cooked corned beef or grilled chicken.

## VEGAN BOWL

4

3

5

6

22 V+ GF

22

Herbed lemon chickpea fritters, grilled seasonal vegetables, beetroot hummus, coconut yogurt, buckwheat tabbouleh and crispy lavosh.

### SEASONAL SOUP

14.90

Selection of counter food and baking changing daily.

All bread items can be swapped for gluten free bread. We use free range eggs and bacon and local produce.

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# DRINKS

# COFFEE

#### WE USE UNDERGROUND COFFEE

Large/extra shot/decaf/soy/almond or coconut milk 1 Long black/short black 4 Flat white/capp/latte/ 4.5 Mocha 4.9

# **HOT DRINKS**

Hakanoa Chai (sweet/spicy) 4.5 Hakanoa lemon/ginger toddy 4.5 Hot choc/chilli hot choc 4.5

# TEA TOTAL TEAS 4

English Breakfast Earl Grey Manuka Detox Berry Peach Peppermint Jade Green Vanilla Rooibos

## **COLD DRINKS**

Iced coffee/iced chocolate (when available) 7

Seasonal smoothies (when available) 8