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# ALL THINGS LIQUID

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## COFFEE

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

## TEAS

English Breakfast **4.5**  
Earl Grey **4.5**  
Citron Green **4.5**

Raspberry **4.5**  
Peppermint **4.5**  
Ginger & Lemon **4.5**

## CHAIS

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



## ICED DRINKS & SMOOTHIES

**Summer Smoothie**, mango, pineapple, passionfruit, coconut water & coconut milk **9**

**Protein Smoothie**, Nuzest protein powder, banana, peanut butter  
& organic almond milk **9.5**

**Berry and Banana Smoothie**, raspberries, blueberries, blackberries, coconut water,  
banana & honey **8.5**

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

**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**

**Mocha Nut**, nutella and double espresso, milk, topped with whipped cream **8.5**

**House Raspberry Iced Tea 6**

## JUICES ETC

Cold Pressed Seasonal 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**

Cold Pressed Spirulina – Glass **7.5** Bottle **10.5**

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

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

Gingerella **5**

# ALL DAY MENU - BREAKFAST

**Organic Sourdough**, with cultured house butter **6 / with spreads 7**

**Toasted Muesli**, served with seasonal fruit and natural yogurt **14**

**Summer Sago**, topped with strawberries, pineapple, passionfruit and a toasted sweet granola crumble - served chilled **14**

**French Toast**, toasted croissant filled with a Nutella sauce, caramelised banana & crispy bacon, with house made maple butter, orange, hazelnut cream, caramel popcorn, citrus snow **22**

**Hola Benedict**, two potato croquettes, chorizo and poached eggs, hollandaise and a tomato corn salsa **21**

**Eggs Benedict:** hollandaise & organic parisian loaf with  
- manuka smoked bacon **19**  
- NZ smoked salmon & sautéed spinach **20.5**

**"The Bakers Breakfast"**, manuka smoked bacon, betscharts bratwurst, portobello, vine tomato, potato croquette, free range eggs, organic campagne toast & house butter **23.5**

**Crab Omelette**, folded with a dill infused salsa verde, shaved parmesan, roasted red pepper coulis, house feta whip and a summer herb salad served with toasted organic ciabatta **20**

**"Breakfast of Champignons"**, mixed mushrooms in a creamy balsamic, with manuka smoked bacon, poached egg, pesto & salad on organic sourdough **20.5**

**Avocado Breakfast Salad**, crispy bacon, crispy potato, tomato, rocket & poached egg with a honey & lime vinaigrette **19**

**Free Range Eggs Any Style**, on organic campagne toast with house butter **11.5** & then add your sides ...

## ADD-ONS

Bacon (1) <b>3</b>	Hollandaise <b>3</b>
Vine tomato <b>3.5</b>	Egg <b>3</b>
Spinach <b>3.5</b>	Gluten free bread <b>2</b>
Avocado <b>3.5</b>	Baked beans <b>5</b>
Bratwurst (1) <b>4</b>	Mushrooms <b>5</b>
Chunky chips with aioli <b>8</b>	Aioli <b>1</b>
House potato croquette <b>3.5</b>	Hollandaise <b>1</b>
Mixed leaf & parmesan salad <b>8</b>	Chutney <b>1</b>
Smoked salmon <b>7</b>	Creamy mushrooms <b>6.5</b>
Grain toast (1) <b>3</b>	Halloumi <b>6</b>
Free range grilled chicken <b>6.5</b>	Smoked salmon <b>7</b>

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!

Monday – Friday kitchen closes at 2.30pm.

Saturday & Sunday kitchen closes at 3pm.

# ALL DAY MENU - LUNCH

**"The Smash"**, avocado and pea on toasted organic sourdough, soft poached egg, portobello, broccolini sautéed in a house made almond butter, feta whip, beetroot hummus topped with a crispy edamame snow **20**

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

**Chilli Fried Squid**, tossed in a salad of chorizo, roquette and pickled red onion, with capsicum coulis and a salsa verde splash **20**

**Quinoa & Halloumi Salad**, pickled seasonal vegetables, cherry tomatoes, cranberries, cos and a house beetroot hummus, topped with falafel crumble **20**

- add grilled free range chicken **6.5**

**Pakora Stack**, layered on a bed of roquette with pickled vegetables, avocado, served with a yogurt fruit chutney and pesto oil **19**

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

**Pulled Pork Taco**, with house smoked chipotle aioli, kimchi slaw, pickled apple, topped with pork crackling and fried black sesame seeds **20**

**Wagyu Burger**, milk bun, crisp iceberg, tomato, red onion & our own mack sauce, served with steak chips **21.5**

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

**Seoul Fried Chicken**, smothered in a sticky house teriyaki glaze, nestled on a bed of kimchi slaw, pickled beetroot and carrot with bbq pineapple **20**

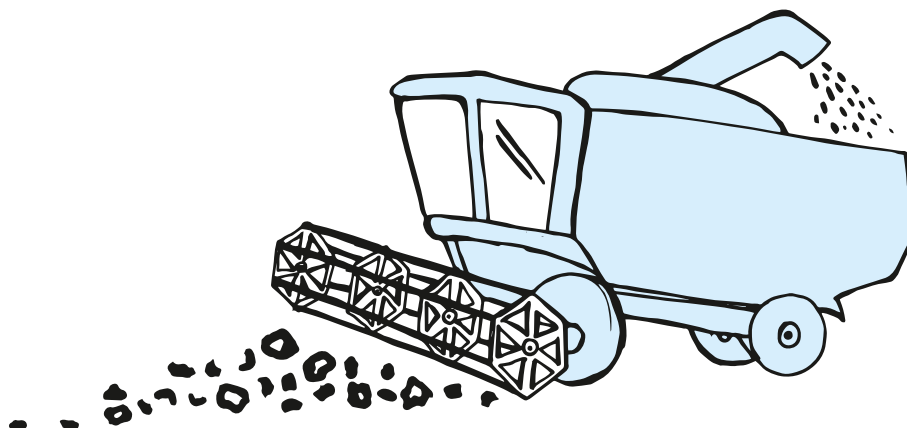
**Fish & Chips**, beer battered fillets, served with chunky chips and a citrus slaw with curry mayo **22**

# DESSERT

**Bread & Butter Pudding**, served warmed with crème anglaise, whipped cream & berry compote **10**

## Other Tempting Morsels:

Take a little peek at the counter display for today's treats, made by our pastry team.



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# WINE

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**The Pass Sauvignon Blanc**

Tropical fruit and citrus flavours lead to a long and refreshing finish.

150ml 10 250ml 15 bottle 43

**Sanctuary Chardonnay**

Apricot, citrus and lemon curd flavours are balanced with a fresh acidity.

150ml 10 250ml 15 bottle 43

**Sanctuary Pinot Noir**

Ripe plums and dark berries are accented by spicy oak and subtle tannins.

150ml 10 250ml 15 bottle 43

**Veuve du Vernay Brut**

Pale straw in colour, fruity and floral on the nose.

The palate is full with apple and pear fruit flavours complimented by velvety bubbles.

200ml 12

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# BEER

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Heineken 8.5

Corona 8.5

Heineken Light 8

# TAKE ME HOME

**Daily baked bread (talk to the team)**

Five Elements Espresso (250gm) 13.5

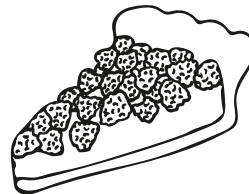
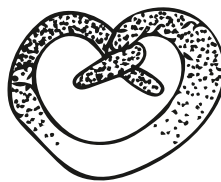
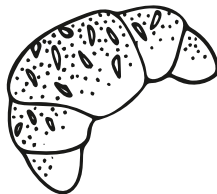
Five Elements Decaf (250gm) 14.5

Hakanoa Sweet Chai, Spicy Chai and Ginger (500ml) 24

Bread & Butter Organic Bread Crumbs (500gm) 5

Bread & Butter Tomato Kasundi 15

Bread & Butter Gift Vouchers 20/50



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Not all ingredients are listed so please speak to your friendly staff if you have any allergies or intolerances.

10% surcharge applies on all public holidays

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# OUR LOAVES

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

**Campagne Loaf**

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

**Swiss Loaf**

Delicious nutty taste and moist crumb 100% Spelt our bread. High in minerals & bre. Very versatile bread that can be eaten with just about anything & toasts well.

**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.

**Parisian Loaf**

Levain blanc - white sourdough tin loaf, great for toast.

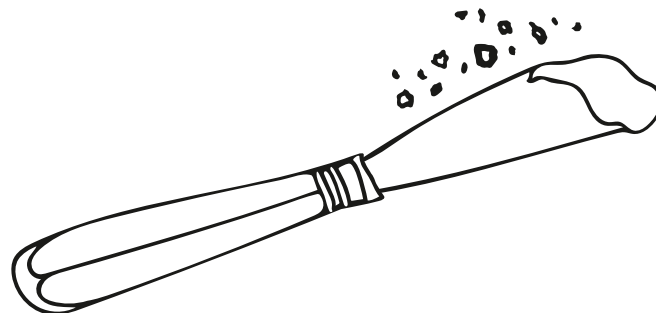
**Ciabatta**

An Italian white bread which has a crisp crust, a somewhat soft porous texture & toasts well.

**Gluten Friendly Wholemeal Loaf**

The high percentage of wholemeal buckwheat flour & seeds makes this a wholesome, wholemeal gluten-free bread.

No dairy, eggs or sugar added!



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## CATERING AVAILABLE

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Please talk to one of the team or phone us on 09 488 7775.

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