

# All Day Menu

Available until 3pm

**Acai Bircher Bowl**, ancient grains, fresh fruit, cashew whip, coconut, candied nuts, seeds **16.5**

**Avocado Breakfast Salad**, vine tomato, rocket, manchego, crispy bacon, potato, poached egg, honey lime vinaigrette **19**

**Baker's Breakfast**, manuka smoked bacon, bratwurst, portobello, vine tomato, hashbrown, eggs, organic campagne toast & house butter **24**

**"Breakfast of Champignons"**, herbed mushrooms, creamy balsamic, bacon, watercress, poached egg, almond mojo rojo, toasted brioche **20.5**

**Bacon Benedict**, poached eggs, spinach, brown butter hollandaise, toasted sourdough **19**

**Eggs Pakora**, cauliflower & leek pakora, portobello, smoked cheddar, poached eggs, spinach, sumac hollandaise **20**

**Crab Omelette**, dill salsa verde, almond-capsicum pesto, seasonal greens, pecorino, organic toasted ciabatta **20**

**French Toast**, passionfruit curd, raspberry mascarpone, roasted white chocolate, matcha snow, cardamom spiced maple **20**  
- add manuka smoked bacon (1) **3**

**Toast & Spreads**, your choice of 2 slices of organic toast, spreads & house churned butter **7**

*choice of 2 spreads: jam / marmalade / peanut butter / marmite*

*bread selections: mixed grain campagne / ciabatta / sourdough / red quinoa*

**Free Range Eggs Any Style**, on organic campagne toast with house churned butter **12**  
**& then add your sides**

## SIDES

Bacon (2) **6**

Bratwurst (2) **7**

House hashbrown **4**

Smoked salmon **7**

Egg **3**

Portobello mushrooms **5**

Creamy mushrooms **6.5**

Baked beans **5**

Chorizo **4**

Chunky chips & aioli **8**

Vine tomato/spinach/avocado **3.5**

Grilled free range chicken **6.5**

Halloumi **6**

Mixed leaf & parmesan salad **7.5**

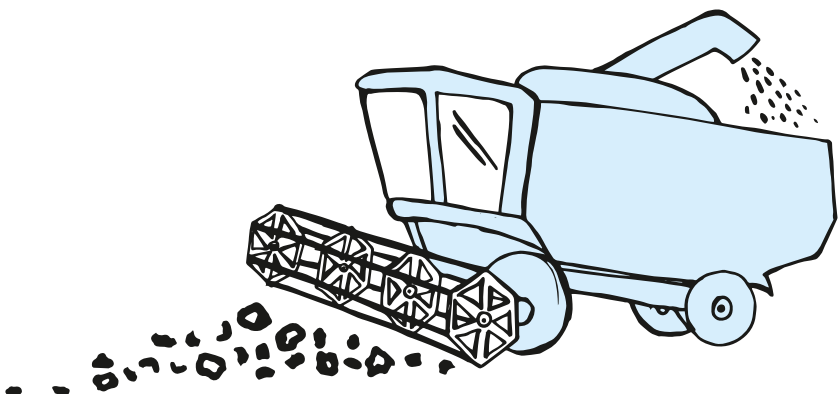
Organic toast (2) **4**

Organic gluten friendly toast (2) **5**

Hollandaise **3**

Aioli, chutney, condiments **1**

Please advise one of the team if you have any food allergies



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**Corned Beef "Hash-Wich"**, house sauerkraut, swiss cheese, spinach, sriracha hollandaise, in an organic Japanese milk bun **18**

- add fried egg **3**

- add avocado **3.5**

- add manuka smoked bacon (1) **3**

**Buddha Bowl**, kale, spring veggies, cashew "ricotta", rye croutons, puffed grains, tahini-caper vinaigrette **19**

- add grilled free range chicken **6.5**

- add poached egg **3**

**Smashed Avocado Luxe**, marinated feta, poached egg, watercress, chilli oil, roasted pumpkin seeds, semi-dried tomato, organic red quinoa sourdough **18.5**

- add manuka smoked bacon (1) **3**

**Fish Tacos**, fattoush, cabbage, coriander, horseradish crème fraiche, roasted capsicum, sesame, nori salt **20**

**Crispy Squid**, cucumber ribbons, baby lettuce, citrus, chilli, radish, minted gribiche **20.5**

**Halloumi Salad**, harissa baked halloumi, quinoa, seasonal greens, olives, honey roasted walnuts, dill labneh, fig dressing **20**

- add grilled free range chicken **6.5**

**Shanghai Pork Belly Salad**, pomegranate & cinnamon braised pork, cucumber, edamame, spring onion, orange, crispy lotus **21**

**Dak Gogi**, Korean crispy chicken, kimchi pancake, chilli sauce, sesame, pickled radish **20.5**

**Wagyu Burger**, bacon jam, smoked cheddar, aioli, gherkins, tomato, lettuce, chips, herb salt **21.5**

- add manuka smoked bacon (1) **3**

- add fried egg **3**

## TURKISH PIZZAS

(organic base - baked in house)

**Italiano Classico**, marinated olives, tomato, mozzarella, basil **18**

- add chorizo **4**

**Good Morning!** manuka smoked bacon, spinach, herbed mushrooms, hollandaise, mozzarella & egg **19**

**"The Pollo"**, smoked chicken, pumpkin, rocket, feta, semi-dried tomato, harissa **19.5**

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We only use free range chicken & eggs in our kitchen.

All our breads are organic & baked on site.

All animal products come from happy farms where animal welfare is of the highest priority!

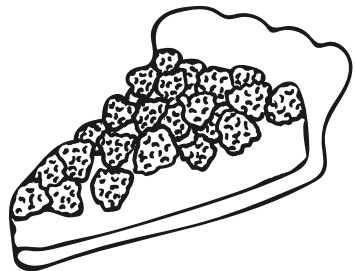
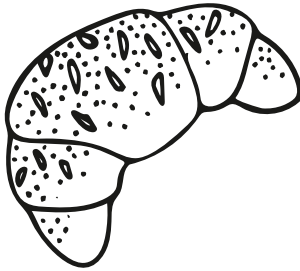
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# Dessert

**Bread & Butter Pudding**, served warm with crème patissiere, whipped cream, berry compote & seasonal fruits **11**

**Fancy a sweet treat...**

Indulge yourself & take a peek at the counter display showcasing our selection of today's treats!



# Alcohol

## WINE

Rose – *Alluviale (Hawke's Bay)* – 150ml **9.5** 250ml **14.5** Bottle **41**

Pinot Gris – *West Brook (Marlborough)* – 150ml **9.5** 250ml **14.5** Bottle **41**

Sauv. Blanc – *Ten Sisters (Marlborough)* – 150ml **9** 250ml **14** Bottle **40**

Chardonnay – *Kakapo (Marlborough)* – 150ml **9.5** 250ml **14.5** Bottle **41**

Bubbles – *Lindauer Special Reserve* – Mini Bottle **9.5** Bottle **39**

## BEER

Heineken **8**

Corona **8**

Craft Beer (refer to waiter) **8.5**

Amstel Light **7.5**

**See overleaf for our other beverages.**

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**10% surcharge applies on all public holidays**  
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# All things liquid

## COFFEE

**We proudly offer Five Elements Espresso**  
(refer to blackboard for selection)

## TEAS & CHAIS

English Breakfast **4.5**

Earl Grey **4.5**

Chamomile **4.5**

Raspberry **4.5**

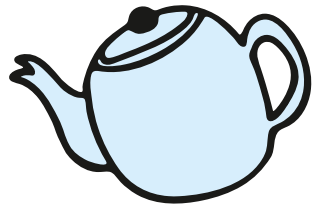
Peppermint **4.5**

Citron Green **4.5**

Hakanoa Sweet or Spicy Chai **5/5.5**

Hakanoa Ginger Latte **5/5.5**

Hakanoa Ginger & Lemon Toddy **4.5/5**



## ICED DRINKS & SMOOTHIES

**Iced Chocolate**, organic fair trade cocoa, vanilla & milk, topped with whipped cream **6.5**

**Iced Coffee**, double espresso, vanilla & milk, topped with whipped cream **6.5**

**Iced Mocha**, organic fair trade cocoa, double espresso, vanilla & milk, topped with whipped cream **7**

**Sunrise Smoothie**, mango cheeks, pineapple & pineapple juice **8.5**

**Caramel Nut Protein Smoothie**, protein powder, dates, cashews & organic almond milk **9.5**

**Banana & Berry Smoothie**, mixed berries, banana, honey & coconut water **8.5**

**Clean & Green Smoothie**, spinach, apple, spirulina, parsley, cucumber, celery, cashews & coconut water **9**

## JUICES ETC

House Special Juice of the Day (refer to blackboard)

Cold Pressed Apple Juice – Glass **5.5** Bottle **7.5**

Cold Pressed Orange Juice – Glass **6** Bottle **8**

House Spirulina – Glass **7.5** Bottle **10.5**

House Lemonade – Glass **6.5** Bottle **9.5**

Antipodes Sparkling Water (500ml) **6.5**

Karma Cola Classic / Sugar Free Karma Cola **5**

Gingerella **5**

# Our loaves

**All our breads are organic**

*Ask one of the team what other breads are baked daily and are available to take home*

## **Some of the breads that may star on the menu**

### **Campagne Loaf**

Classic five-grain light rye sourdough bread. Makes beautiful healthy sandwiches. Toasts well.

### **Red Quinoa Sourdough**

Versatile sourdough made from a quinoa porridge & fermented overnight together with a wheat starter. The bread has a very moist crumb with just a hint of a crunch from the quinoa and a mild sourdough note. Toasts beautifully.

### **Tuscan Country Loaf**

Classic crusty Italian loaf. This bread is all about the contrast of the crunchy tasty crust to the moist & light crumb. Great for sandwiches or as a side with dinner.

### **100% Rye**

Our famous German rye bread, made from 100% rye flour this bread is high in fibre & stays fresh for over a week. Heavy & healthy this bread is excellent toasted or thinly sliced in a sandwich.

### **Pumpkin Cob**

Light but moist cob loaf with roasted pumpkin mash in the dough. Slightly sweet flavour without any sugars added. Toasts well.

### **Walnut Loaf**

Oval shaped rye & wheat sourdough. Crunchy crust with a soft crumb & walnut pieces. Delicious with avocado, dips & cheeses.

### **Gluten Friendly Wholemeal Loaf**

The high percentage of wholemeal buckwheat flour & seeds makes this bread a wholesome wholemeal gluten friendly. No dairy, eggs or sugar added!

## TAKE ME HOME

Five Elements Espresso (250gm) 13.5

Five Elements Decaf (250gm) 14.5

Bread & Butter Tomato Kasundi 15

Bread & Butter Gift Vouchers 20/50

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## CATERING AVAILABLE

Please talk to one of the team or phone us on 09 378 9111.

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# Kid's Menu

Available until 3pm

**Poached/scrambled egg** on ciabatta toast **6**

**Baked beans** on ciabatta toast **8**

**Bacon & egg** on ciabatta toast **8.5**

**Pancakes**, seasonal fruit, maple syrup & whipped cream **10.5**

- add bacon (1) **3**

**Kids brekkie**, egg, bratwurst sausage, hashbrown & ciabatta toast **12**

**Mini pizza**, ham & cheese **8.5**

**Homemade chicken bites**, veggie sticks & chips **9.5**

**Junior burger**, beef patty, lettuce, tomato, aioli, cheese & chips **11**

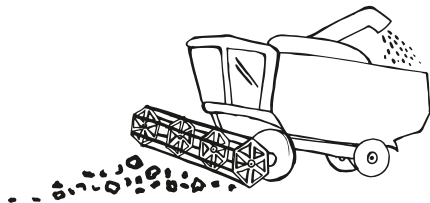
**Bowl of chips** & house tomato sauce **7.5**

**Cold pressed juice**

apple / orange / lemonade / special **3**

**Fluffy** **1.2**

**Kids hot chocolate** **4.5**



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