

# All Day Menu

## Available Until 3PM

- Super Grain Porridge**, almond milk, fig jam, mulled wine braised plums, whipped cashew, puffed grains & seeds **16.5**
- Smashed Avocado & Edamame Luxe**, marinated feta, poached egg, rocket, chilli oil, pumpkin seeds, semi-dried tomato, red quinoa sourdough **20**  
add manuka smoked bacon (1) **3**
- Bread and Butter Benedict**, poached eggs, spinach, brown butter hollandaise on sage & leek bread pudding **19.5**  
with Manuka smoked bacon or herbed portobello mushroom
- Breakfast of Champignons**, herbed mushrooms, smoked garlic, creamy balsamic, watercress, bacon, poached egg, chermoula toasted brioche **21**
- Avocado Brekkie Salad**, rocket, vine tomato, poached egg, crispy sourdough croutons, bacon, pecorino, citrus vinaigrette **20**
- Bakers Breakfast**, manuka smoked bacon, bratwurst, portobello, vine tomato, house hashbrown, free range eggs, mixed grain toast & house churned butter **25**
- Clafoutis**, a French Pan-Cake, mixed berries, cardamom spiced crème anglaise, raspberry mascarpone, lemon crumble **19**
- Bread & Butter Pudding**, hot buttered rum, cashew crusted banana, poached fruits, roasted white chocolate **16**
- Toast & Spreads**, your choice of 2 slices of toast, spreads & house churned butter, choice of 2 spreads **7**  
House mixed berry jam, house citrus marmalade, Pic's peanut butter, marmite
- Free Range Eggs Any Style**, with mixed grain toast & house churned butter **12**  
& then add your sides...

## Sides

- |                                 |   |
|---------------------------------|---|
| Bacon (2) <b>6</b>              | Vine tomato / wilted spinach <b>3.5</b> |
| Bratwurst (1) <b>4</b>          | Grilled free range chicken <b>6.5</b>   |
| House hashbrown <b>4</b>        | Halloumi <b>6</b>                       |
| Smoked salmon <b>7.5</b>        | Seasonal side salad <b>5</b>            |
| Free range egg <b>3</b>         | Brown butter hollandaise <b>3</b>       |
| Portobello mushrooms <b>6</b>   | Aioli, chutney, condiments <b>1</b>     |
| Creamy mushrooms <b>7</b>       | Toast (2) <b>5</b>                      |
| House baked beans <b>5</b>      | Gluten friendly toast (2) <b>6</b>      |
| Chunky chips and aioli <b>8</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 – Sunday kitchen closes at 3pm.**

# All Day Menu

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- Smoked Salmon Organic Bagel**, gremolata cream cheese, crispy capers, dill, horseradish cream, tossed fresh greens **22**
- Halloumi Salad**, harissa baked halloumi, quinoa, seasonal greens, olives, candied nuts, dill labneh, fig vinaigrette **21**  
**add** grilled free range chicken **6.5**
- Corned Beef Hash-Wich**, toasted rye, house made sauerkraut, swiss cheese, spinach, crispy potato, fried egg, pink pepper hollandaise **20.5**  
**add** manuka smoked bacon (1) **3**
- Bibimbap**, ancient grains, Korean chilli sauce, silken tofu, seaweed, sesame, house pickles & ferments **20**  
**add** poached egg **3**  
**add** grilled free range chicken **6.5**
- The Chicharrón**, slow roasted pork belly, kumara, smoked jalapeno aioli, salsa criólla, pretzel roll, chips **21**
- Dak Gogi**, Korean crispy chicken, kimchi pancake, chilli sauce, sesame, pickled radish **21.5**
- Wagyu Burger**, bacon jam, smoked cheddar, gherkins, tomato, lettuce, aioli, Japanese milk bun, chips, herb salt **22.5**  
**add** manuka smoked bacon (1) **3**  
**add** fried egg **3**

# Kids Menu

- Superpower porridge**, almond milk, banana, maple, lemon crumble, seasonal fruit **9.5**
- Free range egg on toast**, poached or scrambled on ciabatta **6**  
**add** manuka smoked bacon (1) **3**
- House baked beans**, on ciabatta toast **8.5**
- Pancakes**, seasonal fruit, maple syrup & whipped cream **10.5**  
**add** manuka smoked bacon (1) **3**
- Kids big brekkie**, egg, bratwurst sausage, hashbrown & ciabatta toast **12**
- Homemade chicken bites**, chicken tenders, chunky chips & aioli **9.5**
- Junior burger**, house made beef patty, lettuce, tomato, aioli, cheese & chips **11.5**
- Bowl of chunky chips** & house made tomato sauce **7.5**
- Cold Pressed Juice Orange or Apple** **3**
- Kids Hot Chocolate** **4.5**
- Fluffy** **1.2**

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

10% surcharge applies on all public holidays

# Wine

**Mt Beautiful Organic Rosé (North Canterbury)**

150ml **9.5** 250ml **14.5** Bottle **41**

**Pinot Gris - Westbrook (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

Corona **8**

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

Amstel Light **7.5**

# Ingredient Origins

Our eggs and chicken are free range - our meat comes from farms with the highest animal welfare standards - our salmon is sustainably sourced from southern ocean - all our bread is baked in house and is organic - our dairy is permeate free - our nut-mylks are organic

**10% surcharge applies on all public holidays**

# All Things Liquid

## Espresso Coffee

We proudly offer **Bread & Butter Blend**

**Roasted by Espresso Workshop**

refer to blackboard for selections

**Roast Origins, Brazil Fazenda Jaguara  
Guatemala Sierra Encantada, PNG Ulya Estate**

### Harney & Sons Teas

English Breakfast **4.5**

Paris **4.5**

Chamomile **4.5**

Raspberry **4.5**

Peppermint **4.5**

Citron Green **4.5**

### Hakanoa Handmade

Sweet or Spicy Chai **5/5.5**

Ginger Latte **5/5.5**

Ginger and Lemon Toddy **5/5.5**

### Iced Drinks and 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 and More

**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** **5**

**Gingerella** **5**

**Switchel Sugar Free Apple & Blackcurrant/ Peach & Passionfruit** **5**

# Our Philosophy

## We Love Bread

At Bread and Butter Bakery we specialise in traditional European Baking. Our breads are **handcrafted** from **certified organic** ingredients using the ancient method of **long, slow sourdough fermentation** to leaven the dough. It's **real bread**, how it was made before the invention of flour/dough-conditioners, preservatives, emulsifiers and other additives that have invaded every part of commercially processed foods.

### Organic and Low Gluten

Our bread is made with certified organic ingredients that have **not been sprayed with petrochemicals**, they are **not genetically modified** to include special pesticide resistance genes and they are **not exposed to bleach and other chemicals** during milling. We treat our flour with the utmost care and love and mix it in with our different starter cultures to slowly ferment over around 18 hours. This long fermentation ensures that the more **difficult to digest components are broken down and complex flavours** are developed, the addition of any other ingredients is therefore unnecessary. In a nutshell our bread is fermented flour, with the addition of natural seasalt, water and depending on the type of loaf some organic seeds, nuts or fruit nothing else though, because good bread doesn't need anything else. This means that **most people** will find they have **no issues digesting our bread**, but for those who still have concerns around wheat we offer **a range of wheat-free** and even **one gluten-friendly** bread. Supermarket bread uses artificial preservatives to stop mould growth. Our breads don't need that because they are made **without the addition of sugar**. The majority of the loaves are made with long, slow sourdough fermentation - this combination means they naturally stay fresher longer and are less prone to mould growth.

### But wait... there's more

While bread is at the heart of what we do, we also take great pride in our **range of handmade pastries**, cakes, biscuits, slices and savoury treats. In our pastry range we use real butter and as many organic ingredients as possible, but not everything is organic. This is due to the fact that New Zealand does not produce a lot of organic products and importing small quantities of organic produce and other ingredients like spices, chocolate, or fruit makes them very expensive. So sometimes we have to weigh up the cost of the ingredients vs the possible final cost of the product. However we always make sure that the **ingredients are natural and free from nasty E-numbers**.

In our **kitchen menu** - fresh, local and animal cruelty free are our main criteria for selecting ingredients. We work with a local market garden for some of our fresh vegetables and we support Kelmarna Organic Community Gardens just around the corner. Again, no artificial ingredients are used and we try and keep everything as natural as possible. We therefore hope that you value the quality and freshness of our dishes and understand that size variations are a natural result of life, because just like us humans, animals, fruit and vegetables are all living things that come in different shapes and sizes.

### Catering Available

**Please talk to one of our friendly team or phone us on 09 378 9111**  
**Cafe email: [greylynn@breadandbutter.nz](mailto:greylynn@breadandbutter.nz)**  
**34 Westmoreland St West, Grey Lynn**