

BREAKFAST

DELIGHT BAGELS 9

House made fruit preserves, Lewis Road butter

BUCKWHEAT HOTCAKES 16

Sweetcorn and blueberries, local rocket leaves, honey crystal ginger ricotta, crispy coconut bacon. v / gf

NUTRIENT RICH BREAKFAST BOWL 15

Quinoa, manuka honey roasted nuts and seeds, coconut yoghurt, banana, blueberries. v / vg / gf

ULTIMATE ASIAN BREAKFAST SALAD 16

Chilli ginger tofu, buckwheat soba, braised shiitake, avocado, bean sprouts. v / vg / gf / df

VEGAN CHICKPEA EGGLESS OMELETTE 16

Turmeric, sun-blush heirloom tomato, spring peas and spinach, fresh coconut relish. v / vg / gf / df

EGGS MONTREAL 19

Manuka house smoked Akaroa salmon, free range poached egg, baby spinach, chive hollandaise

THE BUTTY 19

Smoked bacon, wild mushrooms, tomato relish, free range fried eggs on toasted brioche

GLUTINOUS BLACK RICE BREAKFAST PORRIDGE 16

Coconut poached organic rice, tropical mango and lychee, pandan, house made crunchy granola. v / vg / gf / df

EXOTIC FRUIT AND YOGHURT 15

Selection of seasonal fruit, mango and turmeric yoghurt. v / vg / gf / df

RAW COLD PRESS 9

Immunity juice – carrot, apple, orange, ginger, turmeric Vital greens – kale, ginger, lemon, apple, cucumber, spinach